

## Foot Up Split Squat

Legs



- 1 - Stand upright with one foot on a bench behind with your arms by your sides.
  - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
  - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	16			
2	16			
3	16			

## Step Up

Legs



- 1 - Stand upright with one foot on a bench and your arms at your sides.
  - 2 - Step up onto the bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	16			
2	16			
3	16			

## Uni Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.
- Lower yourself back to the floor and repeat using the other leg.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Bench Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet up on a bench, placing your hands at your sides.
  - 2 - Raise your back and hips off the floor, trying to make a straight line from your knees to your shoulders.
- Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## 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			

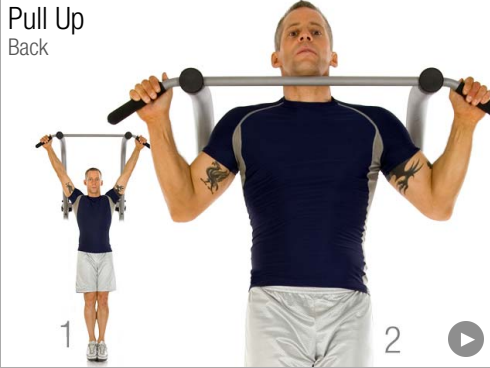
## External Rotation

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			



**Pull Up**  
Back

- 1 - Hang from a bar overhead using a wide overhand grip.
- 2 - Pull your body up, bending at the elbows until your chin reaches over the bar.

- Lower back down to where your arms are fully extended.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			



**Modified Close Row**  
Back

- 1 - Lean back with feet flat and knees bent, holding the handles with your arms straight and palms facing in.
- 2 - Pull your chest up to your hands, bending at the elbows.

- Lower and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



**Stiff Arm Pulldown**  
Back

- 1 - Lean back with your feet split, holding the handles up in front at head height with your arms straight.
- 2 - Pull the handles back and down, pulling your body into an upright position.

- Lean back into the start position, raising your arms again.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

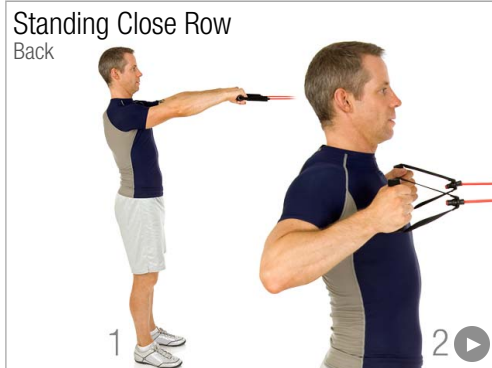


**Overhead Row**  
Back

- 1 - Sit back holding the handles with your arms fully extended up in front and your palms facing down.
- 2 - Pull the handles up overhead with your arms straight, coming into a full upright position.

- Lower back to the start position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			



**Standing Close Row**  
Back

- 1 - Stand upright holding the handles with your arms straight out in front at shoulder height with your palms facing down.
- 2 - Pull the handles straight in to your chest, bending at the elbows, squeezing your shoulder blades together and twisting at the wrists so you finish with your palms facing in.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



**Close Pulldown**  
Back

- 1 - Kneel on the floor holding the handles using a close grip with your arms extended straight overhead.
- 2 - Pull the handles down in front to the sides of your chest.

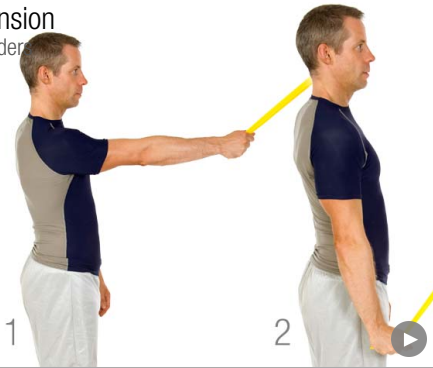
- Straighten your arms, returning the handles to the top position, going through a full range of motion.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



## Extension

Shoulder



- 1 - Stand upright holding a band in one hand up at shoulder height in front.
- 2 - Pull the band down, lowering your hand down to your hip with your arm straight.
  - Raise your hand to shoulder height again and repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Extension

Triceps

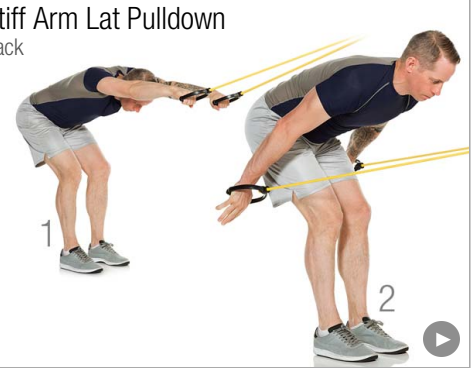


- 1 - Sit upright holding the handles in both hands overhead with your arms straight and your hands close together and the tubing wrapped under the bench or chair.
- 2 - Press the handles up until your arms are straight overhead.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

## Stiff Arm Lat Pulldown

Back



- 1 - Bend over at the waist holding the handles with your arms extended straight overhead.
- 2 - Pull the handles down in front to your sides, keeping your arms straight and your back flat.

#	REPS	WEIGHT	TIME	NOTES
1	18			
2	18			
3	18			
4	18			
5	18			

## 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			

## Feet Up Crunch

Abs



- 1 - Lie on your back with your knees bent, feet raised and your hands at the sides of your head.
- 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
  - Do not pull your head up with your hands.
  - Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Hanging Leg Raise

Abs



- 1 - Hang from a secure bar overhead with your arms and legs straight.
- 2 - Raise your legs straight up and out in front, making a 90 degree angle at your hips.
  - Lower your legs and repeat, keeping your arms straight and not swinging back and forth.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



## Lower Body Twist

Abs



1 - Lie on your back with your legs straight up and your arms out to the sides at shoulder height.

2 - Roll your legs down to one side, bringing your feet toward the floor.

- Roll your legs to the opposite side, keeping your upper body stable throughout.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

## Adductors

Myofascial



1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh

2 - Roll back and forth along your inner thigh from your inside hip to knee and back.

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

#	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.

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

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Calves

Myofascial



• Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.

1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.

2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.

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

#	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				

## Glutes

Myofascial



1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.

2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.

- Bend and straighten your legs as you roll back and forth.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



**Hamstrings**  
Myofascial



- 1 - Sit with a roller under the top of your hamstrings with your legs straight, your feet off the floor and your hands behind your buttocks about 2 feet.
  - 2 - Pull your body towards your hands, rolling down along the hamstrings to the back of your knees.
- Push your body back away from your hands rolling up from your knees to your buttocks.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

**IT Band**  
Myofascial



- 1 - Lie on your side with the roller under your hip, resting on your forearm and hand with your feet off the floor.
  - 2 - Pull your body toward your forearm, rolling down along the side of your thigh from your hip to the top of your knee.
- Push away rolling back up the side of your thigh from your knee to your hip.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

**Lower Back**  
Myofascial



- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
  - 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

**Triceps**  
Myofascial



- 1 - Lie on your side with a roller in your armpit with your arm straight out and your other hand on the mat in front.
  - 2 - Raise your upper body rolling down the back of your upper arm from your armpit to your elbow.
- Lower your body back down, rolling back up your arm to your armpit.
  - Complete all reps on one side before switching to the other side.

#	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				