

**THE BOOTCAMP PERIODIZATION SYSTEM**

# **WINTER BOOTCAMP PROGRAM**

**DONE FOR YOU 12 WEEK BOOTCAMP PROGRAM**



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## **BIO**

Rafael Moret is currently the owner of the South Florida Fitness Bootcamp. He's been training people since 1995 and has incorporated a variety of training methods over the years. He has coached and trained a wide range of people... From the stay at home mom to athletes, bodybuilders, figure models, and fitness enthusiasts of all ages and from all walks of life.

He was the director of strength and conditioning for Gold's Gym in Bellville NJ, World Gym in Paramus NJ, World Gym in Orlando and Lake Mary Florida.. and finally all the World Gyms in Palm Beach county until finally opening the first of many Bootcamps in South Florida. He contributes to a few blogs, and other internet based mediums and gives personal seminars on a limited basis.

Rafael got his first Personal Training certification in 1995 and followed it with a degree in Exercise Science from Rutgers along with Personal Training and Nutrition degree from PCDI in 1999, certifications from ISSA, NASM, NSCA and Apex Nutrition followed. He has continued education over the last 20 years by attending a variety of on hand lectures, workshops and seminars. Bootcamps and/or Group Personal Training are his main focus now and his workouts are now shorter and faster, producing greater results in strength, power, muscular development, and maximum caloric expenditure.

A native of Puerto Rico, after more than 10 years in New Jersey he currently lives in Broward County in South Florida.

All of these workouts have been tested in real time at South Florida Fitness Bootcamp by real people.



## INTRODUCTION:

The goal of a fitness boot camp is to provide a whole-body workout that builds strength and endurance. Boot camp workouts also attract many people because they:

- Offer a more challenging and varied workout
- Require little or no special equipment
- Create a sense of camaraderie among the participants

Boot camp workouts can vary but generally include a fairly intense mix of strength training and aerobic elements. One boot camp workout might stress calisthenics while another stresses military-style drills.

However, Fitness Bootcamps are also about coaching and training...it's just in a group setting. Developing a structured program that is going to deliver RESULTS is always the #1 goal.

Fitness Bootcamps are a great alternative to one on one private fitness coaching, not just for the clients but for the coaches as well.

**Disclaimer:** See your physician before starting any exercise or nutrition program.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

Perform this program for 3 weeks then switch to the next BPS workout.

Train hard 3 days per week.

Do each exercise at a controlled pace.

Finish each workout with stretching for the tight muscle groups only if desired.

Start every strength workout with the warm-up circuit and specific warm-up sets.

For the "timed" sets, I strongly encourage you to buy a gymboss interval timer.

For one thing, they are awesome. Also, they are inexpensive for what you get.

Check them out at [www.gymboss.com](http://www.gymboss.com). Or you can use any interval timer application on your smartphone.



## HOW TO USE THIS MANUAL

This manual is a DONE for YOU, Plug and Play system...You can pick to start at the corresponding season or any season and start right away. All the workouts are planned, times have been counted, warm ups designed, finishers chosen, and all designed to be used in a group setting. It does not matter if you have 2 people or 20, you can use these workouts. Workouts are all 30 minutes and are based on a 3 time per week progression.

We will be providing you with tips relating to the upcoming workouts... How to execute certain workouts, and how to decipher the exercise names. I recommend reading through the whole month's workouts ahead of time so that you can plan ahead. Also, make sure you read all the notes as they will most likely answer questions that will come up.

The first thing to cover, is the meaning of certain exercises, and how we will write the exercises. There are some descriptors on each page, but eventually they will phase out.

For starters:

DB = Dumbbell

KB = Kettlebell

TGU = Turkish Get-Up

BB = Barbell

DL = Deadlift

RDL= Romanian Deadlift

Exercise: sets x reps Currently they look like:

Kettlebell: 5 sets x 5 reps per set.... Eventually they will look like: KB 5x5.

In the Super Sets and Giant Sets the pace is written as :20/:20, :50/:15, :25/:15, etc. What this means is that you will perform the exercise for :20 and then rest for :20, or work for :50 and then rest for :15. These will eventually be written as :20/:20 x 5, or 1:00/:15 x 3.

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In this case the “x 5” and “x 3” represent the number of rounds or sets to be completed. In the warm-up, the lifts are super-setted and done straight through without resting until each super set is completed. In the workout, rest will be defined.

I suggest you review the workout beforehand so that you have an understanding before you start it.

The Progression will be on the load or resistance used.

*Example:* On the Dumbbell Shoulder Press (15-20 Reps) if client is using 10lbs DB in week 1, Client should use 12.5 or 15lbs in week 2 and 15lbs or 20lbs in Week 3

Any other questions you may have along the way that I may not have covered, go ahead and reach out.

Workouts all start out using a push, pull and lower body rotation. As you get later into the programs, the workouts become more complex and intertwined in fitness concepts.

The goal of the entire program is to develop new lean muscle tissue, help build cardiovascular endurance and create a metabolic effect large enough to burn fat.



## Chapter 1: Basic Build (Weeks 1-3)

### WEEK 1

#### DAY 1

##### Week 1: Warm Up

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

##### Day 1: Push - EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Push Ups (15-20 Reps)
- Dips (15-20 Reps)
- Dumbbell Floor Chest Press (15-20 Reps)
- Band or Dumbbell Over Head triceps extensions (15-20 Reps)
- Dumbbell Shoulder Press (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

##### Finisher

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- Mountain Climbers and Leg Raises



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 1**

**DAY 2**

**Week 1: Warm Up**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 2: Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Single Arm Rows Right Arms (15-20 Reps)
- Single Arm Rows Left Arms (15-20 Reps)
- Band Bicep Curls (15-20 Reps)
- Band or Dumbbell Bilateral Rows (15-20 Reps)
- Dumbbell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- X Body Mountain Climbers and Reverse Crunches



