

# CHALLENGE FAT LOSS

Exercise  
Library



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# **Challenge Fat Loss Exercise Library**

## **Disclaimer**

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## **Safety First**

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

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## **Bench Press**

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a shoulder-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows at a 90 degree angle, lower the bar straight down to your chest.
- Pause briefly and then press the bar back up above the chest in a slight angle towards the chin.



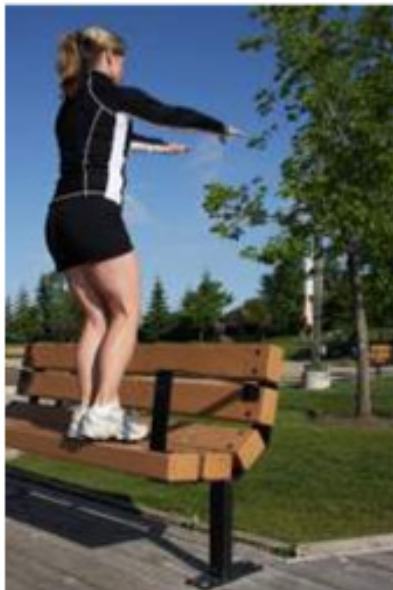
**Position A – Bench Press**



**Position B – Bench Press**

## **Bench Step**

- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side



## **Bent Legged Deadlift**

- Hold the bar at thigh level.
- Lower the bar down the thighs towards the floor.
- Keep the back flat, bend the legs, chest and chin up.
- Set the shoulders down and back.
- Return to the start by standing up, initiating the movement from the legs.



**Position A – Bent Leg Dead Lift**



**Position B – Bent Leg Dead Lift**



## **Bicycle Crunch**

- Lie on your back and bring one elbow towards the opposite knee.
- Alternate opposite knee to elbow.
- Ensure the lower back is pressed into the floor at all times.



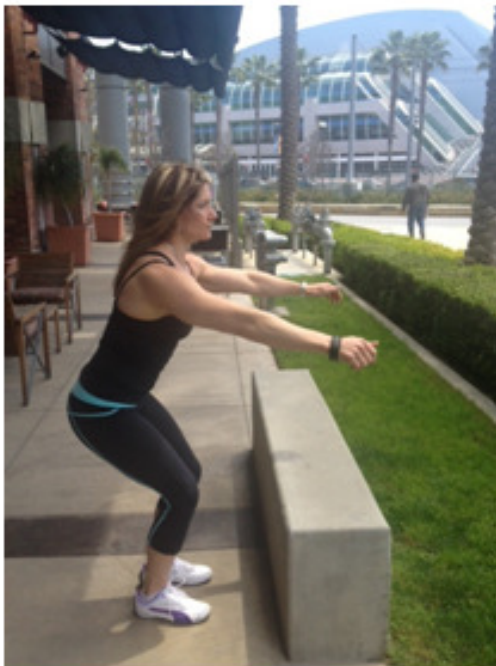
**Position A – Bicycle Crunch**



**Position B – Bicycle Crunch**

## **Box Jump**

- Jump from two feet to two feet onto a bench
- Be sure to land softly on the heels with 'quiet' feet and bent legs
- Step down, one leg at a time
- Repeat



## **Bulgarian Split Squat**

- Rest one foot on a bench.
- Step forward with the other foot. Do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.



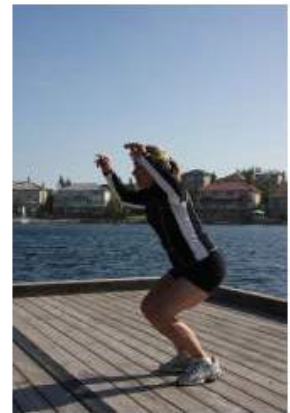
## **Burpee Pull Up / Chin Up**

- Perform a regular burpee, the push up is optional
- Jump up and perform a pull up with the palms facing out OR a chin up with the palms facing in
- Return to the floor and repeat the burpee



## **Burpees**

- 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)

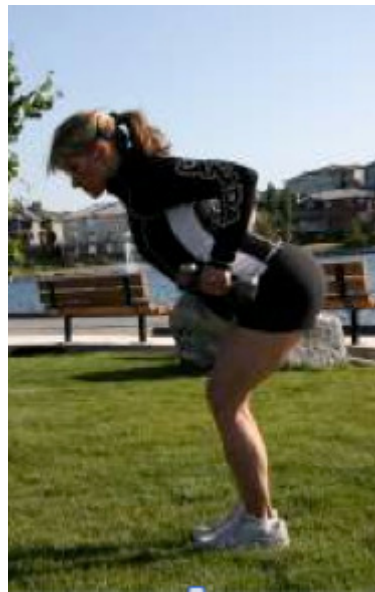


## **DB Bent Over Row**

- 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



DB bentover row A



DB bentover row B

## **DB Chest Fly**

- Hold the dumbbells above your chest with your palms turned toward the each other.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as your press the dumbbells up and together.



