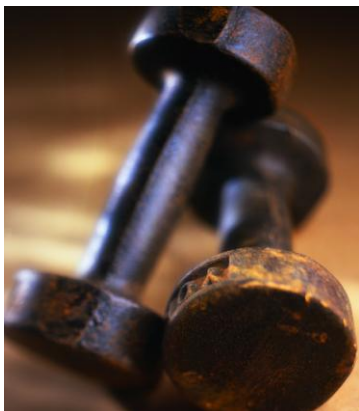




Strength/Cardio Interval Training System



Fitness Excellence[®], LLC strongly recommends that you consult with your physician before beginning any exercise program.

You should be in good physical condition and be able to participate in the exercise. Fitness Excellence[®], LLC is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Fitness Excellence[®], LLC from any and all claims or causes of action, known or unknown, arising out of Fitness Excellence[®], LLC's negligence.

The Formula:

(The program is designed to be followed in the order listed below. It should take about an hour. For an “express workout” you can reduce the amount of time by reducing the amount of sets or cardio interval time. It is recommended that you do not skip the warm-up or stretching to save time.)

1. Warm-Up

Cardio 5-10 min

Self Myofascial Release (SMR) – foam roller

2. Lower Body (exercises below)

Pick 3 exercises and perform 2-3 sets of 12-20 reps per set. Rest interval = 30-60 secs between sets. Use an amount of weight that makes your last rep hard to complete at the end of each set. Or, do one more rep than you think you can.

***Resistance exercises can be performed with body weight, elastic tubes, dumbbells, barbell, medicine ball, sandbags or any item that increases load.*

3. Cardio – Target Heart Rate 60%-80% of max or Rate of Perceived Exertion 5-7 on scale of 1-10

Treadmill, Bike, Elliptical, Rower, Stairmaster

3-5 min intervals varying degree of incline/resistance and speed

4. Upper Body (exercises below)

Pick 3 exercises and perform 2-3 sets of 12-20 reps per set. Rest interval = 30-60 secs between sets. Use an amount of weight that makes your last rep hard to complete at the end of each set. Or, do one more rep than you think you can.

***Resistance exercises can be performed with body weight, elastic tubes, dumbbells, barbell, medicine ball, sandbags or any item that increases load.*

5. Cardio – Target Heart Rate 60%-80% max or Rate of Perceived Exertion 5-7 on scale of 1-10

Treadmill, Bike, Elliptical, Rower, Stairmaster

3-5 min intervals varying degree of incline/resistance and speed

6. Full Body (exercises below)

Pick 3 exercises and perform 2-3 sets of 12-20 reps per set. Rest interval = 30-60 secs between sets. Use an amount of weight that makes your last rep hard to complete at the end of each set. Or, do one more rep than you think you can.

***Resistance exercises can be performed with body weight, elastic tubes, dumbbells, barbell, medicine ball, sandbags or any item that increases load.*

7. Cardio – Target Heart Rate 60%-80% max or Rate of Perceived Exertion 5-7 on scale of 1-10

Treadmill, Bike, Elliptical, Rower, Stairmaster

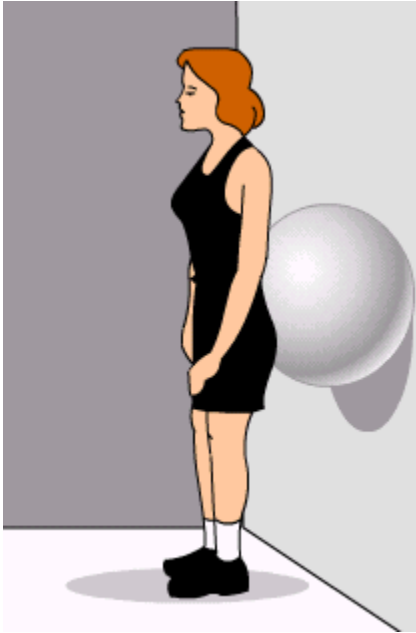
3-5 min intervals varying degree of incline/resistance and speed

8. Core/Abs

Pick 3-5 exercises and perform 3 sets of 15-30 reps or timed sets 15 – 90 seconds

9. Flexibility – hold stretches 20-30 secs, foam roller (SMR) if necessary

Lower Body Exercises



Wall Squat

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.

