

# Challenge Complex Exercise Library

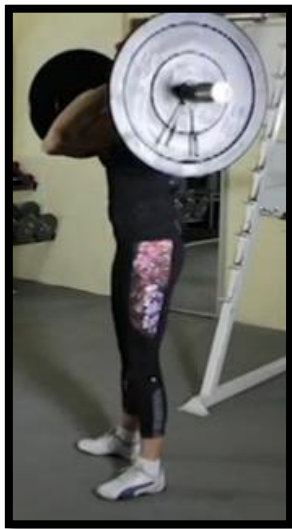
## Table of Contents

1.	1 ½ front squats .....	3
2.	1 leg RDL.....	4
3.	Ab roll out .....	5
4.	Alternating DB rows .....	6
5.	BB Or DB bent over row .....	7
6.	Bent over rear delt fly .....	8
7.	Bicep curl.....	9
8.	Burpee.....	10
9.	Burpee hanging leg raise.....	11
10.	Close grip bench on floor .....	12
11.	Close push ups on the floor .....	13
12.	Curtsy lunges.....	14
13.	DB goblet lateral lunge.....	15
14.	DB goblet squat.....	16
15.	DB lateral raise to narrow squat .....	17
16.	DB swing.....	18
17.	Deadlift.....	19
18.	Front squat.....	20
19.	Front squat alternating shoulder press.....	21
20.	Front squat push press.....	22
21.	High pull .....	23
22.	Incline push up with spider crawl .....	24
23.	Inverted row.....	25
24.	Plank on elbows with alternate leg lift .....	26
25.	Power Clean (no squat) hang to front squat position.....	27
26.	Prone windshield wiper .....	28
27.	Pull up .....	29

28.	Push press .....	30
29.	Push press tricep extension .....	31
30.	Push up cross body mountain climber.....	32
31.	Push up renegade row .....	33
32.	Push up shoulder touch .....	34
33.	RDL –Romanian Dead Lift.....	35
34.	Renegade row .....	36
35.	Reverse lunge.....	37
36.	Reverse lunge bicep curl .....	38
37.	Single push press or thruster .....	39
38.	Sit outs .....	40
39.	Spider crawl.....	41
40.	Spiderman push up .....	42
41.	Squat thrust.....	43
42.	Overhead Squat .....	44
43.	Weighted Burpee .....	45
44.	Weighted burpee to clean n press (no squat) .....	46
	Cool Down.....	47
	• Hamstring stretch .....	47
	• Quad stretch .....	47
	• Child’s pose .....	48
	• Child’s pose lat stretch.....	48
	• Downward facing dog .....	49
	• Triceps stretch.....	49
	• Standing torso stretch.....	50
	• Prone torso stretch .....	50

## 1. 1 ½ front squats

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to half way standing position
- Return to bottom position before standing up



## 2. 1 leg RDL

- Hold DB's at the sides if using.
- Balance on one leg, slightly bent at the knee.
- Keep in a plank like position and simultaneously lift the heel to the ceiling while dropping the nose to the floor.
- Maintain a tight core and keep eyes directly in front, keep ears over shoulders to maintain a neutral spine.



### 3. Ab roll out

- Kneel on a mat with your hands on the barbell.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.
- Maintain shoulder over hip, over knee position and avoid sticking your butt out behind you.



#### 4. Alternating DB rows

- Hold DB's by the sides, fold at the waist with a flat back.
- Alternate rowing on one side, then the other while maintaining a flat back, slight knee bend.
- Do not round the back, keep ears in line with the shoulders, do not lift the head.