**Position A – Prone DB Fly**



**Position B – Prone DB Fly**

## **DB Chest Press**

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as your press the dumbbells up.



**Position A – DB Bench Press**



**Position B – DB Bench Press**



## **DB Curl**

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position with fully extended arms.



**Position A – DB Bicep curl**



**Position B – DB Bicep Curl**

## **DB Front Raise**

- Hold dumb bells in front of the thighs with straight arms.
- Lean forward slightly with weight on the balls of the feet.
- Raise dumb bells to shoulder height, knuckles to the ceiling.
- Lower to starting position.



**Position A – Front Raise**



**Position B – Front Raise**

## **DB Incline Fly Press**

- Set up a bench with a moderate incline (1-2 notches above flat).
- Hold the dumbbells above your chest with your palms turned toward one another.
- Slowly lower the dumbbells out to each side and lower to chest level, do NOT allow the DB to extend beyond the elbow.
- Maintain a 90 degree angle at the elbow at the bottom of the movement.
- Bring the dumbbells in to the chest and bring the pinky fingers together.
- Press the dumbbells straight up above the chest.



**Position A – Incline DB Chest Fly**



**Position B – Incline DB Chest Fly**

## **DB Incline Press**

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



**Position A – Incline DB Chest Press**



**Position B – Incline DB Chest Press**

## **DB Lateral Raise**

- DB Lateral Raise with Slight Forward Lean
- Hold a DB in each hand.
- Lean forward slightly from the waist, maintaining braced abs.
- Raise the DB's up to the side with thumbs down and pinky finger raised up.
- Return to side position with control.



**Position A - Lateral Raise**



**Position B - Lateral Raise**

## **DB Lateral Raise with Slight Forward Lean**

- Hold a DB in each hand.
- Lean forward slightly from the waist, maintaining braced abs.
- Raise the DB's up to the side with thumbs down and pinky finger raised up.
- Return to side position with control.



**Position A - Lateral Raise**



**Position B – Lateral Raise**

## **DB Overhead Triceps Extension**

- Hold a DB in both hands directly over your head.
- Slowly lower the dumbbell behind your head by bending your elbows, and try to point your elbows towards the ceiling.
- Pause briefly at the bottom of the motion, and then extend your arm using your triceps to raise the dumbbell back to the start.



**Position A – DB Tricep Overhead Press**



**Position B – DB Tricep Overhead Press**

## **DB Row**

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



**Position A – DB row**



**Position B – DB row**



## **DB Shoulder Press**

- Stand with your hips tucked under, knees bent and abs braced (pelvic tilt forward).
- Hold dumbbells at shoulder level.
- Press the dumbbells overhead and slowly lower to the start position.
- Do not arch your back. Stand upright.



**Position A – DB Shoulder Press**



**Position B – DB Shoulder Press**

## **Decline Push Up**

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet on a bench or incline.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the decline, the more difficult the push up (the lower the decline, the more modified).
- 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.