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 1**

**DAY 3**

**Week 1: Warm Up**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Alternating Leg Lunges (15-20 Reps)
- Squat Jumps (15-20 Reps)
- Dumbbell Sumo Squats (15-20 Reps)
- Dumbbell Stiff Leg Deadlifts (15-20 Reps)
- KettleBell Swings (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- Spiderman Mountain Climbers and Bicycle Crunches



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 2**

**DAY 1**

<p><b>Week 2 Warm Up for every workout</b></p> <p>Heel Raises for 30 Seconds Good Mornings for 30 Sec Sumo Squats for 30 Sec Seal Jacks for 30 Sec 30 Sec Break and Repeat 60 Sec Break</p>
<p><b>Day 1 : Push - EMOM “every minute on the minute”</b> <b>Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate</b></p> <p>Push Ups (15-20 Reps) Dips (15-20 Reps) Dumbbell Floor Chest Press (15-20 Reps) Band or Dumbbell Over Head triceps extensions (15-20 Reps) Dumbbell Shoulder Press (15-20 Reps) Members will complete 4 Rounds (20 Minutes) in A Circuit Style 1 Minute to Re Group</p>
<p><b>Finisher</b></p> <p>4 Minute Traditional TABATA 20 Seconds on 10 Seconds Off 2 Moves Switching Back and Forth between Mountain Climbers and Leg Raises</p>



## Chapter 1: Basic Build (Weeks 1-3)

### WEEK 2

#### DAY 2

##### Week 2 Warm Up for every workout

- Heel Raises for 30 Seconds
- Good Mornings for 30 Sec
- Sumo Squats for 30 Sec
- Seal Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

##### Day 2: Pull EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Single Arm Rows Right Arms (15-20 Reps)
- Single Arm Rows Left Arms (15-20 Reps)
- Band Bicep Curls (15-20 Reps)
- Band or Dumbbell Bilateral Rows (15-20 Reps)
- Dumbbell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

##### Finisher

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- X Body Mountain Climbers and Reverse Crunches



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 2**

**DAY 3**

**Week 2 Warm Up for every workout**

- Heel Raises for 30 Seconds
- Good Mornings for 30 Sec
- Sumo Squats for 30 Sec
- Seal Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Alternating Leg Lunges (15-20 Reps)
- Squat Jumps (15-20 Reps)
- Dumbbell Sumo Squats (15-20 Reps)
- Dumbbell Stiff Leg Deadlifts (15-20 Reps)
- KettleBell Swings (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between Spiderman Mountain Climbers and Bicycle Crunches



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 3**

**DAY 1**

**Week 3 Warm Up for every workout**

- Bridge for 30 Seconds
- Bicycle Crunches for 30 Sec
- Marching Bridge for 30 Sec
- Floor Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 1 : Push - EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Push Ups (15-20 Reps)
- Dips (15-20 Reps)
- Dumbbell Floor Chest Press (15-20 Reps)
- Band or Dumbbell Over Head triceps extensions (15-20 Reps)
- Dumbbell Shoulder Press (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between Mountain Climbers and Leg Raises



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 3**

**DAY 2**

**Week 3 Warm Up for every workout**

- Bridge for 30 Seconds
- Bicycle Crunches for 30 Sec
- Marching Bridge for 30 Sec
- Floor Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 2: Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Single Arm Rows Right Arms (15-20 Reps)
- Single Arm Rows Left Arms (15-20 Reps)
- Band Bicep Curls (15-20 Reps)
- Band or Dumbbell Bilateral Rows (15-20 Reps)
- Dumbbell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- X Body Mountain Climbers and Reverse Crunches



**Chapter 1: Basic Build (Weeks 1-3)**

**WEEK 3**

**DAY 3**

**Week 3 Warm Up for every workout**

- Bridge for 30 Seconds
- Bicycle Crunches for 30 Sec
- Marching Bridge for 30 Sec
- Floor Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Alternating Leg Lunges (15-20 Reps)
- Squat Jumps (15-20 Reps)
- Dumbbell Sumo Squats (15-20 Reps)
- Dumbbell Stiff Leg Deadlifts (15-20 Reps)
- KettleBell Swings (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between Spiderman Mountain Climbers and Bicycle Crunches



**Chapter 2: Get Strong (Weeks 4-6)**

**WEEK 4**

**DAY 1**

**Week 4: Warm Up**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 1 Push EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Narrow Grip Push Ups (15-20 Reps)
- TRX or Suspension Strap Chest Press (15-20 Reps)
- Dumbbell Chest Press (15-20 Reps)
- Bench Dips (15-20 Reps)
- Alt Dumbbell Shoulder Press (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

*Set your interval timer for 45-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...*

- Squats, Push Ups and Burpees



**Chapter 2: Get Strong (Weeks 4-6)**

**WEEK 4**

**DAY 2**

**Week 4: Warm Up**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 2: Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Bi Lateral Reverse Grip Dumbbell Rows (15-20 Reps)
- Bi Lateral Wide Dumbbell Rows (15-20 Reps)
- Band Reverse Curls (15-20 Reps)
- Band or Dumbbell Alternating Rows (15-20 Reps)
- Stiff Leg Deadlift into A Kettlebell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

*Set your interval timer for 40-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 60-seconds...*

- Mountain Climbers, Plyo Lunges and Heel Raises



**Chapter 2: Get Strong (Weeks 4-6)**

**WEEK 4**

**DAY 3**

**Week 4: Warm Up**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Bulgarian Split Squat Right Leg (15-20 Reps)
- Bulgarian Split Squat Left Leg (15-20 Reps)
- Dumbbell Narrow Squats (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Right (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Left (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style