**Add dumbbells or med ball for increased load.



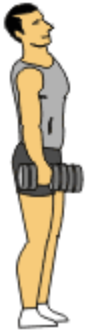
Stationary Lunge on BOSU or dynadisc

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place the other ball on top of a BOSU ball or balance board and balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.



Box Step with Dumbbell & Knee Drive

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a dumbbell in each hand.
 2. Push off the box and explode vertically and drive your other knee up towards your chest. Complete the prescribed number of reps.
- Repeat with other leg and continue according to prescribed number of repetitions



DB Lunge

- 1) Start position: Stand with feet hip width apart. Grasp DB's hang arms down at sides.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



DB Squat

- 1) Grasp DB's and let arms hang down at sides.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

6) DO NOT allow knees to go past the big toe or deviate laterally or medially throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.



Walking Lunge with Barbell

- 1) Start position: Stand with feet hip width apart. Place barbell on your shoulders.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Push body up and move the back foot beside the front foot. Alternate feet and repeat.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



Lateral Lunge (barbell)

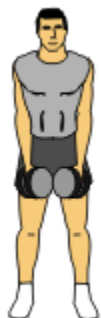
- 1) Start position: Stand with feet hip width apart. Place barbell on your shoulders.
- 2) Take right foot and step 2-3 feet out to the right side (or the 3 o'clock position). Lean torso forward and sit the

right glute back. DO NOT allow lunging knee to extend past the big toe - may cause injury.

3) Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.

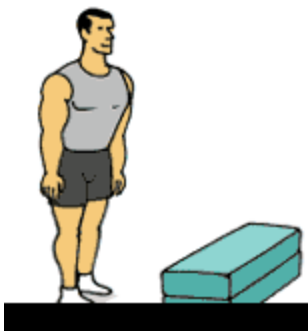
4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders, hips, and front foot should point forward at all times.

Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.



Dumbbell Sumo Squat

1. Start by holding a dumbbell in each hand between your legs. You may also hold just one dumbbell with two hands as well.
2. Your feet should be wider than shoulder width and your toes pointed slightly outward.
3. Proceed to squat down until the dumbbells almost touch the floor.
4. Your hips should drop back and down while your knees stay directly above your feet.
5. Repeat for the required number of repetitions.



Lunge onto Box

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and place foot onto a box 12-24" high.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

Single Leg Kickbacks (w/ resistance tube for more challenge)

1. Start in a four point position with your hands and knees on the ground.
2. Proceed to kick your leg back and up until you reach full extension.
3. Squeeze your glute muscle while performing this movement.
4. Repeat with the other leg.
5. For a more advanced movement you can attach an ankle weight around your leg.



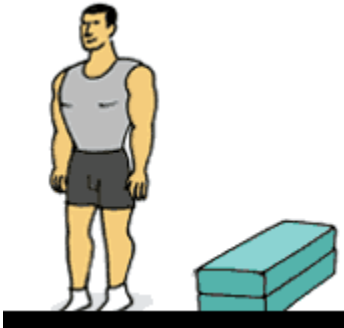


One Leg Squat

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start

position.

5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.



Lateral Lunge on Box

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot onto a box 12-24" high. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position.

Shoulders and hips should remain squared at all times.



Bodyweight Reverse Lunge

1. Start by standing with your feet shoulder width apart.
2. Step back with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.



Single Leg DB Calf Raise

- 1) Start position: Stand with feet hip width apart or stand on the edge of a step on the ball of one foot with your heel hanging over edge. Toes should be pointing forward. Hold a dumbbell in the hand on the same side.
- 2) Contract calf by pushing off ball of foot to raise heel up in air (standing on toes)
- 3) Lower heel and repeat.
- 4) Remember to keep knee slightly bent throughout movement to prevent any knee strain. You may have to hold on to a fixed stationary

object for stability.

5. Repeat with the other leg after completing the prescribed repetitions.



1 legged ball squat

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Raise one foot off the ground. Bending at the hips and knees, lower body until thigh is parallel to the ground. DO NOT allow knee to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment - do not let front knee extend past big toe

or deviate laterally or medially.

Trainer's comments:

Do as many as you can on 1 leg, then proceed with both. Perform drawing in and pelvis floor contractions. Lift one leg off the floor and flex elevated ankle. Keep feet parallel. Maintain level hips.



Seated Knee Extension

Sit in machine and place your shins behind the pad.

Extend your legs by pushing into the pad until the legs are parallel to the ground.

Return to the starting position.