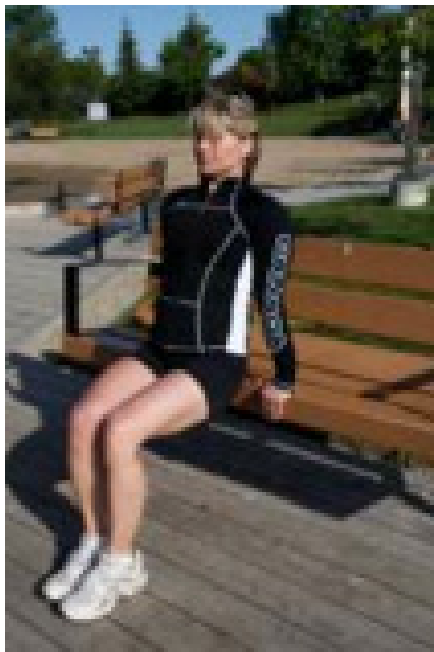
Position A



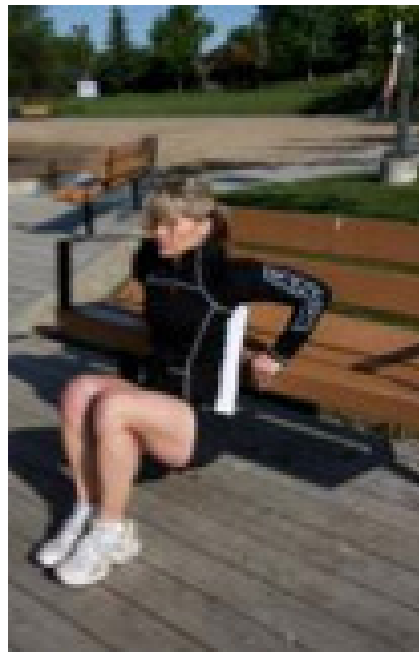
Position B

## Dip

- Place hands beside hips on the edge of a bench, arms locked, fingers forward
- Drop bottom down as arms bend, elbows backward
- Return to start by pushing on the heel of the hand, locking elbows
- Ensure back/hips are close to the bench, don't go too deep
- \*if you feel this in the front of the shoulders, modify the depth and ensure the back isn't too far from the bench
- Intensify by extending the legs to a straight position



Dip A



Dip B

## **EZ Bar Curl**

- Hold an E-Z Curl Bar at arm's length with a shoulder-width grip.
- Keep your abs braced and curl the barbell up to chest height.
- Slowly lower. Don't bend back. Keep an upright posture. Fully extend arms at the bottom of the movement.



**Position A – Bb bicep curl**



**Position B – Bb bicep curl**

## Get Ups

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



**Position A**



**Position B**



**Position C**

## Good Morning

- From standing position fold at the waist so that chest is parallel to the floor
- Feel a stretch through the hamstrings in the back of the legs
- Return to standing position



## **Hanging Leg Raise**

- Hang from a chin-up bar using an overhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor or higher.
- Don't use momentum. Go slow and controlled both ways.



**Position A – Hanging Leg Raise**



**Position B – Hanging Leg Raise**

## **Hanging Oblique Leg Raise**

- Grasp the bar with an overhand grip
- Bent the knees to 90 degrees
- Bring the knees to one side of the body, imagine that you're trying to touch your right hip to right rib
- Repeat on the other side





## **Hanging/Prone Windshield Wiper**

- Grasp the bar with an overhand grip
- Bring the knees in towards the chest and rock back so that the body is parallel to the floor
- Rotate the legs from one side of the body to the other



### **For the prone Windshield wiper:**

- Lie on the back with the hands outstretched as if in a bench press position
- Hold a bar to stabilize the body, or outstretch arms on floor
- Bring the knees over the hips (keep them at 90 degrees or straighten the legs to intensify)
- Rotate the legs from one side to the other



## **Incline Bench Press**

- Keep your feet flat on the floor, legs bent, and upper back flat against a bench at between 45-60 degree incline.
- Grip the bar using a shoulder-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows at a 90 degree angle, lower the bar straight down to your chest.
- Pause briefly and then press the bar back up above the chest in a slight angle towards the chin.



**Position A – Incline Bench Press**



**Position B – Incline Bench Press**

## **Incline Push Up**

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the bench or incline slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the incline, the more modified the push up (the lower the incline, the more difficult).
- 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.



**Position A**



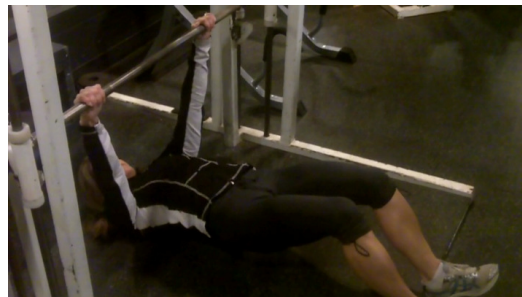
**Position B**

## **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.



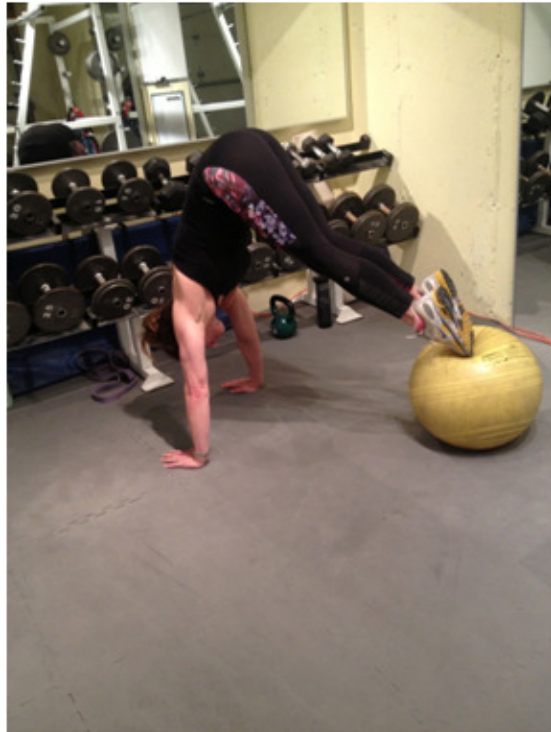
**Position A**



**Position B**

## **Jack Knife With Stability Ball**

- Get into a high plank position with the feet resting on the stability ball
- Pike the body into a jack knife position
- Return to the high plank position