**Finisher**

- Suicides
- 100 Yards, divided into 5 stops



## Chapter 2: Get Strong (Weeks 4-6)

### WEEK 5

#### DAY 1

##### Week 5: Warm Up

*Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...*

- Bridge
- Reverse Crunch
- Bicycle Crunch
- Leg raises

##### Day 1 Push EMOM “every minute on the minute”

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Narrow Grip Push Ups (15-20 Reps)
- TRX or Suspension Strap Chest Press (15-20 Reps)
- Dumbbell Chest Press (15-20 Reps)
- Bench Dips (15-20 Reps)
- Alt Dumbbell Shoulder Press (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

##### Finisher

*Set your interval timer for 45-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...*

- Squats, Push Ups and Burpees



**Chapter 2: Get Strong (Weeks 4-6)**

**WEEK 5**

**DAY 2**

**Week 5: Warm Up**

*Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...*

- Bridge
- Reverse Crunch
- Bicycle Crunch
- Leg raises

**Day 2: Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Bi Lateral Reverse Grip Dumbbell Rows (15-20 Reps)
- Bi Lateral Wide Dumbbell Rows (15-20 Reps)
- Band Reverse Curls (15-20 Reps)
- Band or Dumbbell Alternating Rows (15-20 Reps)
- Stiff Leg Deadlift into A Kettlebell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

*Set your interval timer for 40-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 60-seconds...*

- Mountain Climbers, Plyo Lunges and Heel Raises



Chapter 2: Get Strong (Weeks 4-6)

WEEK 5

DAY 3

Week 5: Warm Up

Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...

- Bridge
- Reverse Crunch
- Bicycle Crunch
- Leg raises

Day 3 Squat EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Bulgarian Split Squat Right Leg (15-20 Reps)
- Bulgarian Split Squat Left Leg (15-20 Reps)
- Dumbbell Narrow Squats (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Right (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Left (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style

Finisher

- Suicides
- 100 Yards, divided into 5 stops



## Chapter 2: Get Strong (Weeks 4-6)

### WEEK 6

#### DAY 1

#### Week 6: Warm Up

Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...

- Heel raises
- Jumping jacks
- Squats
- Good mornings

#### Day 1 Push EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Narrow Grip Push Ups (15-20 Reps)
- TRX or Suspension Strap Chest Press (15-20 Reps)
- Dumbbell Chest Press (15-20 Reps)
- Bench Dips (15-20 Reps)
- Alt Dumbbell Shoulder Press (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

#### Finisher

Set your interval timer for 45-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...

- Squats, Push Ups and Burpees



Chapter 2: Get Strong (Weeks 4-6)

WEEK 6

DAY 2

Week 6: Warm Up

Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...

- Heel raises
- Jumping jacks
- Squats
- Good mornings

Day 2: Pull EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Bi Lateral Reverse Grip Dumbbell Rows (15-20 Reps)
- Bi Lateral Wide Dumbbell Rows (15-20 Reps)
- Band Reverse Curls (15-20 Reps)
- Band or Dumbbell Alternating Rows (15-20 Reps)
- Stiff Leg Deadlift into A Kettlebell Upright Rows (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

Finisher

Set your interval timer for 40-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 60-seconds...

- Mountain Climbers, Plyo Lunges and Heel Raises



## Chapter 2: Get Strong (Weeks 4-6)

### WEEK 6

#### DAY 3

##### Week 6: Warm Up

*Set your interval timer for 30-seconds ON, 15-seconds REST and complete 2 rounds of the following. Between full rounds, rest 30-seconds...*

- Heel raises
- Jumping jacks
- Squats
- Good mornings

##### Day 3 Squat EMOM “every minute on the minute”

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Bulgarian Split Squat Right Leg (15-20 Reps)
- Bulgarian Split Squat Left Leg (15-20 Reps)
- Dumbbell Narrow Squats (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Right (15-20 Reps)
- Dumbbell Single Stiff Leg Deadlifts Left (15-20 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style

##### Finisher

- Suicides
- 100 Yards, divided into 5 stops



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 7**

**DAY 1**

**Warm Up for Week 7**

**ALL DONE IN A CIRCUIT STYLE**

- Bodyweight Squat (10 reps)
- Arm Crosses (15 reps)
- Neck Rolls (5 reps per side)
- Bird Dog (5 reps per side)
- 1-Leg Lying Hip Extensions (5 reps per side)
- SCREACH (5 reps per side)
- Bodyweight 1-Leg Romanian Deadlift (10 reps per side)
- Pushups (6 reps – take 2 seconds to go down and 2 seconds to come up)
- LUNGES (5 reps per side)
- Leg Swings (20 reps per side)

**GET STRONG CIRCUIT CONSIST OF 6 MOVES**

**Worked in a circuit style using a 35:15 work: rest tempo**

**4 Rounds Back to Back**

- Single arm KB row R
- Single arm KB row L
- KB deadlift
- KB Goblet Squat
- Plank
- Push Ups

**FINISHER**

**10 heavy swings / every minute for 5:00 minutes**



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 7**

**DAY 2**

**Warm Up for Week 7**

**ALL DONE IN A CIRCUIT STYLE**

Bodyweight Squat (10 reps)

Arm Crosses (15 reps)

Neck Rolls (5 reps per side)

Bird Dog (5 reps per side)

1-Leg Lying Hip Extensions (5 reps per side)

SCREACH (5 reps per side)

Bodyweight 1-Leg Romanian Deadlift (10 reps per side)

Pushups (6 reps – take 2 seconds to go down and 2 seconds to come up)

LUNGES (5 reps per side)

Leg Swings (20 reps per side)

**Worked in a circuit style using a 35:15 work:rest temp**

**4 Rounds Back to Back**

Snatch Left

Snatch Right

Clean Left

Clean Right

Bulgarian Squat Left

Bulgarian Squat Right

**FINISHER**

10 heavy KB or DB Shoulder presses / every minute for 5:00 minutes



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 7**

**DAY 3**

**Warm Up for Week 7**

**ALL DONE IN A CIRCUIT STYLE**

Bodyweight Squat (10 reps)

Arm Crosses (15 reps)

Neck Rolls (5 reps per side)

