

Chest/shoulders 2 L8

Equipment: Bodyweight, Suspension, Tubing/Bands

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						

Heisman Cardio



- Stand upright with your arms by your sides.
- 1 - Step back with one leg and twist your torso to the opposite side.
 - 2 - Push off the front foot, bringing the back leg forward, bending the knee and twisting your torso back to the other side.
- Complete all reps on one side before switching to the other side.

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

Lateral Hop Knee In Cardio



- Stand upright with your arms by your sides.
- 1 - Rapidly raise one knee up as high as you can, bringing the opposite elbow down to meet it.
 - 2 - Push off the outside foot, hopping laterally to one side about 3 to 4 feet.
 - 3 - Rapidly raise the other knee up as high as you can, bringing the opposite elbow down to meet it.
- Repeat back to the starting side and continue moving laterally from side to side.

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

Run In Place Cardio



- Run in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

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



Steam Engine

Cardio



- Stand upright with your hands at the sides of your head.

1 - Raise one knee as high as possible and lower the opposite elbow to meet it, twisting your torso to this side.

2 - Switch sides, raising the other knee and lowering the opposite elbow, again twisting the torso to this side.

- Continue rapidly alternating sides.

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

Toe Taps

Cardio



1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.

2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

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

Squat Knee To Elbow

Cardio



1 - Stand upright with your arms by your sides.

2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.

3 - Return back upright, raising one knee, twisting your torso and bringing your opposite elbow to this knee.

4.5 - Lower back into the squat then repeat with the other knee and opposite elbow.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			

High Knees

Cardio



- Stand upright with your feet together and your arms by your sides.

1 - Run on the spot raising your knees as high as possible each step.

2 - Rapidly switch feet and use your arms as if running.

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

Cool Down

Cardio



- A cool down allows you some time to reduce your heart rate and core temperature and helps to start the process of recovery.

- Perform a 5 minute cool down at a slow pace, using controlled breathing.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:01:00						

Extended Side Angle

Yoga



- From Triangle bend the left knee and touch your left hand to the floor behind your foot.

- Stretch your right arm over your head as you extend over to the left side.

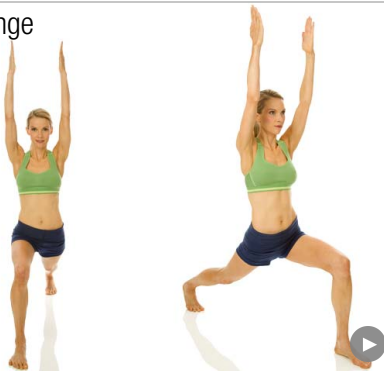
- Look up, keeping your shoulders relaxed and try to form a straight line from the back foot out to the top of the fingers above.

- Perform on one side then switch to the other side.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						



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						
2	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						
2	00:00:30						

Extended Puppy Yoga



- Start on all fours
- Sit your hips back slightly as you lower your torso and head down toward the floor, reaching arms straight overhead with palms down.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						

Dive Bomb Push Up Chest



- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
- 2 - Lower your head and chest down toward the floor between your hands, bending at your elbows.
- 3 - Extend your head past your hands, then forward and up toward the ceiling.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

Incline Push Up Chest



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position.
- Lower your chest back down to the step and repeat.

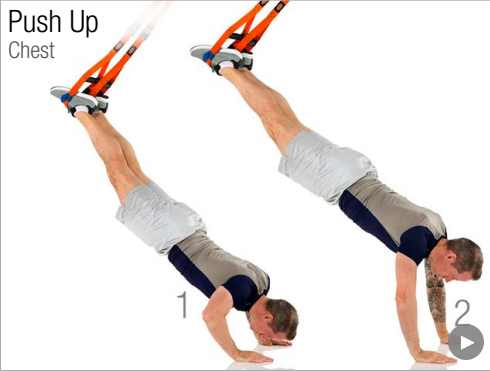
#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

Uni Box Push Up Chest



- 1 - Support your body on your toes with one hand on a low box and the other on the floor, elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the floor and repeat, keeping your back flat and your hips in line with your shoulders throughout.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			



Push Up
Chest

- 1 - Support your body on your hands with your feet raised in the handles, elbows bent.
- 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	6			
2	6			
3	6			



Staggered Push Up
Chest

- 1 - Start in low push up position with one hand directly under your shoulder and the other slightly behind in a staggered position.
- 2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.