Trainer's comments: ****1 LEG AT A TIME**** When sitting in the machine, both knees should be facing forward (imagine squeezing a tennis ball between your knees. That's your alignment to maintain throughout movement). Ankles should be directly below or in front of

knee at starting, but not behind (under) knee. Place hands on thigh to feel contraction of quadriceps and extend leg to 2 inches shy of parallel. Hold for one full second before slowly returning to starting position. Move to other leg without rest.

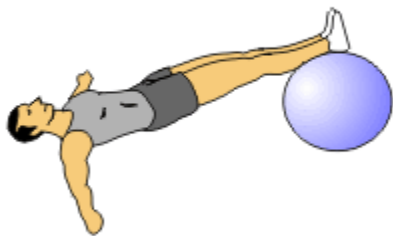
Supine hamstring curl with bridge

1. Lie on your back on the floor and place your feet on top of a stability ball.

2. Raise your hips up off the ground by pushing your feet into the ball. Keep your legs straight.

3. Maintaining that bridge position curl your feet in towards your butt and then return to the starting position.

4. Repeat according to the prescribed repetitions and keep your hips elevated off the ground.





chest.

Single Leg Curl (on ball)

- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heel of one foot on top of Flexaball. Other leg should be held in the air above ball. Raise hips off floor by pushing heel down into ball.
- 3) Curl ball towards glutes by flexing at the knee. Hips should remain off floor.
- 4) Return to start position.
- 5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, raise hands up over

Upper Body Exercises

BACK



One arm row with balance

1. Starting Position: Bend over at your lower back keeping your back flat. Grab onto the ball with your hand and balance on one leg.
2. Take your other hand and grab a toning bar.
3. Row up towards your waist just like a bentover row.
4. Squeeze your shoulder blade in towards your spine when performing the rowing motion.

Trainer's comments:

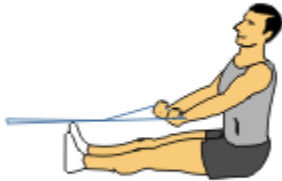
You can use a dumbbell instead of bar. Maintain proper postural alignment as shown above. Squeeze shoulder blade.

Dumbbell Bent Over Row



- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip and let arm hang straight down (perpendicular to floor).
- 3) Keeping elbows close to body, pull DB up to body and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension, flexion, or trunk rotation may cause injury.

flexion, or trunk rotation may cause injury.



Underhand Low Row

1. Sit on a bench or floor so that you can pull the cable parallel to your legs.
2. Using a palms up grip grab the bar and pull the cable towards your belly button.
3. Keep your back perpendicular to the floor and stationary throughout the movement. As you pull the cable towards you keep your elbows close to your body.
4. Return to the starting position and repeat for the required repetitions.



Front Pulldown

- 1) Adjust seat or knee pad height so that knees are secured while seated.
- 2) Grasp bar with an overhand grip wider than shoulder width apart and sit with knees secured in pads.
- 3) Start position: Fully extend arms with elbows facing out with back straight (you may lean back at hips approximately 5°-10°).
- 4) Pull bar down to upper chest area and squeeze shoulder blades together at end of movement.
- 5) Return to start position.
- 6) Remember to keep torso stationary throughout movement.



Pullup

- 1) Position hands wider than shoulder width apart with overhand grip (palms facing forward).
- 2) Start position: Hang with arms fully extended and elbows facing away from body. Feet may be crossed with knees bent.
- 3) Pull body up until bar is below chin level.
- 4) Return to start position.
- 5) Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety.



Lying Dumbbell Rear Lateral Raise

1. Lie face down on flat or incline bench. Try to position body so that head is off end of bench (For incline bench, you may have to stand in order to clear face of seatback.)
2. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor).

3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.

4. Return to start position.

Remember to keep head in a neutral position

Trainer's comments:

This really hits the rear delts. If you'd prefer, lie face down on an incline bench. 1-2-1 tempo, squeeze it at the top.



Reverse Fly with tubing

- 1) Secure door strap at chest height.
- 2) Stand shoulder width apart, knees slightly bent with one foot in front of the other (staggered stance).
- 3) Start position: Extend arms out in front at shoulder height and grasp each handle with a neutral grip (palms facing each other).
- 4) With elbows slightly bent pull arms back by squeezing shoulders blades together.
- 5) Return to start position.



Modified Pull-up

- 1) Adjust bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over chest region.
- 2) Start position: Grasp bar with overhand grip (palms facing forward) and shoulder width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.
- 3) Pull body up towards bar until bar touches chest.
- 4) Return to start position.