Bird Dog (5 reps per side)

1-Leg Lying Hip Extensions (5 reps per side)

SCREACH (5 reps per side)

Bodyweight 1-Leg Romanian Deadlift (10 reps per side)

Pushups (6 reps – take 2 seconds to go down and 2 seconds to come up)

LUNGES (5 reps per side)

Leg Swings (20 reps per side)

**Worked in a circuit style using a 35:15 work: rest temp**

**4 Rounds Back to Back**

Seated Shoulder Press

Squat Jumps

Suspension Push Ups

Sprints

Spider Man Push Ups

Skater Hops

**FINSIHER**

10 heavy KB or DB Stiff Leg Deadlift / every minute for 5:00 minutes



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 8**

**DAY 1**

**Warm Up for Week 8**

- 10 Side to Side KB twist (both sides =1)
- 10 Single Leg KB Straight Deadlift R
- 10 Single Leg KB Straight Deadlift L
- 10 Alt Arm KB Swings (Every arm counts)
- 10 OH KB Tricep Ext

**GET STRONG CIRCUIT CONSIST OF 6 MOVES**

Worked in a circuit style using a 35:15 work: rest temp

**4 Rounds Back to Back**

- Single arm KB row R
- Single arm KB row L
- KB deadlift
- KB Goblet Squat
- Plank
- Push Ups

**FINISHER**

- 10 heavy swings / every minute for 5:00 minutes



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 8**

**DAY 2**

**Warm Up for Week 8**

- 10 Side to Side KB twist (both sides =1)
- 10 Single Leg KB Straight Deadlift R
- 10 Single Leg KB Straight Deadlift L
- 10 Alt Arm KB Swings (Every arm counts)
- 10 OH KB Tricep Ext

**Worked in a circuit sylte using a 35:15 work:rest temp**

**4 Rounds Back to Back**

- Snatch Left
- Snatch Right
- Clean Left
- Clean Right
- Bulgarian Squat Left
- Bulgarian Squat Right

**FINISHER**

- 10 heavy KB or DB Shoulder presses / every minute for 5:00 minutes



## Chapter 3: Get Stronger (Weeks 7-9)

### WEEK 8

#### DAY 3

##### Warm Up for Week 8

- 10 Side to Side KB twist (both sides =1)
- 10 Single Leg KB Straight Deadlift R
- 10 Single Leg KB Straight Deadlift L
- 10 Alt Arm KB Swings (Every arm counts)
- 10 OH KB Tricep Ext

##### Worked in a circuit style using a 35:15 work: rest temp

##### 4 Rounds Back to Back

- Seated Shoulder Press
- Squat Jumps
- Suspension Push Ups
- Sprints
- Spider Man Push Ups
- Skater Hops

##### FINISHER

- 10 heavy KB or DB Stiff Leg Deadlift / every minute for 5:00 minutes



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 9**

**DAY 1**

**Warm Up for Week 9**

Jumping Jack  
Push ups  
Plank to Pushup  
30 seconds of each back to back  
30 second break at the end  
repeat for 3 rounds

**GET STRONG CIRCUIT CONSIST OF 6 MOVES**

Worked in a circuit style using a 35:15 work: rest temp

**4 Rounds Back to Back**

Single arm KB row R  
Single arm KB row L  
KB deadlift  
KB Goblet Squat  
Plank  
Push Ups

**FINISHER**

10 heavy swings / every minute for 5:00 minutes



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 9**

**DAY 2**

**Warm Up for Week 9**

Jumping Jack  
Push ups  
Plank to Pushup  
30 seconds of each back to back  
30 second break at the end  
repeat for 3 rounds

**Worked in a circuit style using a 35:15 work:rest temp**

**4 Rounds Back to Back**

Snatch Left  
Snatch Right  
Clean Left  
Clean Right  
Bulgarian Squat Left  
Bulgarian Squat Right

**FINISHER**

**10 heavy KB or DB Shoulder presses / every minute for 5:00 minutes**



**Chapter 3: Get Stronger (Weeks 7-9)**

**WEEK 9**

**DAY 3**

**Warm Up for Week 9**

- Jumping Jack
- Push ups
- Plank to Pushup
- 30 seconds of each back to back
- 30 second break at the end
- repeat for 3 rounds

**Worked in a circuit style using a 35:15 work: rest temp**

**4 Rounds Back to Back**

- Seated Shoulder Press
- Squat Jumps
- Suspension Push Ups
- Sprints
- Spider Man Push Ups
- Skater Hops

**FINISHER**

- 10 heavy KB or DB Stiff Leg Deadlift / every minute for 5:00 minutes



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 10**

**DAY 1**

**Warm Up -Week 10**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 1 Push EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Push Ups (10 Reps) + Mountain Climbers (10 Reps)
- Dips (10 Reps) + Diamond Push Ups (10 Reps)
- Dumbbell Floor Chest Press (10 Reps) + Leg Raises (10 Reps)
- Band or Dumbbell Over Head triceps extensions (10 Reps) + Kickbacks (10 Reps)
- Dumbbell Shoulder Press (10 Reps) + Front Raises (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- Jumping Rope and Heel Raises



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 10**

**DAY 2**

**Warm Up- Week 10**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 0 Sec Break and Repeat
- 60 Sec Break

**Day 2 Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Single Arm Rows Right Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)
- Single Arm Rows Left Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)
- Band Bicep Curls ((10 Reps) + Band High Rows (10 Reps)
- Band or Dumbbell Low Rows (10 Reps) + Band Swimmers (10 Reps)
- Dumbbell Upright Rows (10 Reps) + DB Skiers (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- X Body Mountain Climbers and Reverse Crunches



