

Elevated Push-ups

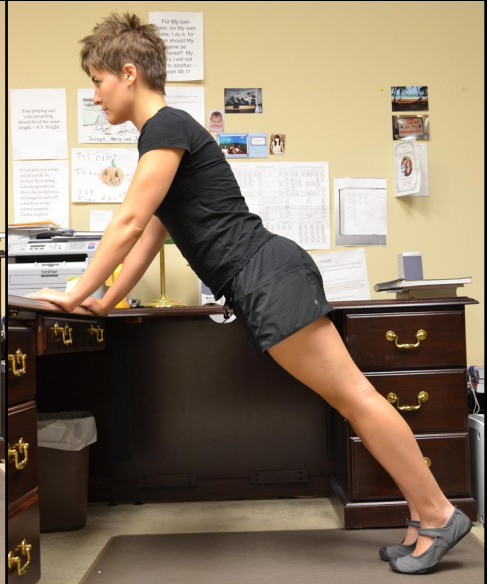
Start



Movement



Finish



- Hands: Place on desk or counter with pressure through the heel of the palm about shoulder width apart.
- Shoulders: Hold down in socket.
- Body: Keep rigid by squeezing abs.

- Slowly descend (2 sec) keeping elbows tight to your body until your chest touches the desk for full range of motion.
- Pause for 1 second

- Push through heel of palm to return to start position (2 sec).
- Keep abs tight!

Knee Push-ups

Start



Movement



Finish






- Hands: Place floor directly under shoulders (close grip) or wider (wide grip)
- Shoulders: Hold down in socket.
- Body: Keep rigid by squeezing abs.




- Slowly descend (2 sec) keeping elbows tight to your body until your chest touches the floor for full range of motion.
- Pause for one second.

- Push through heel of palm to return to start position (2 sec).
- Keep abs tight!




Hip Extensions

Start	Movement	Finish
		
<ul style="list-style-type: none"> • Lay flat on back with knees up a feet shoulder-width apart & heels close to butt. 	<ul style="list-style-type: none"> • Squeeze butt & drive through heels to raise body until knees, hips & shoulders are in a line (2 sec). Squeeze butt hard. Hold one second. 	<ul style="list-style-type: none"> • Slowly lower to return to start position (2 sec).

One-legged Hip Extensions

Start	Movement	Finish
		
<ul style="list-style-type: none"> • Lay flat on back with knees up a feet shoulder-width apart & heels close to butt. 	<ul style="list-style-type: none"> • Squeeze butt & drive through heels to raise body until knees, hips & shoulders are in a line (2 sec). Squeeze butt hard. Hold one second. 	<ul style="list-style-type: none"> • Slowly lower to return to start position (2 sec). • Perform all repetitions on one side, then switch legs.

Bird-dogs

Start	Movement	Finish
		
<ul style="list-style-type: none"> • Get on all fours with pressure through the palms of your hands. Abs should be sucked in & contracted throughout the movement. 	<ul style="list-style-type: none"> • Squeeze butt & shoulder to stretch one arm and the opposite leg out until arm & leg are parallel with the floor. (Tip: Pretend like someone is pulling your arm and leg to the opposite wall) 	<ul style="list-style-type: none"> • Slowly lower to return to start position (2 sec). • Each time you switch counts as one repetition. So a rep scheme of 8 means 4 on each side.

Body Rows

Start



Movement









Finish






- Stand up straight in a doorway, facing the frame. Keep body rigid by holding shoulders down & contracting abs.




- Slowly lean back while squeezing the muscles between your shoulder blades until elbows are straight (2 sec).

- Squeeze the muscles between your back to return to start.

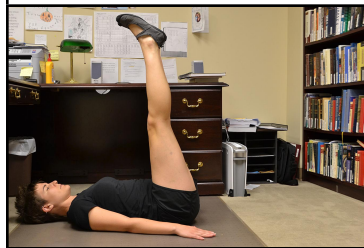

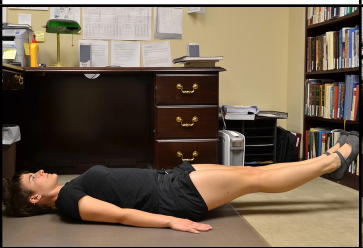

Burpees					
Start	Squat	Thrust Back	Push-up	Thrust Up	Jump!
					