## **Jump Assisted Pull-up**

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



**Position A – Jump Assisted Pull Up**



**Position B – Jump Assisted Pull Up**

## **KB/DB/Plate 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 B**

## Lat Pull Down

- Sit on the machine and tuck the knees under the pads.
- Hold the bar at shoulder width.
- Look up and lean back with a flat back, abs braced.
- Squeeze the shoulder blades down and back as you lower the bar to the chest.
- Return the bar to starting position with control.



**Position A – Lat Pull Down**



**Position B – Lat Pull Down**



## Lateral Lunge

- Take a step directly to the side
- Touch the knee or the toe (if possible) with opposing hand, bending forward slightly at the waist
- Try to keep both feet flat on the ground the entire time
- Push off the heel to standing position
- Repeat on opposite side
- Add a hop in between steps
- Modify – touch the knee, modify depth



## Leg Climber

- Lie on the back with one foot close to the butt and the other leg extended
- Curl the body off the floor and 'climb the leg' to touch the toe
- Slowly uncurl, one vertebrae at a time to prone position
- Repeat on the opposite side



## Leg Raise

- Get into face up, prone position
- Press lower back into the floor
- Raise shoulders slightly off the ground
- Lift legs together to right angles to the ground
- Slowly lower the legs until it feels like the lower back cannot maintain contact with the ground, at this point, the legs should be brought back up to the starting position
- The lower the legs are brought to the ground, the more difficult the exercise



## **Mountain Climbers**

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **quickly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.
- 



**Position A – Mountain Climber**



**Position B – Mountain Climber**

## **Partial Pull-Up**

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to partial hanging position with arms slightly bent.



**Position A – Partial reps  
(not full hang to Bottom of movement)**



**Position B – Partial reps  
(not full hang to Bottom of movement)**

## **Partially Assisted Pull-Up**

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will take some weight on your legs and hold some of your weight with your upper body/arms.
- Return to full hanging position with control.



**Position A – Partial Assisted Pull Up w/  
Controlled descent  
(step up from box/chair with *some* of body weight)**



**Position B – Partial Assisted Pull Up w/  
Controlled descent  
(step up from box/chair with *some* of body weight)**

## **Plank**

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



## **Plank Lateral Step Outs**

- Assume a plank position
- Alternatively, step one leg out to a straddle position and back to the center
- Don't let the hips drop on either side when the leg steps out
- Repeat with the other leg





## **Pull Ups Or Assisted Pull Ups**

- 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**

## **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**

## **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 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.



**Position A – Push up**



**Position B – Push up**

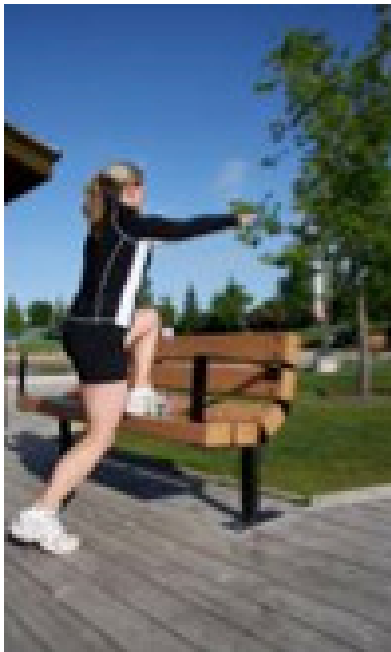
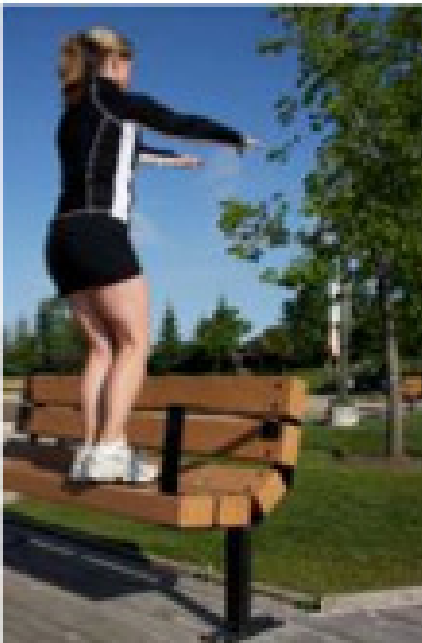
## Renegade Rows