## 5. BB Or DB bent over row

- Keep ears, shoulders and hips in alignment
- Keep a flat back while holding DB's at knee level
- Pull the shoulder blades together as you row the DB's to the ribs and return to the start
- Do NOT round the back, keep a soft knee



## 6. Bent over rear delt fly

- Hold the DB's at the sides
- Fold at the waist maintaining a flat back and tight core
- Keep the thumbs pointed downward and little fingers up
- Bring the DB's to the sides of the body, slight bend in the elbow
- Return to start under control





## 7. Bicep curl

- Hold DB's at the sides
- Bring the thumb side of the DB to the shoulder
- Keep elbows at the sides
- Return to starting position, fully extending arms



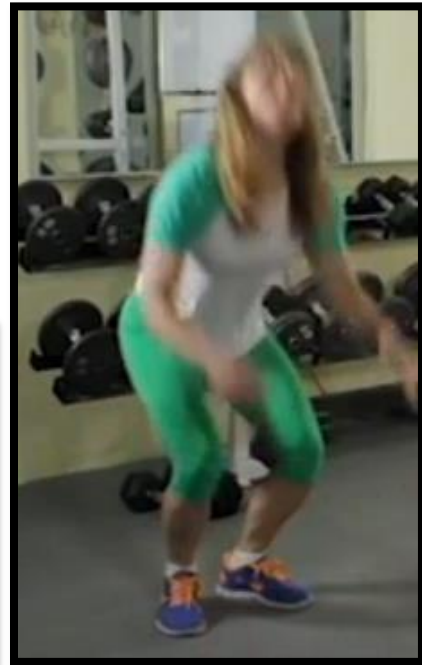
## 8. Burpee

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)
- Modify – do a burpee walk out: from the plank position, walk one foot out, then
- Walk the other, then walk the feet in, one at a time
- Modify – do a full body extension (eliminate the squat thrust/plank/push up)



## 9. Burpee hanging leg raise

- Do a regular burpee
- Jump up to pull up bar
- Roll at the hips to bring knees to elbows



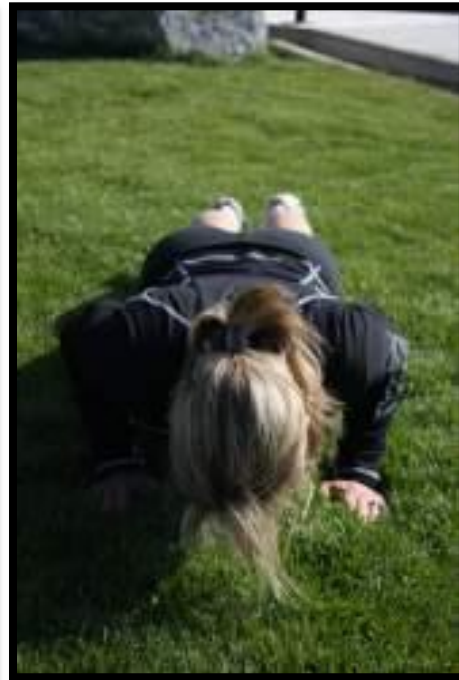
## 10. Close grip bench on floor

- Lay on the floor or a bench, bend legs to create pelvic tilt and protect the back
- Place hands on barbell shoulder width apart
- Lower the bar to the chest
- Keep elbows close to the sides
- Extend arms over the chest



## 11. Close push ups on the floor

- Start in plank position (on knees or in table top position if needed)
- Place hands directly under the shoulders
- Slowly lower the chest to the ground
- Return to plank position



## 12. Curtsy lunges

- Hold DB's at the side
- Draw one foot to the side and around the opposite foot as if 'striking a match'
- Drop knee to the floor
- Return to standing
- Repeat on the other side



### 13. DB goblet lateral lunge

- Hold DB in goblet position
- Step out to the side as far as possible and weight outstretched leg
- Drop as low as possible while keeping upright at the waist
- Push off the outside of the foot of the bent leg and return to standing
- Repeat on the opposite side





## 14. DB goblet squat

- Hold the DB's in the goblet position, high on the chest
- Keep the chin up and the core tight as you 'sit in a chair' or squat
- Keep weight on the heels so you can wiggle the toes
- Return to standing





