



## Chest/shoulders 1 L8

Equipment: Bodyweight, Tubing/Bands, Suspension, Swiss Ball

### Run Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:40:00	8.0					

### Jumping Jacks Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
  - 2 - Jump up, splitting your feet out to the sides.
  - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

### Squat Thrusts Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

### Reverse Lunge Kick Cardio



- Stand upright with your arms by your sides.
- 1 - Step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
  - 2 - In one motion, push off your front foot to return upright and kick out your back leg in front to waist height.
- Step back to lunge position and repeat.
  - Complete all reps on one side before switching to the other side.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

### Jump Rope Cardio



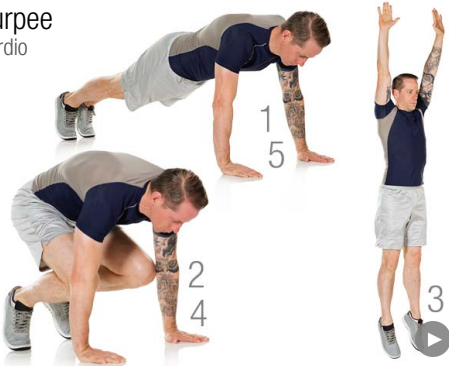
- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:02:00						



## Burpee

Cardio



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

#	REPS	WEIGHT	TIME	NOTES
1	10			

## Seal Jacks

Cardio



- 1 - Stand upright with your feet together and your arms straight out in front at shoulder height.
  - 2 - Jump up, splitting your feet out to the sides and opening your arms out to the sides.
  - 3 - Land with your feet about shoulder width apart and your arms outstretched at shoulder height.
- Jump back in to the start position and rapidly repeat.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

## Lateral Jump Taps

Cardio



- 1 - Stand upright with your arms by your sides.
  - 2 - Tap the floor to the side of one foot with your opposite hand then jump laterally about 3-4 feet to the other side, raising both arms overhead as you jump.
  - 3 - Land in a semi-squat and tap your other hand down toward the outside foot, then quickly jump back to starting side, raising both arms overhead again.
- Continue jumping back and forth from side to side, tapping your hand to the opposite foot each time.
  - Alternate sides with each rep.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

## Bench Hop Over

Cardio



- 1 - Stand to the side of a bench with your hand on the middle of the bench.
- 2 - Hop up and over to the other side, keeping your hands on the bench.
- 3 - Hop back over to the starting side and continue hopping over and back.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

## Baby Cobra

Yoga



- From the Knees Chest Chin pose slide forward on to your belly.
- Point your toes with the tops of your feet on the mat.
- Pull your shoulders back, opening your chest and gaze down the tip of your nose.
- Hold for 1 breath.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						

## Child

Yoga



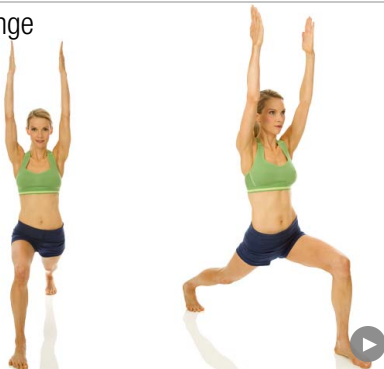
- Start on all fours and sit your hips down onto the backs of your legs.
- Lower your torso onto your upper thighs and your head to the floor.
- Bring your arms straight overhead with palms down.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						



Ulmi's lordache

## High Lunge Yoga



- Step backwards straightening your back leg.
- Bend your front knee and press firmly through the heel, keeping your hips level.
- Raise your arms straight overhead and look straight forward, keeping the front knee directly over the ankle.
- Perform on one side, holding for 3 breaths, then switch to the other side.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						

## Lunge Yoga



- Step your right leg straight backwards, pressing firmly through the heel and keeping your hips level.
- Place your hands on the floor either side of your left foot to establish balance, keeping the knee of directly over the ankle.
- Maintain a neutral spine, looking straight forward.
- Hold for 3 breaths.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						

## Revolved Side Angle Yoga



- 1 - From Triangle bend the left knee, twist your torso as you touch your right hand to the floor behind your left foot, stretching your left arm over your head as you extend over to the left side.
  - 2 - Look up, keeping your shoulders relaxed and try to form a straight line from the back foot out to the top of the fingers above.
- Perform on one side then switch to the other side.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						

## Push Up Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
  - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Spiderman Push Up Chest



- 1 - Start in the top position of a push up with your arms straight.
  - 2 - Bend your elbows and lower your body towards the floor while also bending one knee and bringing it to your elbow with your foot off the floor.
  - 3 - Push back up to the top position and repeat with the other leg to the other elbow.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