- Perform all reps in set in this stance then switch position of hands for the next set.

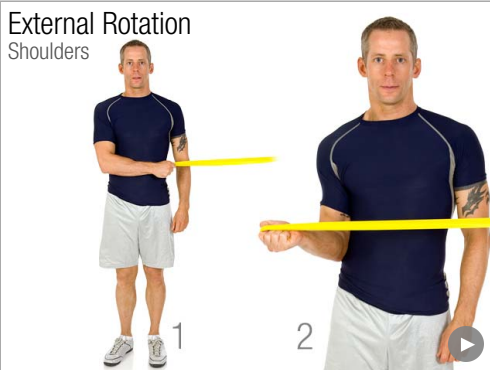
#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			



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	6			
2	6			
3	6			

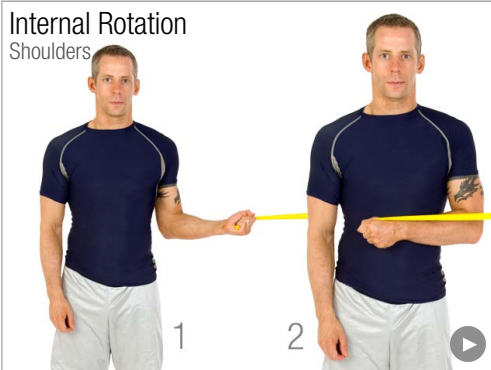


External Rotation
Shoulders

- 1 - Stand upright holding tubing in one hand across your mid-section 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			

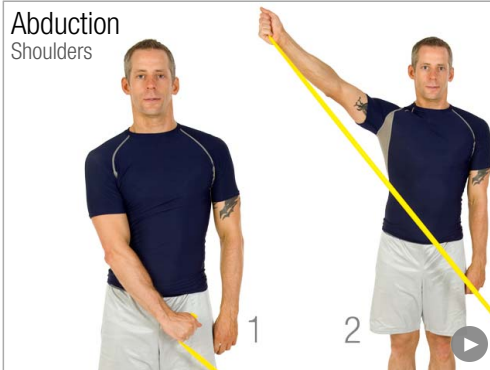


Internal Rotation
Shoulders

- 1 - Stand upright holding tubing out to the side with your elbow at 90 degrees and your upper arm against your side.
- 2 - Pull the tubing across your mid-section, 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			



Abduction
Shoulders

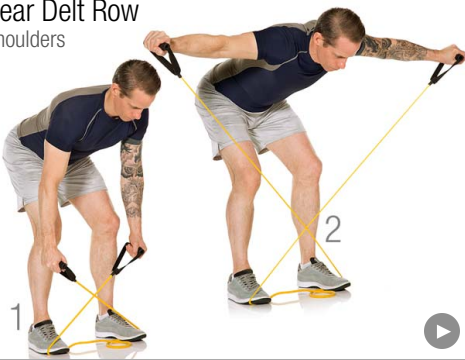
- 1 - Stand upright holding the tubing to one side in the opposite hand with this arm across your body at waist height.
- 2 - Raise your arm diagonally up and across your body, keeping it straight.

- 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			



Rear Delt Row Shoulders



- 1 - Stand on the middle of the tubing and bend over at the waist, holding the handles with your hands crossed, your arms straight and your feet hip-width apart.
- 2 - Raise the handles up and outward to shoulder height, keeping your back flat.
 - Lower the handles back to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

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			