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 10**

**DAY 3**

**Warm Up- Week 10**

- Heel Raises for 30 Seconds
- Standing Bicycle Crunches for 30 Sec
- Squats for 30 Sec
- Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Alternating Leg Lunges (10 Reps) + Plyo Lunges (10 Reps)
- Squat Jumps (10 Reps) + Pulsing Squat (10 Reps)
- Dumbbell Sumo Squats (10 Reps) + DB Alt Side Lunges (10 Reps)
- Dumbbell Stiff Leg Deadlifts (10 Reps) + Jumping Jacks in a Squat Position (10 Reps)
- KettleBell Swings (10 Reps) + Squat Thrust (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between Spiderman Mountain Climbers and Bicycle Crunches



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 11**

**DAY 1**

**Warm Up- Week 11**

- Heel Raises for 30 Seconds
- Good Mornings for 30 Sec
- Sumo Squats for 30 Sec
- Seal Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 1 Push EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Push Ups (10 Reps) + Mountain Climbers (10 Reps)
- Dips (10 Reps) + Diamond Push Ups (10 Reps)
- Dumbbell Floor Chest Press (10 Reps) + Leg Raises (10 Reps)
- Band or Dumbbell Over Head triceps extensions (10 Reps) + Kickbacks (10 Reps)
- Dumbbell Shoulder Press (10 Reps) + Front Raises (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- Jumping Rope and Heel Raises



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 11**

**DAY 2**

**Warm Up- Week 11**

- Heel Raises for 30 Seconds
- Good Mornings for 30 Sec
- Sumo Squats for 30 Sec
- Seal Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 2 Pull EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Single Arm Rows Right Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)
- Single Arm Rows Left Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)
- Band Bicep Curls ((10 Reps) + Band High Rows (10 Reps)
- Band or Dumbbell Low Rows (10 Reps) + Band Swimmers (10 Reps)
- Dumbbell Upright Rows (10 Reps) + DB Skiers (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- X Body Mountain Climbers and Reverse Crunches



**Chapter 4: Super Sets (Weeks 10-12)**

**WEEK 11**

**DAY 3**

**Warm Up- Week 11**

- Heel Raises for 30 Seconds
- Good Mornings for 30 Sec
- Sumo Squats for 30 Sec
- Seal Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

**Day 3 Squat EMOM “every minute on the minute”**

**Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate**

- Alternating Leg Lunges (10 Reps) + Plyo Lunges (10 Reps)
- Squat Jumps (10 Reps) + Pulsing Squat (10 Reps)
- Dumbbell Sumo Squats (10 Reps) + DB Alt Side Lunges (10 Reps)
- Dumbbell Stiff Leg Deadlifts (10 Reps) + Jumping Jacks in a Squat Position (10 Reps)
- KettleBell Swings (10 Reps) + Squat Thrust (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

**Finisher**

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between Spiderman Mountain Climbers and Bicycle Crunches



## Chapter 4: Super Sets (Weeks 10-12)

### WEEK 12

#### DAY 1

##### Warm Up- Week 12

Bridge for 30 Seconds  
Bicycle Crunches for 30 Sec  
Marching Bridge for 30 Sec  
Floor Jumping Jacks for 30 Sec  
30 Sec Break and Repeat  
60 Sec Break

##### Day 1 Push EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

Push Ups (10 Reps) + Mountain Climbers (10 Reps)  
Dips (10 Reps) + Diamond Push Ups (10 Reps)  
Dumbbell Floor Chest Press (10 Reps) + Leg Raises (10 Reps)  
Band or Dumbbell Over Head triceps extensions (10 Reps) + Kickbacks (10 Reps)  
Dumbbell Shoulder Press (10 Reps) + Front Raises (10 Reps)  
Members will complete 4 Rounds (20 Minutes) in A Circuit Style  
1 Minute to Re Group

##### Finisher

4 Minute Traditional TABATA  
20 Seconds on 10 Seconds Off  
2 Moves Switching Back and Forth between  
Jumping Rope and Heel Raises



## Chapter 4: Super Sets (Weeks 10-12)

### WEEK 12

#### DAY 2

##### Warm Up- Week 12

Bridge for 30 Seconds  
Bicycle Crunches for 30 Sec  
Marching Bridge for 30 Sec  
Floor Jumping Jacks for 30 Sec  
30 Sec Break and Repeat  
60 Sec Break

##### Day 2 Pull EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

Single Arm Rows Right Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)  
Single Arm Rows Left Arms (10 Reps) + Single Arm Bicep Curl (10 Reps)  
Band Bicep Curls ((10 Reps) + Band High Rows (10 Reps)  
Band or Dumbbell Low Rows (10 Reps) + Band Swimmers (10 Reps)  
Dumbbell Upright Rows (10 Reps) + DB Skiers (10 Reps)  
Members will complete 4 Rounds (20 Minutes) in A Circuit Style  
1 Minute to Re Group

##### Finisher

4 Minute Traditional TABATA  
20 Seconds on 10 Seconds Off  
2 Moves Switching Back and Forth between  
X Body Mountain Climbers and Reverse Crunches



Chapter 4: Super Sets (Weeks 10-12)

WEEK 12

DAY 3

Warm Up- Week 12

- Bridge for 30 Seconds
- Bicycle Crunches for 30 Sec
- Marching Bridge for 30 Sec
- Floor Jumping Jacks for 30 Sec
- 30 Sec Break and Repeat
- 60 Sec Break

Day 3 Squat EMOM “every minute on the minute”

Members will perform assigned number of reps and have 1 minute to complete, as soon as they complete the remaining time is used to rest, recover, rotate and hydrate

- Alternating Leg Lunges (10 Reps) + Plyo Lunges (10 Reps)
- Squat Jumps (10 Reps) + Pulsing Squat (10 Reps)
- Dumbbell Sumo Squats (10 Reps) + DB Alt Side Lunges (10 Reps)
- Dumbbell Stiff Leg Deadlifts (10 Reps) + Jumping Jacks in a Squat Position (10 Reps)
- KettleBell Swings (10 Reps) + Squat Thrust (10 Reps)
- Members will complete 4 Rounds (20 Minutes) in A Circuit Style
- 1 Minute to Re Group