- 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



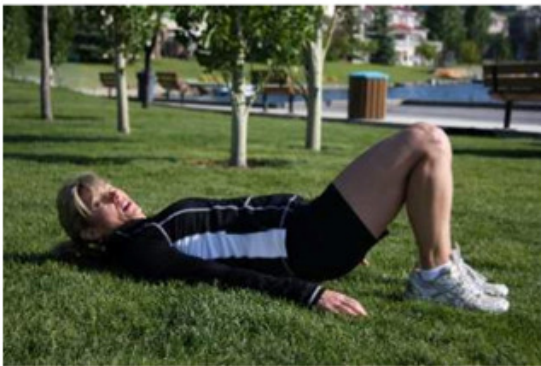
## **Reverse Bench Step**

- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side



## **Reverse Bridge**

- Lay on back, weight on upper shoulders
- Lift hips off the ground and hold, squeeze glutes
- Pulse: lower hips a few inches and pulse
- Keep shins perpendicular to ground and a 90 degree angle at the knees
- Stack the knees directly over the ankles, don't let knees fall inward



## **Reverse Bridge With Single**

- Lay on back, weight on upper shoulders
- Lift hips off the ground and hold, squeeze glutes
- Keep shins perpendicular to ground and a 90 degree angle at the knees
- Stack the knees directly over the ankles, don't let knees fall inward
- Lift one leg up and ensure that the hips do NOT drop, hold for intended time
- Repeat with the other leg



## **Reverse Hip Lift**

- Lay with your back flat on the floor, arms by your sides.
- Lift the hips up off the floor as if someone has tied your feet to a rope and is lifting from the ceiling.
- Slowly lower the hips to the ground with control.



**Position A – Reverse Hip Lift**

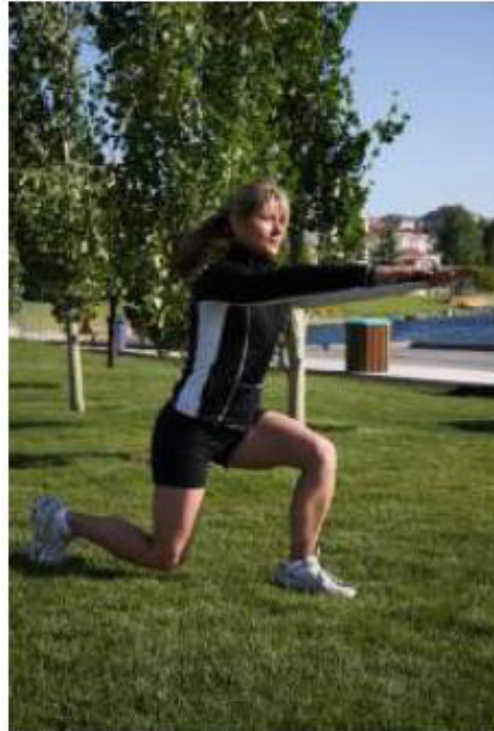


**Position B – Reverse Hip Lift**



## **Reverse Lunges (each leg)**

- 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
- Add weights to load the movement.
- Modify – if the knees are irritated with a lunge, swap out a stiff legged dead lift to work the hamstrings instead, or modify depth



## **Scapular Retraction**

- Grasp the bar with an overhand, shoulder width grip.
- Without bending the arms, squeeze the shoulder blades together to lift the upper body up towards the bar.
- Lower with control.



**Position A**



**Position B**

## Shoe Touch

- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs



## **Shoulder Press Squat**

- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Squat, sitting hips back and return to standing position
- Chin up, chest high



## **Side Crunch Leg Lift**

- Lay on the side with the knees bent at 90 degrees
- Stack the hips one on top of the other
- Extend the bottom hand out from the shoulder
- Lift top elbow toward top knee, crunching the body up
- Return to the floor
- Repeat on the other side



## Side Plank

- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder



## **Side Plank Crunch**

- Assume a side plank position
- Crunch in forward plane bringing knee to elbow
- Return to side plank position
- Repeat on the other side



## Sit Out

- Get into a high plank position and bring the knees close to the elbows
- Slide one leg under the body and extend to one side
- Drop the hip to the ground
- Repeat on the other side
- Move as quickly as possible from one side to the other





## Spider Crawl

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **slowly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Position A – Spider Crawl