CHEST



DB Incline flyes on ball

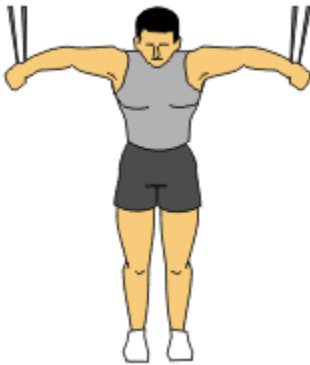
- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Position hips so that your body is at a 45 degree angle to the floor.
- 3) Start position: Maintaining stability, bring DB's to shoulders and press up positioning DB's above the chest with palms facing each other (neutral grip).
- 4) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 5) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.
- 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position.

Dumbbell Fly



- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the DB's to your shoulders. Press the DB's up directly above the chest with the DB's almost touching and palms facing each other (neutral grip).
- 3) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 4) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.
- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Standing Chest Cable Fly



- Start Position: Stand in the middle of the cable crossover and grab one cable in each hand so that your hands are extended out to the side.
- Contract your chest muscles while keeping your arms semi-straight. Pull your hands in towards the front of your body keeping your arms straight.
- Return to starting position and repeat.

Standard Pushup



1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Wide Pushups



1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Pushup with rotation

1. Start by completing a normal pushup and then at the top of the second pushup pick your hand up off the ground and rotate your upper body so that your hand is above your head.
2. Proceed to complete this same movement with the other arm. Then return to a normal pushup.
3. Complete this movement for the desired number of repetitions.
4. To make this more challenging hold a dumbbell in each hand while completing this movement.



Diamond Pushups

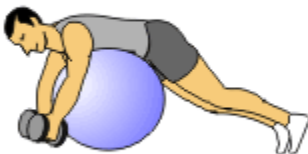


1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands in the center of your chest and form a diamond shape with your index fingers and thumbs. Feet should be at hip width with toes on floor.

3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

SHOULDERS

Stability Ball Horizontal DB Shoulder Raise



- 1) Lie face down with chest supported by flexaball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.
- 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position. However, only lower DB's to within an inch of floor.

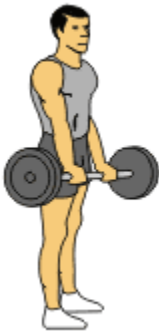
- 5) Remember to keep head in a neutral position and trunk stable.



Dumbbell Lateral Raise

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders

stabilized by squeezing shoulder blades together throughout movement.



Barbell Upright Row

- 1) Stand with feet shoulder width apart
- 2) Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise barbell by pulling elbows towards the ceiling and pull barbell to chest level.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement. **Trainer's comments:** This hits both the traps and

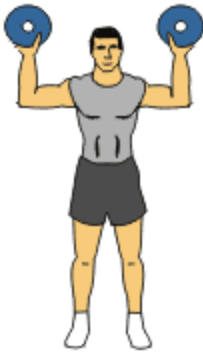
the delts. Use a very wide grip-about 6-8 inches wider than shoulder width. Of course, you won't be able to pull it all the way up, but that's fine. You'll feel the burn in the delts! Use a 1-2-1 tempo.



Dumbbell Front Lateral Raise

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise DB to front of body at shoulder height keeping elbows only slightly bent.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout

movement. Repeat with other arm.



Standing Horizontal Rotation (w/ plates)

Stand with your elbows at shoulder level and flexed at 90 degrees. Hold a weight plate in each hand and externally rotate your hands up towards the ceiling.

Return to the starting position.

Trainer's comments:

Never use more than 3 pounds for rotator cuff. Stand "tall" with abs drawn in and glutes tight. Movement : Slowly externally rotate until first resistance barrier TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE RANGE OF MOTION USING CONTROLLED MOMENTUM/MOVEMENT



Seated Dumbbell Shoulder Press

1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position DB's to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

BICEPS



Concentration Curl

1. Start position: Grasp dumbbell underhand grip (palm facing forward) allow arm to hang down at side. Elbow should be on inside of knee.
2. Flex at the elbow and dumbbell handle up to approximately shoulder level. Keep elbow touching leg throughout movement.
3. Return to start position.



Dumbbell Curl (two arms)

- 1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
- 4) Return to start position.

5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.