Finisher

- 4 Minute Traditional TABATA
- 20 Seconds on 10 Seconds Off
- 2 Moves Switching Back and Forth between
- Spiderman Mountain Climbers and Bicycle Crunches



## EXERCISE DESCRIPTIONS

### (PLAYLIST VERSION)

#### HOW TO DO A JUMPING JACK

1. Stand with your feet together and your hands down by your side.
2. In one motion jump your feet out to the side and raise your arms above your head.
3. Immediately reverse that motion by jumping back to the starting position.
4. [https://youtu.be/dmYwZH\\_BNd0](https://youtu.be/dmYwZH_BNd0)

#### How to Do a Perfect Push Up

1. Get on the floor on all fours, positioning your hands slightly wider than your shoulders.
2. Extend your legs back so that you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. You can position your feet to be close together or a bit wider depending upon what is most comfortable for you.
3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire push up.
4. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90 degree angle.
5. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent.
6. <https://youtu.be/BfCXehLp8qM>



### HOW TO DO A PLANK TO PUSHUP

1. Start in a plank position on your forearms with your feet shoulder width apart and your lower back flat.
2. Press your body up to a push-up position and then lower yourself back down into the plank.
3. Do all the reps on one side or alternate sides for the recommended number of reps.
4. <https://youtu.be/uco2g3YexwA>

### HOW TO DO A CHEST FLY WITH BAND

- Attach the centre of the band to a stationary object behind you at chest height.
- Hold an end in each hand and start with your arms out to the side, just below shoulder height.
- Keep a small bend in the elbows as you bring your arms forwards so that your hands meet in front of your chest.
- Slowly return to the starting position.
- <https://youtu.be/W8k5T1F-W9c>

### HOW TO DO A CHEST PRESS WITH DUMBBELLS

1. Lie on the bench with a dumbbell in each hand and your feet flat on the floor.
2. You can rest your feet up on the bench if it's more comfortable.
3. Push the dumbbells up so that your arms are directly over your shoulders and your palms are up.
4. Pull your abdominals in, and tilt your chin toward your chest.
5. Lower the dumbbells down and a little to the side until your elbows are slightly below your shoulders.
6. Roll your shoulder blades back and down, like you're pinching them together and accentuating your chest.
7. Push the weights back up, taking care not to lock your elbows or allow your shoulder blades to rise off the bench.
8. <https://youtu.be/VmB1G1K7v94>



### HOW TO DO A HIGH BAND ROW

Pull your elbows back until your they are even with your shoulders. Return to the starting position (controlling the resistance). Repeat <https://youtu.be/czJAcZ7zpFs>

### HOW TO DO DB ROW

1. With a dumbbell in each hand (palms facing your torso), bend your knees slightly and bring your torso forward by bending at the waist; as you bend make sure to keep your back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The weights should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.
2. While keeping the torso stationary, lift the dumbbells to your side (as you breathe out), keeping the elbows close to the body (do not exert any force with the forearm other than holding the weights). On the top contracted position, squeeze the back muscles and hold for a second.

[https://youtu.be/pTT\\_MCK0L90](https://youtu.be/pTT_MCK0L90)

### HOW TO DO DB SHOULDER PRESS

Make sure to rotate your wrists so that the palms of your hands are facing forward. This is your starting position. Now, exhale and push the dumbbells upward until they touch at the top. Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling.

<https://youtu.be/qEwKCR5JCog>

### HOW TO DO DB SIDE LATERAL

1. Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position.



2. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until your arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top.
3. Lower the dumbbells back down slowly to the starting position as you inhale.
4. <https://youtu.be/3VcKaXpzqRo>

### HOW TO DO A KETTLEBELL SWING

1. Stand over the kettlebell with feet hip-width apart, chest up, shoulders back and down. The 'bell should be in line with the middle of your feet. Choose a kettlebell that allows you to swing with perfect technique while still challenging you. Consider starting and practicing with a 'bell much lighter than what you'll eventually use to work out so that you can practice your form.
2. Squatting down, grip the kettlebell with palms facing you and thumbs wrapped loosely around the handle.
3. Stand tall, still gripping the 'bell. Keep your arms long and loose while retracting your shoulder blades and engaging your core. Soften the knees, shift your bodyweight into your heels and lower your rear end back and down toward the wall behind you. At this point you should be ready to spring—er, swing—into action.
5. It's go time. Driving through your heel, explode through the hips to send that weight swinging upward from your quads. We're aiming for chest height, with the arms extended. Achieving this finish position requires you to snap your hips through, contracting your core while squeezing your cheeks. (Yes, *those* cheeks!)
6. As the kettlebell begins to descend, let the weight do the work as you ready your body for the next rep.



Shift your weight back into your heels while hinging at the hips and loading both the hamstrings and glutes. Receive the weight allowing the kettlebell to ride back between your legs.

7. As it makes the transition from backward to forward, drive through the heel and hips to keep this party going.
8. <https://youtu.be/OopKTfLiz48>

### **BENCH DIPS**

1. For this exercise you will need to place a bench behind your back. With the bench perpendicular to your body, and while looking away from it, hold on to the bench on its edge with the hands fully extended, separated at shoulder width. The legs will be extended forward, bent at the waist and perpendicular to your torso. This will be your starting position.
2. Slowly lower your body as you inhale by bending at the elbows until you lower yourself far enough to where there is an angle slightly smaller than 90 degrees between the upper arm and the forearm. Tip: Keep the elbows as close as possible throughout the movement. Forearms should always be pointing down.
3. Using your triceps to bring your torso up again, lift yourself back to the starting position.
4. Repeat for the recommended amount of repetitions.
5. <https://youtu.be/c3ZGl4pAwZ4>

### **BAND CURLS**

1. Stand this Bicep Exercise with the middle of the band under your feet and an end in each hand.
2. Start with the arms straight by your sides and the band held taught.