Position B – Spider Crawl

## **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



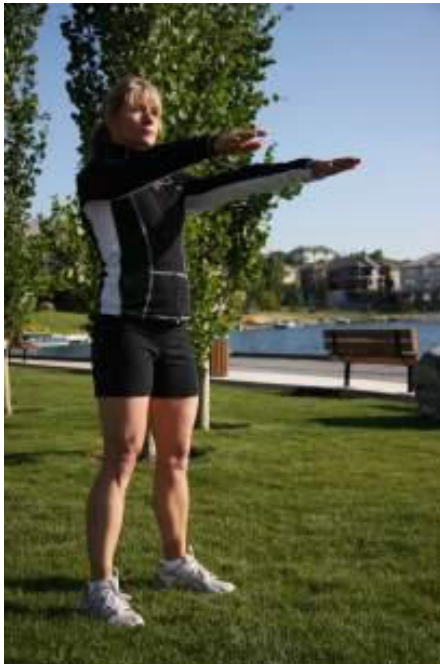
## **Squat Jump**

- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position
- Modify – eliminate the jump



## Squats

- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Intensify by adding weight at the shoulders (hold as if doing a press)
- Modify –unload, modify depth



## **Stability Ball Plank**

- Brace your abs. Put your elbows on the ball and balance on your toes.
- With your elbows under your shoulders and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



**Position A – Stability Plank with Ball**

## **Stability Ball Side Plank**

- Assume the side plank position with the elbow on the stability ball
- Modify by putting one foot down in front
- Hold for intended duration
- Repeat on the other side



## **Stiff Legged Deadlift**

- Hold a bar or DB's at thigh level.
- Fold at the hip, keeping the back flat, chest and chin up.
- Lower the bar to knee level.
- Initiate the return movement from the hips/hamstrings to the start.



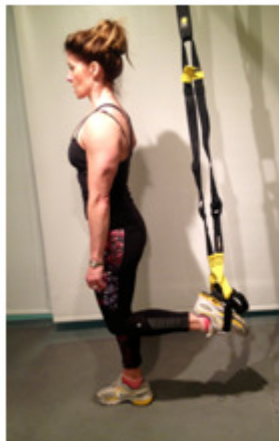
**Position A – Stiff leg Dead Lift**



**Position B – Stiff leg Dead Lift**

## **Suspended - One Legged Burpee**

- Put the suspension trainer in one handle mode
- Suspend one foot from the handle, toe in
- Balance on the other leg
- Drop into a plank position (push up is optional)
- Return to standing position (hop is optional)
- Repeat on the other side



1



2



3



4



## **Suspended - Pendulum Plank**

- Put both feet in foot cradles of suspension trainer
- Assume a face down plank position
- Keeping the body as straight as possible, swing the entire body using the elbows as a pivot point to one side
- Come back to the center position with control
- Repeat on the other side



## **Suspended - Plank Pike**

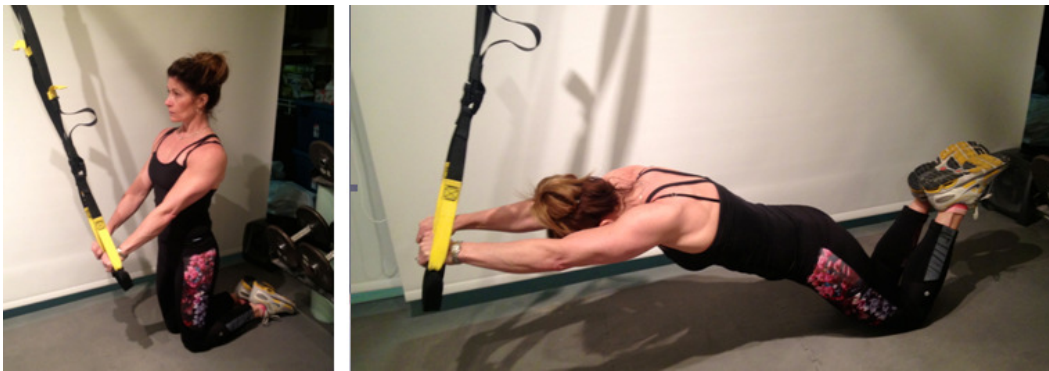
- Put both feet in foot cradles of suspension trainer
- Assume a face down plank position
- Pike the body into a jack knife position
- Return to the high plank position



## **Suspended - Standing/Kneeling Roll Outs**

### **Kneeling Roll Out**

- Place the hands in the cradles, arms straight
- Get into a kneeling position facing away from the suspension trainer
- While maintaining a plank like position, roll forward on the knees allowing straight arms to extend in front
- Return to an upright position