Dumbbell Incline Curl

1. Sit on a 45 degree incline bench.
2. Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
3. Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by

squeezing shoulder blades together slightly - only the elbow joint should be moving.



DB incline reverse curls

1. Start by lying on an incline bench with your arms at your side holding dumbbells and palms facing down.
2. Slowly curl the dumbbells up keeping your palms facing down and your elbows at your side.
3. Return to the starting position and repeat for the required number of repetitions.



Cable Curl

- 1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by

squeezing shoulder blades together slightly - only the elbow joint should be moving.

TRICEPS

Lying Barbell Extension



- 1) Sit in upright position on a flat bench. Grasp bar with shoulder or medium width with overhand grip and rest it on thighs.
- 2) Start position: Lie onto back and bring the barbell to your chest. Press bar up so that bar is directly over upper chest.
- 3) Lower bar towards forehead by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.



Tricep Rope Pushdown

- 1) Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent . You may use a staggered stance for increased stability.
- 2) Start position: Grasp rope with neutral grip (palms facing each other, thumbs up). Lower bar to chest level so that elbows are bent at 90°.
- 3) Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level .
- 4) Return to start position.

One Arm Tricep Extension



Sit in upright position on a flat bench. Grasp one DB and rest it on corresponding thigh.

Start position: Lie onto back and bring the dumbbell to your chest. Press dumbbell up so that it is directly over the upper chest.

Lower dumbbell towards your chest by bending elbows to 90°. Elbows should remain pointing out away from the body.

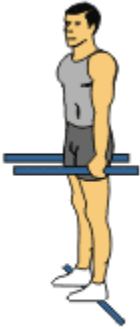
Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.



Cable Overhead Tricep Extensions

1. Start by placing cable or band at or near head level. Step forward with one foot for balance.
2. Grab handle with your hands and with your elbows pointing forward extend your hands out until your arms are straight.
3. Return to the starting position and repeat for the recommended repetitions.



Assisted Dip

- 1) Step up on foot platform (if available) and position hands on dip bars.
- 2) Start position: Keep feet on platform and suspend the body with slightly bent elbows. Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
- 3) Lower your body until your upper arm is parallel to the floor.
- 4) Return to starting position by extending the elbows to a slightly bent position.
- 5) Remember to keep the trunk bent forward, head neutral, and chest up.
- 6) Adjust the weight until the prescribed reps are challenging.



Bent Over Dumbbell Tricep Kickback

- 1) Stand with feet hip width and knees slightly bent.
 - 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip (palms facing each other). Bend elbow at 90° and raise upper arm so that it is higher than the level of your back (as shown)
 - 3) Keeping elbows close to body and raised, extend forearm back.
 - 4) Return to start position.
 - 5) Remember to keep back and head straight in a neutral position
- hyperextension or flexion may cause injury. Stabilize shoulder throughout movement by squeezing shoulder blades together slightly.



Tricep Bench Dip

1. Start by placing your hands on the bench and your feet are on the ground with your legs semi straight.
2. Proceed to bend your arms until they are bent to about 90 degrees.
3. Return to the starting position and repeat for the desired repetitions.

Total Body Exercises

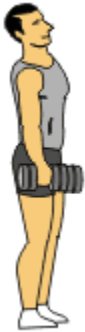


Chop

Start Position: Hold medicine ball with your arms extended overhead.
In one continuous motion bring the ball down in front of you like you are chopping wood.
You will have to bend at your knees to complete this.
Return to starting position and repeat.

Trainer's comments:

Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles. Movement : Start with a LIGHT medicine ball and perfect the movement before adding more load. Begin with the feet shoulder width apart, pointing straight ahead - medicine ball in front of the pelvis, arms straight (as shown). Squat down to a comfortable depth without compensations, maintaining the same arm position. Simultaneously, slowly squat up to the tip toes and flex the shoulder so the straight arm move above the head. In this position, reach up with the entire body as much as is comfortable ... slowly lower.



DB Lunge w/ Opposite Arm Shoulder Press

- 1) Start position: Stand with feet hip width apart. Grasp DB's hang arms down at sides.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Perform shoulder press w/ opposite arm of the foot you lunged forward with. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



Diagonal Woodchops

1. Starting Position: Stand on both legs and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this motion rotate your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Trainer's comments:

Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles. Movement : Start with LIGHT medicine ball and perfect the movement before adding load or velocity to the movement. Begin with the feet shoulder width apart, pointing straight ahead - arms are straight and the medicine ball is in front of the pelvis. Squat down to a comfortable depth without compensation maintaining the same arm position. Simultaneously, squat up to triple extension (straight at hips, knees, and ankles) while flexing arms above head and rotating the trunk to one side (as shown). Slowly lower, repeat desired number of reps and switch sides. Watch and correct: knees collapsing in, feet rotating outward, excessive trunk flexion (leaning forward) in the squat, and excessive arched back when arms travel overhead.

