



## Bicycle Crunch

Abs



• Lie on your back with your legs straight and your hands to the sides of your head.

1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.

2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

• Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Crunch

Abs



1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.

2 - Lift your head and shoulders off the floor, keeping your feet flat.

• Do not pull your head up with your hands.

• Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	30			
2	30			
3	30			

## Jack Knife

Abs



1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.

• Try to get your elbows to meet your knees in the middle.

• Lower your upper body and legs, then repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Incline Reverse Crunch

Abs



1 - Lie on a decline bench with your knees bent and feet on the floor, holding on to the end of the bench.

2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

• Slowly lower your feet back out to the floor, keeping your upper body stable throughout.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Advanced Russian Twist

Abs



• Start in a sit up position with your feet raised up off the floor, knees bent and your arms extended out in front at chest height.

1 - Twist your torso to one side, lowering your hands toward the floor and straightening the same side leg.

2 - Twist your torso to the other side, bringing the first leg back into toward your chest and straightening the other leg.

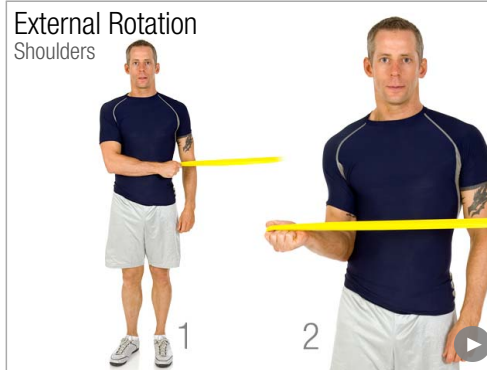
• Keep your feet up throughout.

• Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## 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.

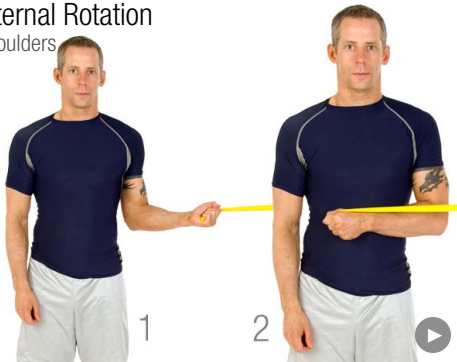
#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



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## 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	12			
2	12			
3	12			

## Standing Fly

Chest



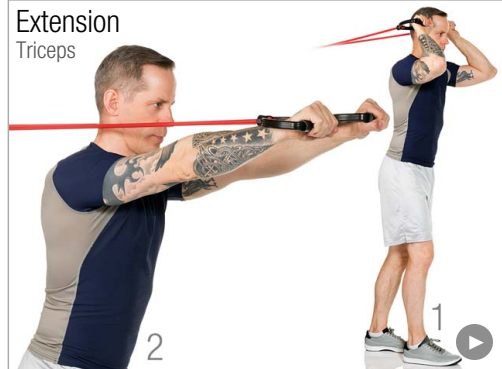
1 - Stand upright, holding the handles out to the sides at shoulder height with your arms straight.

2 - Pull the handles together in front to meet in the middle, keeping your arms straight.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

## Extension

Triceps



1 - Stand upright holding the handles at the sides of your head with your elbows bent.

2 - Straighten your arms out in front, keeping your shoulders steady.

- Bend at the elbows, returning the handles to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Pullover

Chest



1 - Lie on a bench, holding the handles in both hands, with your arms extended over your head.

2 - Raise the handles up over your chest, keeping your arms straight.

- Lower the handles back behind your head to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Pullover

Chest



1 - Lie on your back holding one dumbbell in both hands with your arms extended up over your chest.

2 - Lower the dumbbell back behind your head, keeping your arms straight.

3 - Raise the dumbbell back up over your chest, returning to the start position.

Equipment Sub: Barbell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

## Double Extension

Triceps



1 - Stand upright holding a tube behind your head with one hand in your lower back and the other at base of your neck.

2 - Press one hand up overhead while you pull the other hand down, straightening both arms.

- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



## Extension

Triceps



1 - Sit upright holding the handles in both hands overhead with your arms straight and your hands close together and the tubing wrapped under the bench or chair.

2 - Press the handles up until your arms are straight overhead.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

## Extension

Triceps



1 - Stand upright holding one dumbbell in both hands behind your head with your elbows bent.

2 - Straighten your arms, raising the dumbbell up overhead.

3 - Lower the dumbbell back down behind your head, bending your elbows.

Equipment Sub: Plate

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

## Supine Arm Scissors

Shoulders



1 - Lie on your back with a roller along the length of your spine, feet on the floor, and extend your arms straight up over your shoulders.

2 - Bring one arm overhead and the other down by your side with the edge of your shoulder blade being massaged along the roller.

3 - Scissor arms, alternating positions.

• Use the muscles that attach your lower shoulder blades to your rib cage to perform the movement.

• Variation: Press legs together decreasing base of support and increasing core

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Chest

Myofascial



1 - Lie face down with a roller under your upper chest and your arms stretched overhead.

2 - Pull your body toward your forearms, rolling down from your upper chest to your mid-abdomen supporting your weight on your toes and forearms.

• Push away rolling back from your mid-abdomen to your upper chest.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Back

Myofascial



1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.

2 - Roll from side to side across your back, keeping your feet flat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Lats

Myofascial



1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.

2 - Roll upward toward your armpit, straightening your arm.

• Roll back down from your armpit to your rib cage, bending your elbow.

• Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				