<ul style="list-style-type: none"> • Stand up straight with chest up, shoulders back, abs tight. Feet are slightly wider than shoulder width with toes pointed out. 	<ul style="list-style-type: none"> • Sit back & down with weight through the heels of your feet. Place hands on the ground between your feet. 	<ul style="list-style-type: none"> • Thrust feet back to be in push-up position. 	<ul style="list-style-type: none"> • Perform a push-up OR lay on the ground and push back up. • This does not have to be perfect. Burpees are for intensity! 	<ul style="list-style-type: none"> • Thrust back up to land in the bottom of the squat. Tip: Jump back up with your feet WIDE, outside your hands! This will save your knees. 	<ul style="list-style-type: none"> • Jump up off the ground to finish the movement • This is one repetition.

Mountain Climbers		
Start	Movement	Finish
		
<ul style="list-style-type: none"> • Start in push-up position with one knee up to chest as shown in photo. 	<ul style="list-style-type: none"> • Quickly & ballistically switch feet. • Each time you switch counts as 1 repetition. 	<ul style="list-style-type: none"> • Continue switching back & forth as fast as possible for the duration or rep set.

Knee Tucks

Start	Movement	Finish
		
<ul style="list-style-type: none">• Sit in a chair or on a bench & hold on to the sides. Bring knees up to chest & keep back straight.	<ul style="list-style-type: none">• Breathe in as you slowly straighten your legs (2 sec.). Hold one second.	<ul style="list-style-type: none">• Breathe out as you slowly raise your legs & contract your abs tightly (2 sec.).

Leg Raises

Start	Movement	Hold	Finish
			
<ul style="list-style-type: none">• Lay on back. Straighten legs out completely & maintain throughout the movement.	<ul style="list-style-type: none">• Slowly lower legs until a few inches off of the floor (2 sec).	<ul style="list-style-type: none">• Hold one second.	<ul style="list-style-type: none">• Raise legs & return to start position (2 sec). Keep legs perfectly straight.

Over-Unders



- Stand up straight. Think: Over the fence, under the tree.



- Pick leg up and step over the "object" - don't hit it!



- Step over the "object" with the other foot.



- Finish with solid technique!



- Sit back into a 1/2 squat with weight in your heels. Knees should NOT go in front of toes.



- Stretch leg out & keep butt low.



- Slide under the overhanging tree.



- Quarter squat. Weight still in heels.



- Stand up straight.
- This is one repetition. Keep going in the same direction OR back & forth.

Plank

Front



- Hold the plank position by contracting abs and not allowing the hips to rise or fall. Hold for the recommended time.

Side



- Make sure shoulders, hips & ankles are in a straight line. Elbow directly under shoulder. Squeeze up into position by squeezing the obliques. Do not allow hips to tilt out or in.

Plank - Knees

Front








- Hold the plank position by contracting abs and not allowing the hips to rise or fall. Hold for the recommended time.

Side

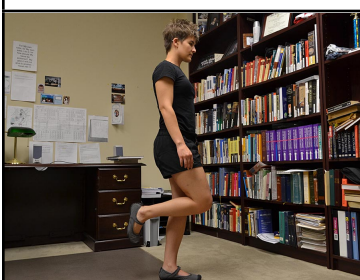

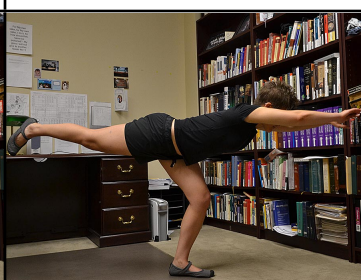



- Line up shoulders, hips & knees in a straight line with elbow directly under shoulder. Squeeze up into position by squeezing the obliques. Do not allow hips to tilt out or in.

Romanian Deadlift (RDL)

Start	Movement Down	Bottom	Movement Up	Finish
				
<ul style="list-style-type: none"> • Stand up straight with feet wider than shoulder width. Chest up, abs tight, shoulders back, straight back. 	<ul style="list-style-type: none"> • With weight in heels, sit BACK & hinge at hips. Knees can slightly bend. 	<ul style="list-style-type: none"> • Stop & hold for one second when you feel a taught pull on your hamstrings & you cannot descend further without back rounding. 	<ul style="list-style-type: none"> • Squeeze butt & hamstrings to return to start position. 	<ul style="list-style-type: none"> • Squeeze butt at top to fully open hips. • Can be a stretch. Push range of motion each repetition.

One Legged RDLs

Start	Movement	Bottom	Finish
			
<ul style="list-style-type: none"> • Stand up straight on one leg with other leg bent facing behind you. Hold chest up, shoulders down, abs tight, straight back. • SOFT KNEE • Note: don't get caught up in the appendages everywhere. This is a hip exercise. 	<ul style="list-style-type: none"> • Sit hips back (i.e. hinge at hips) & hold torso rigid. Allow torso to come forward while maintaining control over center of gravity. Weight should primarily go through the heel of your foot. 	<ul style="list-style-type: none"> • Stretch leg & arms to the opposite wall. • Hold for one second. 	<ul style="list-style-type: none"> • Squeeze butt & hamstrings while keeping torso rigid to "hinge up" and return to start position. • Perform all repetitions on one leg, then the next.