## Decline Push Up Chest

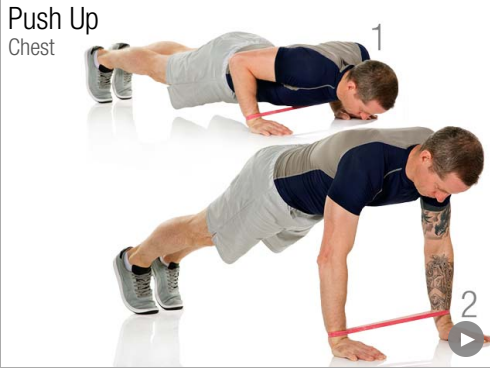


- 1 - Support your body on your toes and hands with your feet on a step behind, elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat, keeping your back flat and hips in line with shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



Ulmis Iordache



**Push Up**  
Chest

- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor and the tubing or band around your wrists.
- 2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



**Fly**  
Chest

- 1 - Lean your body forward with your hands in the handles, arms straight out to the sides at shoulder height and your legs straight out on your toes.
- 2 - Pull the handles together in front until they meet over your chest.

- Keep your arms straight throughout.

#	REPS	WEIGHT	TIME	NOTES
1	16			
2	16			
3	16			

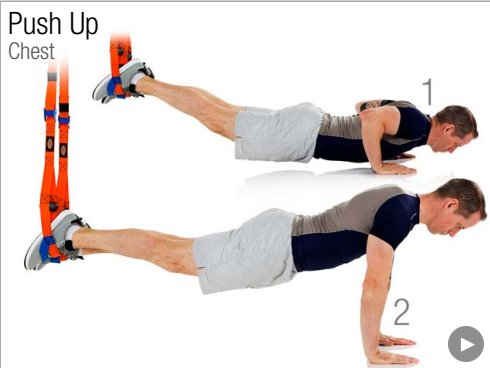


**Press**  
Chest

- 1 - Support your body with your hands in the handles, elbows bent and your legs straight out on your toes.
- 2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.

- Lower your body back to the start position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	16			
2	16			
3	16			



**Push Up**  
Chest

- 1 - Place your hands on floor in front and your feet in the handles behind with your elbows bent and your chest nearly touching the floor.
- 2 - Push up until your arms are straight, keeping your hips in line with your shoulders.

- Lower back to where your chest nearly touches the floor and repeat.

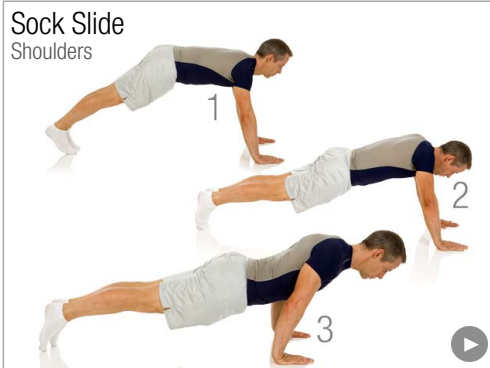
#	REPS	WEIGHT	TIME	NOTES
1	6			
2	6			
3	6			



**Pike Push Up**  
Shoulders

- 1 - Place your feet on a bench and your hands on the floor with your arms straight and pike your hips high up into the air.
- 2 - Bending at the elbows, lower your head towards the floor.
- 3 - Push up to the start position with your arms straight.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



**Sock Slide**  
Shoulders

- 1 - Start in the top position of a push up.
- 2 - Slide your body back until your nose is between your hands.
- 3 - Slide your body forward until your stomach is between your hands.

#	REPS	WEIGHT	TIME	NOTES
1	6			
2	6			
3	6			



## Hand Walk Shoulders



- 1 - Stand upright with your arms by your sides.
- 2 - Bend forward at the waist and place your hands on the floor in front.
- 3 - Walk your hands out until your body is straight in the top position of a push up.
- 4,5 - Walk your hands back in and return to the upright position.