**Single Leg RDL with DB**

- 1) Stand with feet hip width apart with knees slightly bent (at 20°).
- 2) Start position: Lift left foot off ground by flexing at the knee (foot should be behind you)
- 3) Bending at the hips, lower hands to approximately shin height. Keep knees bent at 20° throughout movement.
- 4) Return to start position. Complete recommended repetitions and switch legs.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down.

Knees should not move forward beyond the toes or deviate laterally or medially. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Trainer's comments:

Begin balanced on one leg with the knee slightly bent (15-20 degrees), like a stork stance. Movement : Draw your abdomen inward toward your belly button for spinal stabilization. Without allowing further knee movement, bend over at the hip, trying to touch down with the opposite hand. Progress to extrinsic loading by holding a dumbbell in your hand. Be sure to keep spine straight when weights are used.

Lunge Crossover with Med ball

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
- 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg.





Barbell Deadlift

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position shoulders slightly over bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the bar.
4. Return to starting position.



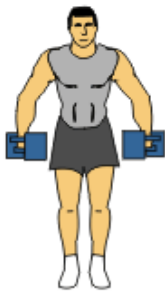
Box Step with Dumbbell & Knee Drive w/ Bicep Curl

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a dumbbell in each hand.
 2. Push off the box and explode vertically and drive your other knee up towards your chest. Perform a bicep curl w/ both arms while balancing on one foot on top of the box. Complete the prescribed number of reps.
- Repeat with other leg and continue according to prescribed number of repetitions



Dumbbell Double Lunge

1. Start by placing your feet shoulder width apart and holding dumbbells at your side.
2. Step forward into a lunge keeping your upper body upright.
3. Return to the starting position and proceed into a reverse lunge with the same leg lunging backwards.
4. Return to the starting position and repeat with the other leg.
5. Continue for the required number of repetitions.



DB Lateral Squat w/ Upright Row

1. Stand with your feet shoulder width apart and hold onto a dumbbell in each hand.
2. Start by stepping to the right with your right foot and proceed into a squat. Pull the dumbbells straight up to your shoulders, under your chin.
3. Return to the standing position with your feet shoulder width apart.
4. Now step to your left with your left foot and proceed into a squat. Pull the dumbbells straight up to your shoulders, under your chin.
5. Return to the starting position and repeat.



Walking Lateral DB Lunge

1. Holding one dumbbell between your legs take left foot and step 2-3 feet out to the left side (or the 3 o'clock position). Lean torso forward and sit the right glute back. DO NOT allow lunging knee to extend past the big toe - may cause injury.

3) Pushing off lunging foot, return to start position.

4) Remember to keep head and back in a neutral position.

Reaching forward should be performed at the hips and not the low back. Shoulders, hips, and front foot should point forward at all times.

5) Watch for proper knee alignment - do not let lunging knee

extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.

Trainer's comments:

You can also hold a medicine ball at your chest in place of a dumbbell



DB Bulgarian Split Squat and Bicep Curl

1. Start by holding dumbbells at your side.

2. Place your back foot on a bench with your other leg out in front of you.

3. Proceed into a squat position by lowering your hips straight down. Perform bicep curl w/ both arms.

4. Return to the starting position and repeat for the suggested repetitions.

5. Repeat with the other leg.



Single Leg Good Mornings

1. Start by placing a dowel rod or broomstick handle across your shoulders.

2. Standing on one leg proceed to bend forward keeping your back flat and your leg on the ground straight.

3. Maintaining your balance return to the starting position and repeat for the desired repetitions.

4. Repeat with the other leg.



8 Count Body Builders

Start in a standing position and bend your knees and place your hands on the ground.

Extend your legs back into a push up position.

Bring your knees back in towards chest and stand back up.

This should be a continuous motion and be fluid.

Burpees

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.

2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.

3. Repeat for the required repetitions



Mountain Climbers

1. Start by getting on your hands and feet in a prone position.

2. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth.

3. Repeat this movement for the required number of seconds.



Squat Jump

1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.