## 15. DB lateral raise to narrow squat

- Hold DB's at the sides
- Perform a lateral raise, keep thumbs pointing downward and little fingers toward the ceiling as if 'pouring a cup of tea'
- Return DB's to the sides
- Weight the heels and sit back as if sitting in a chair into a squat position
- Keep the chest high and chin up



## 16. DB swing

- Hold the DB, KB or plate with both hands.
- Allow the weight to swing high between the thighs while you sit the bum back.
- Do NOT squat, rather, push the bum back while keeping the abs tight.
- Squeeze the bum and drive the hips forward allowing the weight to swing up to head height.
- Allow momentum to carry the weight.
- Keep the head up, don't drop the chin.



KB/DB/Plate Swing A



KB/DB/Plate Swing A

## 17. Deadlift

- Hold DB's or BB in upright position, hold weight at approximately shoulder width
- Lower weight by folding at the waist, bending at the knee and keeping the weight on the heels
- Keep the back flat and core tight
- Return to standing



## 18. Front squat

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position



## 19. Front squat alternating shoulder press

- Hold DB's at shoulder height
- Drop into a squat position
- Return to standing
- Push press one DB overhead, lower weight with control
- Repeat squat and push press DB on opposite side



## 20. Front squat push press

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Dip (bend legs) and drive the weight over head
- Return to the front rack position to repeat squat



## 21. High pull

- Hold DB's or BB with palms facing legs
- Keep the back flat, core tight and bend the knees to lower weight to just below the knees
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Raise up onto the toes
- Keep the bar or DB's close to the chest and raise to shoulder height
- Slowly lower the weights to the start



## 22. Incline push up with spider crawl

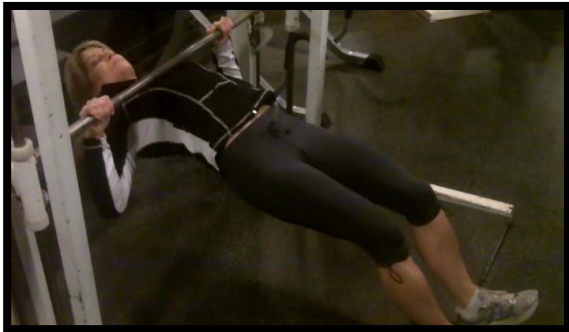
- Assume a push up position on an incline plane
- Do a push up
- Bring same elbow to same knee on both sides
- Repeat the push up



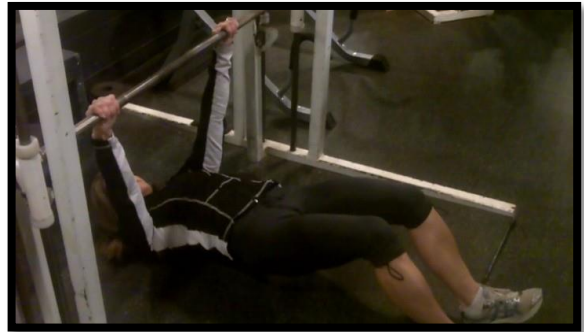


## 23. Inverted row

- Find a low bar where you can do an inverted plank.
- Grasp the bar with an overhand, shoulder width grip.
- Raise the chest towards the bar.
- Lower with control.
- To modify, bend the legs push more from the heels.
- To intensify, make the body as plank like as possible.