Split Squat

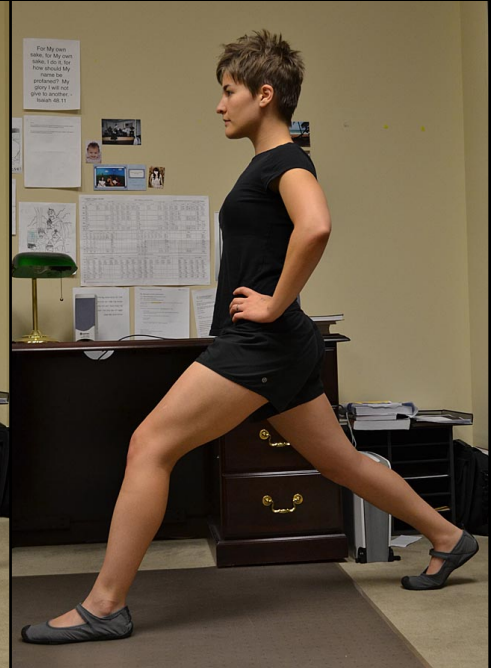
Start



Movement



Finish



- Stand in split squat position with one leg forward & the other far behind on the toe. Make sure they are wide enough. Hold torso tight, chest up, shoulders back, abs tight.
- Place hands on hips or out in front or to the sides for balance.

- With weight through the front heel, slowly descend until the back knee almost touches the ground. Hold for one second.
- Notice the knee should stay parallel to the ankle and NEVER go in front of the toe.

- Driving weight through the leading heel, squeeze leading leg to return to start position.
- Perform all repetitions on this leg, then switch.

Split Squat - Front Foot Elevated

Start



Movement



Finish



- Stand in split squat position with one leg forward on books or a step & the other far behind on the toe. Make sure they are wide enough.
- Hold torso tight, chest up, shoulders back, abs tight.
- Place hands on hips or out in front or to the sides for balance.

- With weight through the front heel, slowly descend until the back knee almost touches the ground. Hold for one second.
- Notice the knee should stay parallel to the ankle and NEVER go in front of the toe.
- Keep torso straight

- Driving weight through the leading heel, squeeze leading leg to return to start position.
- Perform all repetitions on this leg, then switch.

Split Squat - Back Foot Elevated

Start



Movement



Finish



- Stand in split squat position with one leg forward & the other far behind on a chair or bench. Make sure they are wide enough.
- Hold torso tight, chest up, shoulders back, abs tight.
- Place hands on hips or out in front or to the sides for balance.

- With weight through the front heel, slowly descend until the front thigh is parallel with the floor. Hold for one second.
- Notice the knee should stay parallel to the ankle and NEVER go in front of the toe.

- Driving weight through the leading heel, squeeze leading leg to return to start position.
- Perform all repetitions on this leg, then switch.

The Squat

Foot Postion



- Proper foot position for the squat is vital. Feet should be shoulder width apart with toes slightly turned out.
- Memorize your foot position.

Squat

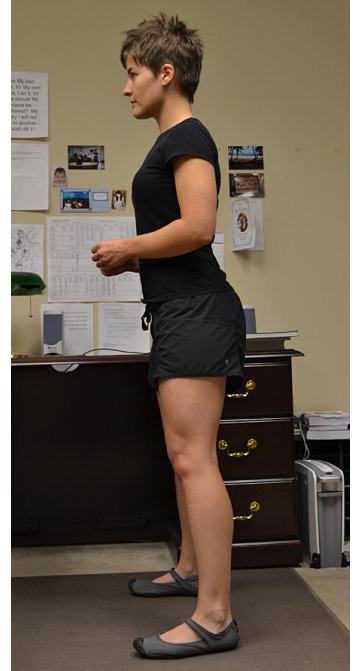
Start



Movement



Finish



- Stand up straight. Chest up, shoulders back, abs tight, back straight. Feet should be shoulder-width apart with toes slightly turned out. Weight is in heels.

- Sit butt back & down. Descend until thighs are at or below parallel with the ground. Knees should go out horizontally, tracking the toes. Maintain lumbar curve.

- Squeeze glutes and hamstrings and return to start position.