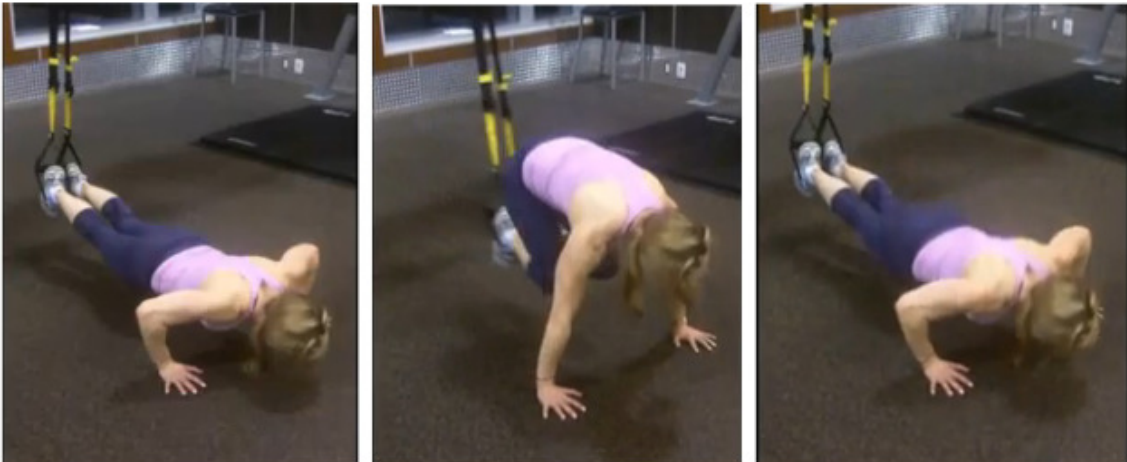
### **Standing Roll Out**

- Place the hands in the cradles, arms straight
- Get into a standing position facing away from the suspension trainer
- While maintaining a plank like position, roll forward on the toes allowing straight arms to extend in front
- Return to an upright standing position



## **Suspended - Atomic Push Up**

- Put both feet in foot cradles of suspension trainer
- Assume a face down plank position
- Do a regular push up with the feet suspended
- After the push up, bring the knees into the chest and extend back into a plank position
- Repeat



## **Suspended - Forward Facing Power Sissy Squat**

- Face away from the suspension trainer
- Hold the handles with bent arms with straps UNDER the arms
- Lean forward, to make the exercise more difficult, bring the feet close to the anchor
- Drop back into a sitting position, keeping the weight on the toes
- Drive forward into a forward plank-like position
- Repeat



## **Suspended - Hamstring Curls**

- Put both heels in foot cradles of suspension trainer
- Assume a face UP position
- Arch the back so the upper shoulders are the only thing in contact with the floor and the legs are extended into a plank like position
- Place the hands beside the hips
- Scoop the heels downward and towards the bum
- Extend the legs back into a plank-like position



## **Suspended Chest Press**

- Stand facing away from the suspension trainer
- Place the hands in the cradles, palms down
- Walk the feet back towards the anchor and lean forward
- Do a standing push up, ensuring that the elbows are at 90 degrees
- Don't let the hands come past the shoulders

### **Beginner**



### **Advanced**



## **Suspended Plank**

- Put both feet in foot cradles of suspension trainer
- Assume a face down plank position on elbows
- Hold this position as long as required
- To modify, place the feet on a wall behind the suspension trainer or drop to the knees





## **Suspended Row**

- Hold the handles facing toward the suspension trainer
- Lean back with the feet close to the anchor, arms extended
- Pull the body towards the suspension trainer by bending at the arms
- Keep the wrists neutral as you bring the handles towards the ribs
- Extend the arms into a straight position again keeping the body like a plank

### **Beginner**

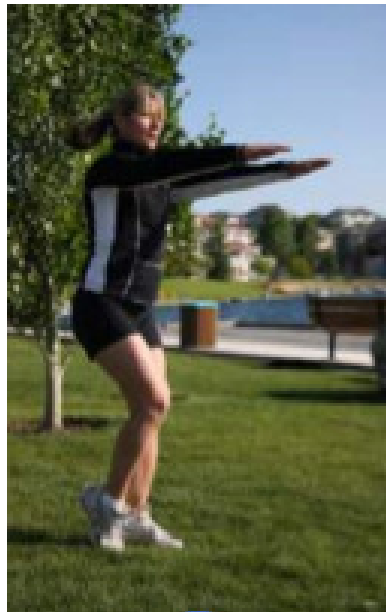
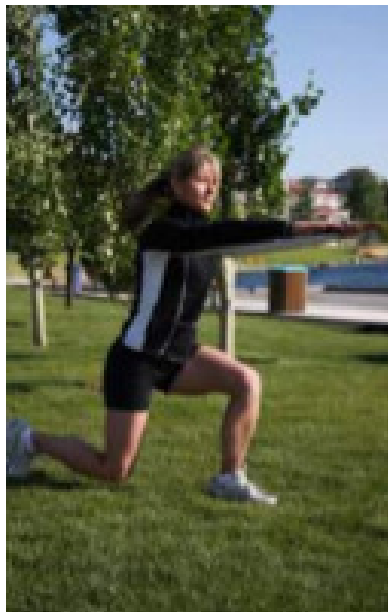


### **Advanced**



## Swing Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs
- Modify – Unload the exercise (no added weight)



## **Totally Assisted Pull-up**

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will step up with your entire weight on your legs.
- Return to full hanging position with control.