Position A



Position B

## 24. Plank on elbows with alternate leg lift

- Get into a plank position with shoulders directly over the elbows
- Keep the shoulders, hips, knees and ankles all in line
- Keep the hips low and alternatively lift each leg



## 25. Power Clean (no squat) hang to front squat position

- Hold BB with palms facing legs
- Keep the back flat, core tight and bend the knees to lower weight to just below the knees
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Drop elbows as you rotate bar into front rack position
- Keep the bar high at the neck, elbows high in front



## 26. Prone windshield wiper

- Hold a bar bell over the chest as if to do a bench press
- Bring knees over hips
- Keep lower back on the bench/floor by actively engaging the core
- Rotate knees from side to side
- Intensify by keeping the legs straight



## 27. Pull up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.



Position A – Body Weight Pull Up



Position B – Body Weight Pull Up

## 28. Push press

- Hold the bar at the shoulders
- Dip at the knees and drive the bar over head
- Lower the bar to shoulders with control



## 29. Push press tricep extension

- Hold the bar at the shoulders
- Dip at the knees and drive the bar over head
- Keep the elbows pointing to the ceiling and close together to lower BB to back of neck
- Extend arms to bring the BB over head
- Lower the BB with control back to shoulders



### 30. Push up cross body mountain climber

- Assume a plank position
- Do a regular push up
- Draw opposite knee to opposite elbow on each side
- Repeat push up





## 31. Push up renegade row

- Keep the abs braced and body in a straight line from knees to shoulders.
- Balance on dumb bells on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Balance on one arm while doing a row with the other.
- Keep hips and shoulders square to the floor.
- Alternate sides.



Position A



Position B



Position C

## 32. Push up shoulder touch

- Assume a plank position
- Do a regular push up
- Touch opposite hand to opposite shoulder on each side
- Repeat push up



### 33. RDL -Romanian Dead Lift

- Hold barbell at hips
- Keep the back flat and core tight while lowering barbell to knees or just below
- Return to standing position while maintaining a flat back
- It is acceptable to have a slight bend at the knee



## 34. Renegade row

- Get into push up position (drop to knees or table top if needed)
- Balance on DB's if using
- Do full push up (optional)
- Then do one arm pull up (if not using DB's, raise hand to chest, elbow high in the air)
- Repeat push up and pull up on opposite arm
- A wide stance with the feet helps to maintain level hips
- Modify – Unload, do bodyweight only, eliminate the push up



## 35. Reverse lunge

- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg



## 36. Reverse lunge bicep curl

- Hold DB's at the sides
- Step back on one leg
- Drop back knee to the floor
- Maintain a 90 degree angle at the knee, hip and ankle
- Step forward onto the heel of the front foot to return to standing
- Perform a bicep curl before repeating on the opposite side



### 37. Single push press or thruster

- Hold the DB at shoulder height
- Extend opposite hand for balance
- Dip at the knee and drive the DB overhead



## 38. Sit outs

- Start in a plank position
- Bring the knees close to the elbows
- Shoot one leg out to the side while dropping the hip to the floor
- Quickly hop to extend leg to the other side
- Maintain fast pace





### 39. Spider crawl

- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs throughout movement



## 40. Spiderman push up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- Modify – do the push up, then the spider crawl without bringing the elbow to the knee



## 41. Squat thrust

- Drop down into plank position
- Hop the legs in towards the hands
- Hop the legs back into plank position
- Repeat



## 42. Overhead Squat

- Hold DB over head, keep arm straight and tighten core
- Outstretch other hand for balance
- Squat and return to standing



## 43. Weighted Burpee

- Hold a BB or DB in an upright position
- While maintaining a flat back, drop to a plank position and shoot the legs into a plank
- Bring the legs back in towards the chest
- Keep the back flat and return to standing



#### 44. Weighted burpee to clean n press (no squat)

- Hold BB with palms facing legs
- Hold a BB or DB in an upright position
- While maintaining a flat back, drop to a plank position and shoot the legs into a plank
- Bring the legs back in towards the chest
- Keep the back flat and return to standing
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Drop elbows as you rotate bar into front rack position
- Keep the bar high at the neck, elbows high in front





## Cool Down

- Hamstring stretch



- Quad stretch



- Child's pose



- Child's pose lat stretch





- **Downward facing dog**



- **Triceps stretch**



- **Standing torso stretch**



- **Prone torso stretch**