3. Bend the arms at the elbows to lift the hands towards the shoulders.
4. Slowly return to the starting position.
5. <https://youtu.be/bcE0DAPbqLU>

### **BAND PULL APARTS**

1. Begin with your arms extended straight out in front of you, holding the band with both hands.
2. Initiate the movement by performing a reverse fly motion, moving your hands out laterally to your sides.
3. Keep your elbows extended as you perform the movement, bringing the band to your chest. Ensure that you keep your shoulders back during the exercise.
4. Pause as you complete the movement, returning to the starting position under control.
5. [https://youtu.be/1lQdu\\_U4AAI](https://youtu.be/1lQdu_U4AAI)

### **FRONT DUMBBELL RAISES**

1. Pick a couple of dumbbells and stand with a straight torso and the dumbbells on front of your thighs at arms length with the palms of the hand facing your thighs. This will be your starting position.
2. While maintaining the torso stationary (no swinging), lift the left dumbbell to the front with a slight bend on the elbow and the palms of the hands always facing down. Continue to go up until you arm is slightly above parallel to the floor. Exhale as you execute this portion of the movement and pause for a second at the top. Inhale after the second pause.
3. Now lower the dumbbell back down slowly to the starting position as you simultaneously lift the right dumbbell.
4. Continue alternating in this fashion until all of the recommended amount of repetitions have been performed for each arm.
5. <https://youtu.be/-t7fuZ0KhDA>



### ARM CROSSES

1. Arm crosses help to loosen up the chest and rear shoulders. Stand with your feet about shoulder width apart and your arms out to your sides with your palms down. 2. Extend your arms behind you and then cross them in front of your body.
2. <https://youtu.be/MkWAmC3TQXg>

### SHOULDER CIRCLES

1. With shoulders relaxed and arms resting loosely at your sides (or in your lap if you're seated), gently roll your shoulders forward, up, back, and down.
2. Reverse direction. You can do this exercise alternating shoulders or both at the same time.
3. [https://youtu.be/Wko\\_UA8jUGs](https://youtu.be/Wko_UA8jUGs)

### PULL UPS

1. Grab the pull-up bar with the palms facing forward using the prescribed grip. Note on grips: For a wide grip, your hands need to be spaced out at a distance wider than your shoulder width. For a medium grip, your hands need to be spaced out at a distance equal to your shoulder width and for a close grip at a distance smaller than your shoulder width.
2. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position.
3. Pull your torso up until the bar touches your upper chest by drawing the shoulders and the upper arms down and back. Exhale as you perform this portion of the movement. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position.



The upper torso should remain stationary as it moves through space and only the arms should move. The forearms should do no other work other than hold the bar.

5. After a second on the contracted position, start to inhale and slowly lower your torso back to the starting position when your arms are fully extended and the lats are fully stretched.
6. Repeat this motion for the prescribed amount of repetitions.
7. <https://youtu.be/eGo4lYlbE5g>

### SUSPENDED ROWS

1. Suspend your straps at around chest height. Take a handle in each hand and lean back. Keep your body erect and your head and chest up. Your arms should be fully extended. This will be your starting position.
2. Begin by flexing the elbow to initiate the movement. Protract your shoulder blades as you do so.
4. At the completion of the motion pause, and then return to the starting position.
5. <https://youtu.be/TKrTvPSli0w>

### BENT OVER DB ROWS

1. With a dumbbell in each hand (palms facing your torso), bend your knees slightly and bring your torso forward by bending at the waist; as you bend make sure to keep your back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The weights should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.



2. While keeping the torso stationary, lift the dumbbells to your side (as you breathe out), keeping the elbows close to the body (do not exert any force with the forearm other than holding the weights). On the top contracted position, squeeze the back muscles and hold for a second.
3. Slowly lower the weight again to the starting position as you inhale.
4. Repeat for the recommended amount of repetitions.
5. <https://youtu.be/LktGPg-AkvY>

### DB BICEP CURLS

1. Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.
2. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.
3. Then, inhale and slowly begin to lower the dumbbells back to the starting position.
4. Repeat for the recommended amount of repetitions.
5. <https://youtu.be/ykJmrZ5v00o>

### KB UPRIGHT ROW

1. Grasp a kettlebell with an overhand grip that is slightly less than shoulder width. The kettlebell should be resting on the top of your thighs with your arms extended and a slight bend in your elbows. Your back should also be straight. This will be your starting position.
2. Now exhale and use the sides of your shoulders to lift the kettlebell, raising your elbows up and to the side.



- Keep the kettlebell close to your body as you raise it. Continue to lift the kettlebell until it nearly touches your chin. Tip: Your elbows should drive the motion, and should always be higher than your forearms. Remember to keep your torso stationary and pause for a second at the top of the movement.
3. Lower the kettlebell back down slowly to the starting position. Inhale as you perform this portion of the movement.
  4. Repeat for the recommended amount of repetitions.
  5. <https://youtu.be/5E5r0KhloUQ>

### CHIN UP

1. Grab the pull-up bar with the palms facing your torso and a grip closer than the shoulder width. As you have both arms extended in front of you holding the bar at the chosen grip width, keep your torso as straight as possible while creating a curvature on your lower back and sticking your chest out. This is your starting position. Tip: Keeping the torso as straight as possible maximizes biceps stimulation while minimizing back involvement.
2. As you breathe out, pull your torso up until your head is around the level of the pull-up bar. Concentrate on using the biceps muscles in order to perform the movement. Keep the elbows close to your body. Tip: The upper torso should remain stationary as it moves through space and only the arms should move. The forearms should do no other work other than hold the bar.
3. After a second of squeezing the biceps in the contracted position, slowly lower your torso back to the starting position; when your arms are fully extended. Breathe in as you perform this portion of the movement.
4. Repeat this motion for the prescribed amount of repetitions.
5. [https://youtu.be/\\_71FpEaq-fQ](https://youtu.be/_71FpEaq-fQ)