2) Arms should be in the "ready" position with elbows flexed at approximately 90°.

3) Lower body where thighs are parallel to ground.

4) Explode vertically and drive arms up.

5) Land on both feet and repeat.

6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

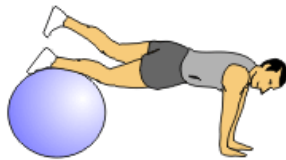


Alternating Split Squat Jump



- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
- 2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
- 4) Switch feet in the air so that the back foot lands forward and vice versa.
- 5) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

1-Leg Plank with Push-up



- 1) Lie face down with chest on flexaball.
- 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.

Explosive Pushup



1. Start by getting into a push-up position.
2. Lower yourself to the ground and then explosively push up so that your hands leave the ground.
3. Catch your fall with your hands and immediately lower yourself into a pushup again and repeat.
4. Repeat for the recommended repetitions.

Pushup with 2 med balls



1. Start by placing your hands on a medicine ball and your feet on the ground.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Abs/Core Exercises

Opposite Arm Opposite Leg Raise

1. Start by placing yourself on your hands and knees.
2. Slowly raise your opposite arm and opposite leg and extend them out away from the body.
3. Return to the starting position and repeat with the other side.
4. Repeat for the required repetitions.
5. Always keep this movement slow and controlled.



Bicycle Kicks

1. Lie on your back with your knees at chest level and your arms flat on the floor.
2. Alternate extending your legs by extending one leg out straight and as you bring it in extend the other leg out.
3. Continue to repeat this process like you are riding a bicycle until the required repetitions are completed.
4. Make sure you keep your back flat during the movement. If you are unable to keep your back flat then reduce the extension of your legs.



Prone Stabilization (Plank)

1. Form a plank position with your elbows and your feet keeping your body parallel to the floor.
2. Keeping your trunk tight and parallel lift up one elbow and rotate your trunk and shoulders.
3. Hold for a count of 2 and then return to the starting position and repeat with the other arm.
4. Repeat for the prescribed number of repetitions.



Russian Twist

1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles.
2. Grasp a medicine ball or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders.
3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side.
3. Repeat for the prescribed repetitions.



Weighted Incline Crunch



1. Start position: Lie back onto an incline bench with knees bent and hands on your chest. You can place the bench at various angles. Hold a weight plate on your chest. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Ball Russian Twist



1. Roll out onto ball in a supine position. The ball should be on your upper back.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right holding a dumbbell with your arms extended.
3. Remember to keep your trunk parallel with the floor.
4. Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.

Glute-Ham Raise (w/ plate)



1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Cross arms and place on chest holding a weight plate.
3. Start position: Back should be parallel to ground with knees slightly bent.
4. Raise your body using your hamstrings until your upper body is vertical.
5. Return to start position.

Prone Knee Tuck on ball



1. Start in a push up position with your feet on top of a stability ball.
2. Slowly bring your knees in towards your chest and then return to the starting position.
3. When your legs are extended make sure to keep your hips parallel with your body and do not let them sag towards the ground.

Belly Blaster

1. Start in a plank position with your elbows and forearms on the ground, your body parallel to the floor and up on your toes.
2. Make sure your belly button is drawn in toward your spine and raise your hips up into the air and hold for a 1 second count.
3. Return to the starting and repeat for the prescribed number of repetitions.



Double Crunch

1. Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Start position: Hands behind head and knees bent at 90 degrees.
3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring knees towards chest.
4. Return to start position.
5. Remember to keep head and back in a neutral position.



Hyperextension or flexion of either may cause injury.

Straight Leg Obliques

Starting Position: Lie on your back and raise your legs straight into the air.

Rotate your legs keeping them straight to the side and then return to the starting position. Repeat to the other side.



Full Situp with Twist

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. As you come up twist one shoulder towards the opposite knee.

3. Return to start position and repeat with the other shoulder.

4. Remember to keep head and back in a neutral position.

Hyperextension or flexion of either may cause injury.



Incline Hip Raise

Lie on an incline bench with your head at the top and your feet towards the lower side.

Starting position: Bring your knees to your chest and curl your hips up towards your shoulders.

Return to the starting position.



Single Leg Bridge and hold

1. Start by lying on your back with the ball under the upper part of your back.

2. Bring your hips up so that they are parallel to the ground.

3. While maintaining this position lift one leg off the ground and try to extend it.

4. Try to hold this position for the recommended time. Repeat with the other leg.



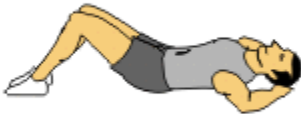
Crunch

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.