**Position A – Totally assisted Pull Up w/  
Controlled Descent**



**Position B – Totally assisted Pull Up w/  
Controlled Descent**

## **Tricep Extension On Box**

- Face towards a box or step
- Place the hands down directly in line with the shoulders
- Lean forward with the bum in the air
- Drop the head towards the floor as you bend at the elbows
- Keep the elbows close to the ears
- Extend the arms straight
- Repeat



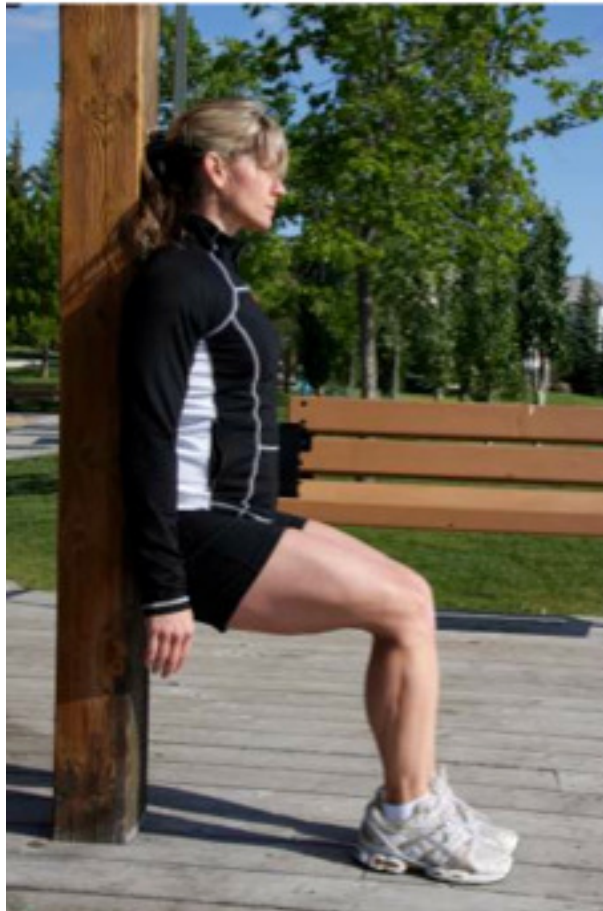
## **Triple Stop Push Up**

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.
- Modify – drop to the knees



## **Wall Sit**

- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length



## **Wall Stick Ups**

- Stand with your back against a wall. Your feet should be as close to the wall as possible and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



**Position A – Wall Stickups**



**Position B – Wall Stickups**

## **Weighted Pull Up**

- Add a weight belt and hang a 5-10 lb plate with a strap or chain.
- Do a regular pull up with the added weight.
- Return to full hanging position with control.



**Position A – Weighted Pull Up  
(add weight to body weight)**



**Position B – Weighted Pull Up  
(add weight to body weight)**



## **Weighted Reverse Lunge**

- Stand with your feet shoulder-width apart. Rest a barbell on your back.
- Step backward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Maintain a 90 degree angle at the ankle, knee and hip of front leg.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push off the heel of the front foot back to the start position.



**Position A – Weighted Reverse Lunge**



**Position B – Weighted Reverse Lunge**

## **Weighted Squat With A Twist**

- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Twist entire body 90 degrees to one side, keeping the feet firmly planted
- Return DB's to shoulders
- Squat, sitting hips back and return to standing position
- Chin up, chest high
- Repeat the same, twisting to the opposite side



## **Weighted Squats**

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be shoulder-width apart, toes slightly turned out.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position, abs tight.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.
- The head controls the spine so keep the eyes looking upward.



**Position A – Weighted Squat**



**Position B – Weighted Squat**

## **Woodchop X**

- Start with the medicine ball or dumb bell held in both hands at hip level on one side.
- Keep your abs braced and powerfully rotate up and across the body.
- Lift and look up.
- Chop the ball or DB down to hip level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



**Position A – Wood Chop**



**Position B – Wood Chop**

## **X Body Mountain Climber**

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.
- Modify – drop to the knees to rest when needed