#	REPS	WEIGHT	TIME	NOTES
1	6			
2	6			
3	6			

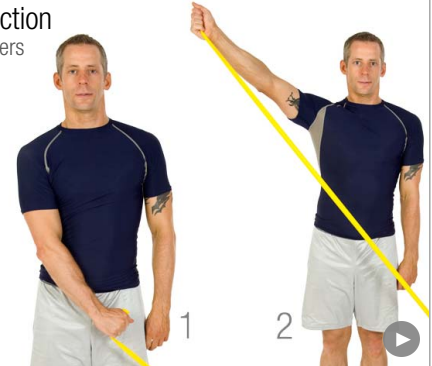
## Internal Rotation Shoulders



- 1 - Stand upright holding a tubing handle out to the side with your elbow at 90 degrees and your upper arm against your side.
- 2 - Pull the handle across your midsection, keeping your elbow at 90 degrees and your upper arm against your side.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	14			
2	14			
3	14			
4	14			

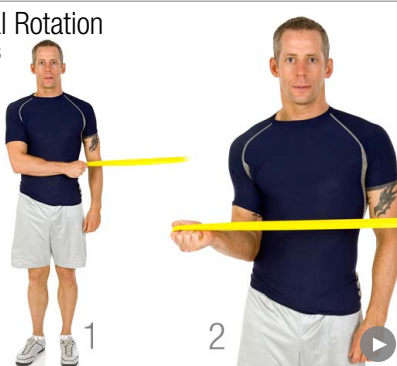
## Abduction Shoulders



- 1 - Stand upright holding the tubing to one side in the opposite hand with this arm across your body at waist height.
- 2 - Raise your arm diagonally up and across your body, keeping it straight.
  - Finish with arm fully extended up over the shoulder.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			
4	10			

## External Rotation Shoulders



- 1 - Stand upright holding tubing in one hand across your midsection with your elbow bent at 90 degrees and your upper arm against your body.
- 2 - Pull the tubing out and away from your body, keeping your elbow at 90 degrees and your upper arm against your side.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	14			
2	14			
3	14			
4	14			

## Rear Delt Row Shoulders



- 1 - Stand upright holding the handles in front with your arms straight out at shoulder height.
- 2 - Pull the handles back and out to the sides at shoulder height, keeping your back flat.
  - Guide the handles back to the start position, keeping your arms straight throughout.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

## Upright Row Shoulders

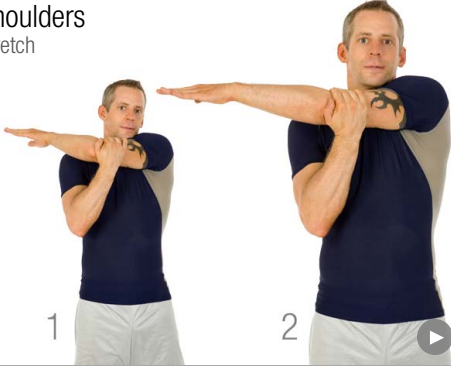


- 1 - Stand upright on the middle of the tubing holding the handles in front with your arms straight and palms facing back.
- 2 - Raise the handles up to just below your chin, keeping your elbows above your hands.
  - Keep the handles close to your body throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



## Shoulders Stretch



- 1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
  - 2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:30:00						

## Shoulders Stretch



- Lie with your chest on the ball and legs straight out behind.
- 1 - Lay one arm across the top of the ball and gently lean your bodyweight into the arm, stretching across the back of the shoulder.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Chest Stretch



- Lie on your back on a ball with your feet flat and your arms outstretched to the sides and slightly overhead.
- 1 - Roll back slightly on the ball, lowering your hands toward the floor as much as possible and lengthening your spine.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Chest Stretch



- Kneel on all fours with one hand on the ball and your arm extended out to one side.
- 1 - Gently lower your upper body toward the floor, stretching across your chest.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Adductors Stretch



- Sit upright with your knees bent and feet flat.
- 1 - Draw your heels in together in front, holding your ankles.
  - 2 - Place your elbows on the inside of your knees and gently push your knees out and down.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Calves Stretch



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1 - Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



## Glutes Stretch



- 1 - Lie on your back with one foot flat on the floor, knee bent and the ankle of the opposite leg on the bent knee.
  - 2 - Clasp your hands behind the thigh of the leg on the floor and gently pull the bent knee toward your chest.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Glutes Stretch



- Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
- 1 - Lean your upper body forward, gently pushing your hip into floor.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Hamstrings Stretch



- 1 - Stand upright with your arms by your sides.
  - 2 - Bend forward at the waist, lowering your hands toward the floor, or as far down as possible.
- Keep your legs straight and do not bounce.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Quadriceps Stretch



- Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.
- 1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.
- Hold onto something stable to maintain your balance if necessary.
  - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Quadriceps Stretch



- 1 - Kneel on the floor with your legs and feet together.
  - 2 - Lean backwards, lowering your buttocks to your heels and placing your hands on the floor.
- Use your arms to take your weight so as not to place too much stress on the knees.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
  - 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
  - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				