3. Return to start position.

Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



Crunch (feet on ball)

1. Start position: Lie back onto floor or bench with knees on top of the ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

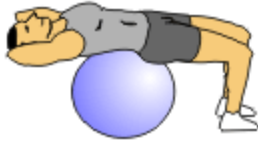
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.

3. Return to start position.

4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



Oblique Crunch with Ball



- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise right shoulder up and twist towards left knee.

5) Return to start position and repeat with the other side.

Reverse Curl



- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.
- 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
- 3) Return to start position.

4) Remember keep legs from swinging to prevent momentum throughout the exercise.

Trainer's comments:

Focus on using your abdominal muscles to lift your hips. Hold each contraction for at least one second.

Stability Ball Crunch



1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the

abdominal and raise shoulders up.

5. Return to start position.

6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Trainer's comments:

Always start the exercise by drawing your naval back toward your spine. This will engage the deep abdominal muscles. Keep feet shoulder width apart. Altering the position of the ball between the pelvis and the shoulders allows you to work the upper, middle, and lower parts of muscle. When you feel the abdominal muscles tighten, hold contraction. Exhale with each crunch. Crunch your ribs toward your hips only, you should not bend at the hips. Knees and hips should not move from their original position. Hold each contraction for one full second. The ball should be stable and not move at all. Keep your hips up throughout movement.



Side Bridge

Start on your side and press up with your right arm.
Form a bridge with your arm extended and hold for the prescribed number of repetitions.

Trainer's comments:

The object is to remain as stable as possible by tightening your abdominal muscles. Imagine your shoulder hips and ankles in a straight line. Keep upper shoulder in line with bottom shoulder (not swaying front or back). Bottom hand should be directly under shoulder.



Hanging Hip Raise

- 1) Grab onto bar and hang from the bar with your arms straight.
- 2) Start position: bring knees up with hip flexed at approximately 90°.
- 3) Keeping back firmly pressed against back support, slowly lower legs.
- 4) Return to start position.
- 5) Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout entire movement.

Trainer's comments:

Take your time, and do these slow. Try a 1-2-1 or 1-3-1 tempo. Make sure to do keep all of the stress on the abdominal area.

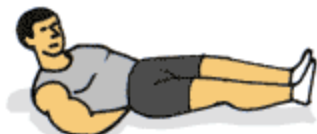


Alternating Toe Touch

1. Start position: Lie back onto floor or bench with feet up into the air. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend one arm and reach for the opposite foot. Return to start position and repeat with other hand.

Remember to keep head and back in a neutral position.
Hyperextension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance,

position hand closer towards body



Scissor Kicks

1. Lie back onto floor or bench with both knees bent and feet flat. Place hands at sides.
2. Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing naval in towards spine). Lower back should be in a neutral position.
3. Start position: Straighten both legs so that they are perpendicular to floor.
4. Slowly bring legs out away from each other and then return to side by side.
5. Return to start position and repeat.



Lying Side Crunch

- 1) Lie with back on floor or bench with knees bent.
- 2) Start position: Let your knees fall to the right so that your hips are somewhat rotated.
- 3) Leading with the chin and left shoulder, contract abdominal muscles and raise left shoulder off floor or bench towards left knee.
- 4) Return to start position. Repeat with other side.
- 5) Remember to keep head and neck in neutral position throughout movement. Do not twist excessively - elbow does not need to touch knee.

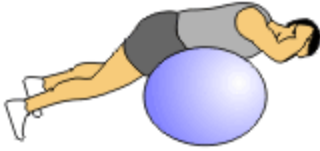


Ball Transfer Crunch

1. Start by lying on your back with a stability ball held between your legs and your arms directly above your head.
2. Simultaneously raise your legs with the ball and your shoulders up towards the ceiling.
3. At the top grab the ball with your arms and return to the starting position with the ball in your hands.
4. Repeat this movement and transfer the ball back to your feet.
5. Repeat for the required repetitions.

Back Extension on Ball

- 1) Lie face down on flexaball with knees and feet on floor.
- 2) Flexaball placement should be at abdominal to lower chest region.
- 3) With hands on chest, raise trunk 4-8 inches.
- 4) Lower to start position.
- 5) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.



V-Up

- 1) Start position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.
- 3) Return to start position.

