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1. Body Weight 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



2. Box jump

- ≡ Jump onto a box very softly placing the heels firmly on the box
- ≡ Step down
- ≡ Repeat



3. Box jump burpee

- ▮ Jump onto a box very softly placing the heels firmly on the box
- ▮ Step down
- ▮ Perform a regular burpee



4. 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.



Position A

Position B

5. 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)



6. Decline push ups

- ≡ 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

7. 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

8. Hamstring reverse hip lift

- ≡ Lie on the back and bring the heels in towards the butt
- ≡ Create a 90 degree angle at the knee
- ≡ Keep the weight on the heels
- ≡ Raise the hips off the ground
- ≡ Squeeze the glutes, hold
- ≡ Repeat



9. Hanging Leg Raise or Floor 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.



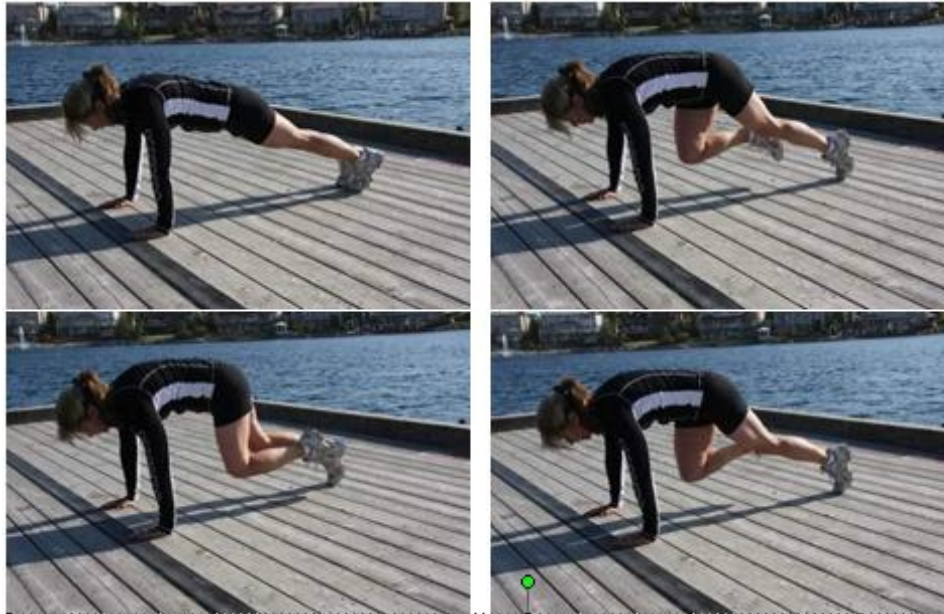
Position A – Hanging Leg Raise



Position B – Hanging Leg Raise

10. Mountain Climber

- ≡ Get into a plank position
- ≡ Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- ≡ Switch legs as quickly as possible
- ≡ Modify – rest when needed, go into a front plank instead



11. 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.



12. Prisoner Squats

- ▮ Place hands behind head
- ▮ Chin up, squeeze upper back to keep elbows back
- ▮ 'Sit' into squatting position and return to standing



13. Prone Sky Diver

- ≡ Lie face down
- ≡ Lift the arms and legs off the ground
- ≡ Ensure the ears are in line with the shoulders to keep a neutral spine

≡ Hold the position

≡ Repeat



14. Push Ups

≡ 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.
- ≡ Modify – drop to the knees



Position A – Push up



Position B – Push up

15. 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



16. Reverse Bridge Hold /Pulse

- ≡ Lay on back, weight on upper shoulders

- ≡ Lift hips off the ground and hold, squeeze gluts
- ≡ Pulse: lower hips a few inches and pulse
- ≡ Keep shins perpendicular to ground



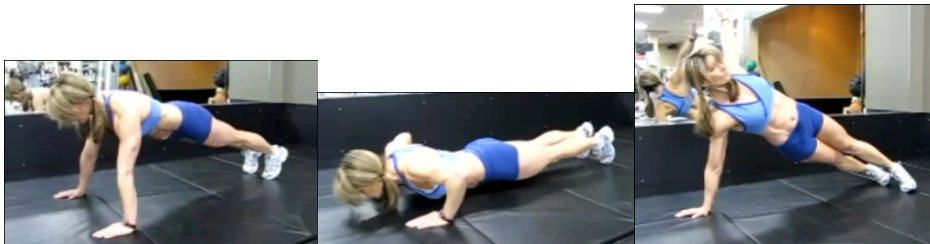
17.Reverse Lunge

- ≡ 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
- ≡ 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



18. Rotational Front Plank

- ≡ Do a regular push up (from the toes or knees)
- ≡ In the top plank position, rotate to one side
- ≡ Stack the hand over the shoulder to create a T and hold
- ≡ Return to push up position
- ≡ Repeat on opposite side



19. Shoe Touch

- ≡ On the back, pull the heels in towards the butt
- ≡ Graze the shoulders over the ground as you reach to touch the heel on either side
- ≡ Keep the ears in line with the shoulders to keep a neutral spine



20. 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



21. Sit out burpee

- ≡ Assume a front plank position but bring the knees in close to the elbows
- ≡ Kick one leg through to the opposite side
- ≡ Rotate and do the same on the other side
- ≡ Optional: lift the hand to balance on one hand as the leg kicks through



22. 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

23. Spiderman push ups

- ⌘ 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



24. 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



25. 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)



26. Tricep skull crusher

- ≡ Hold the barbell with a shoulder width grip
- ≡ Keep the elbows close together
- ≡ Lower the barbell behind the head (or to the skull if in a prone position)
- ≡ Return the barbell overhead



This can be done standing or in a prone position:

27. 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



28. Wall sit

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