Squat - Full

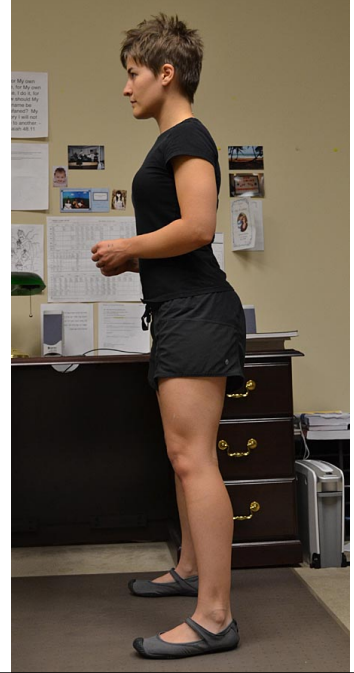
Start



Movement



Finish










- Stand up straight. Chest up, shoulders back, abs tight, back straight. Feet should be shoulder-width apart with toes slightly turned out. Weight is in heels.

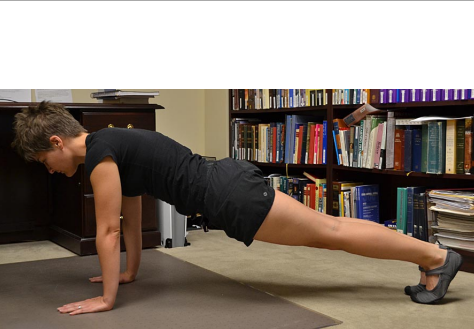

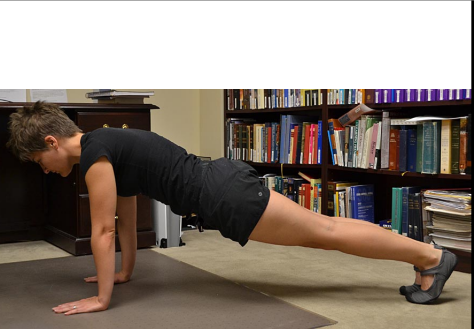
- Sit butt back & down. Descend until thighs are at or below parallel with the ground. Knees should go out horizontally, tracking the toes. Maintain lumbar curve.

- Squeeze glutes and hamstrings and return to start position.




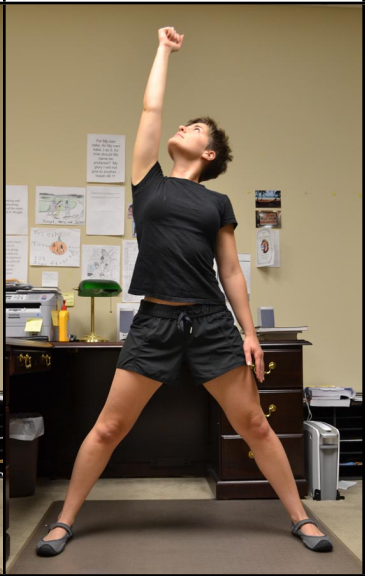
Squats - Chair

Start	Movement	Bottom	Finish
			
<ul style="list-style-type: none"> • Stand up straight. Chest up, shoulders back, abs tight, back straight. Feet should be shoulder-width apart with toes slightly turned out. Weight is in heels. • Place chair slightly behind you. 	<ul style="list-style-type: none"> • Sit butt back & down. Descend until your butt and/or back of your legs “kiss” the chair. Knees should go out horizontally, tracking the toes. Maintain lumbar curve. • Do not sit down! 	<ul style="list-style-type: none"> • Hold for one second. • Do not sit down! • Squeeze butt & back of legs. 	<ul style="list-style-type: none"> • Squeeze glutes and hamstrings and return to start position. • TIP: Pick your toes up in your shoes to keep weight in heels. • TIP: Drive knees out horizontally from the get-go.



Spiderman		
Start	Movement	Finish
		
<ul style="list-style-type: none"> • Start in push-ups position with abs tight & butt down. 	<ul style="list-style-type: none"> • Keeping butt down, bring one leg up until beside your hand. • Tip: Keep butt down! 	<ul style="list-style-type: none"> • Return to start. Repeat for opposite side. • Repetitions count each leg as one. Switch back & forth until all repetitions are complete.

T-Ups		
Start	Movement	Finish
		
<ul style="list-style-type: none"> • Start in push-up position. Hold abs tight. Feet may be spread about 1 foot apart. 	<ul style="list-style-type: none"> • Balancing on one side, reach one arm straight up to the ceiling. 	<ul style="list-style-type: none"> • Return to start. Repeat for opposite side. Each hand counts as one repetition. Switch back & forth until all reps are complete.

One Legged RDLs

Start	Movement	Bottom	Finish
			

Samson Stretch

Start	Finish
	

Samson Stretch	
Start	Finish