### **PLYO PUSH UPS**

1. Move into a prone position on the floor, supporting your weight on your hands and toes.
2. Your arms should be fully extended with the hands around shoulder width. Keep your body straight throughout the movement. This will be your starting position.
3. Descend by flexing at the elbow, lowering your chest towards the ground.
4. At the bottom, reverse the motion by pushing yourself up through elbow extension as quickly as possible. Attempt to push your upper body up until your hands leave the ground.
5. Return to the starting position and repeat the exercise.
6. [https://youtu.be/FRo3b\\_Pfw3M](https://youtu.be/FRo3b_Pfw3M)

### **FLOOR CHEST PRESS**

1. Lower the dumbbell towards the bottom of your chest or upper stomach, squeezing the dumbbell and attempting to pull it apart as you do so. Ensure that you tuck your elbows throughout the movement. Lower the dumbbell until your upper arm contacts the ground and pause, preventing any slamming or bouncing of the weight.
2. Press the dumbbell back up as fast as you can, keeping the dumbbell, your wrists, and elbows in line as you do so.
3. <https://youtu.be/uUGDRwge4F8>

### **OH DB SHOULDER PRESS**

1. While holding a dumbbell in each hand, sit on a military press bench or utility bench that has back support. Place the dumbbells upright on top of your thighs.



2. Now raise the dumbbells to shoulder height one at a time using your thighs to help propel them up into position.
3. Make sure to rotate your wrists so that the palms of your hands are facing forward. This is your starting position.
4. Now, exhale and push the dumbbells upward until they touch at the top.
5. Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling.
6. Repeat for the recommended amount of repetitions.
7. <https://youtu.be/qEwKCR5JCog>

### **BAND ROWS**

Find a fixed object where you can wrap the exercise band around. It can be a doorknob, pole or a tree, just choose whatever stationary and stable object that you can use. Attach the band around it, then move back to create tension in the band. Stand with your feet apart, shoulder width, and then bend your knees a little. Pull the band towards you as if you are rowing a boat while keeping your shoulders back (do not hunch over) and place all of the tension on your back muscles. Keep your elbows close to your sides as you row and pull the handles back to your body. Contract and flex your back muscles at the peak position and then return to starting position slowly. Repeat for the recommended number of reps.

<https://youtu.be/b8xlsU0IJVc>

### **DIAMOND PUSHUPS**

1. Get in the modified push-up position on your knees but with your hands together and back flat. Spread your fingers so that your index fingers and thumbs form a diamond, and extend your arms. This is your start position.



2. Allow your elbows to break, lowering your chest toward the floor while keeping your back flat.
3. Press back up to full arm extension, repeating for the required number of reps.
4. To make the movement more difficult, stay up on your toes rather than on your knees.
5. [https://youtu.be/J0DnG1\\_S92I](https://youtu.be/J0DnG1_S92I)

### **DB TRICEP KICKBACK**

1. Start with a dumbbell in each hand and your palms facing your torso. Keep your back straight with a slight bend in the knees and bend forward at the waist. Your torso should be almost parallel to the floor. Make sure to keep your head up. Your upper arms should be close to your torso and parallel to the floor. Your forearms should be pointed towards the floor as you hold the weights. There should be a 90-degree angle formed between your forearm and upper arm. This is your starting position.
2. Now, while keeping your upper arms stationary, exhale and use your triceps to lift the weights until the arm is fully extended. Focus on moving the forearm.
3. After a brief pause at the top contraction, inhale and slowly lower the dumbbells back down to the starting position.
4. Repeat the movement for the prescribed amount of repetitions.
5. <https://youtu.be/6SS6K3lAwZ8>

### **DB OVERHEAD EXTENSION**

1. To begin, stand up with a dumbbell held by both hands. Your feet should be about shoulder width apart from each other. Slowly use both hands to grab the dumbbell and lift it over your head until both arms are fully extended.



2. The resistance should be resting in the palms of your hands with your thumbs around it. The palm of the hands should be facing up towards the ceiling. This will be your starting position.
3. Keeping your upper arms close to your head with elbows in and perpendicular to the floor, lower the resistance in a semicircular motion behind your head until your forearms touch your biceps. Tip: The upper arms should remain stationary and only the forearms should move. Breathe in as you perform this step.
4. Go back to the starting position by using the triceps to raise the dumbbell. Breathe out as you perform this step.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/YbX7Wd8jQ-Q>

### **KB SINGLE ARM ROW**

1. Place a kettlebell in front of your feet. Bend your knees slightly and then push your butt out as much as possible as you bend over to get in the starting position. Grab the kettlebell and pull it to your stomach, retracting your shoulder blade and flexing the elbow. Keep your back straight. Lower and repeat.
2. <https://youtu.be/J3zfFc1UfHo>

### **KB SNATCH**

1. Place a kettlebell between your feet. Bend your knees and push your butt back to get in the proper starting position.
2. Look straight ahead and swing the kettlebell back between your legs.
3. Immediately reverse the direction and drive through with your hips and knees, accelerating the kettlebell upward.



As the kettlebell rises to your shoulder rotate your hand and punch straight up, using momentum to receive the weight locked out overhead.

4. <https://youtu.be/6l2lu26oWW8>

### FROG JUMPS

1. Stand with your hands behind your head, and squat down keeping your torso upright and your head up. This will be your starting position.
2. Jump forward several feet, avoiding jumping unnecessarily high. As your feet contact the ground, absorb the impact through your legs, and jump again.

3. <https://youtu.be/GvTeWVyJKNE>

### DB OVERHEAD SQUATS

1. From a standing position, press a pair of dumbbells overhead by extending the elbows and flexing the shoulders. You should be looking directly forward, with your chest up, knees and hips slightly bent, and your back straight. This will be your starting position.
2. Descend into a squat by flexing your hips and knees. As you squat, keep your weight on your heels and push your knees out. Maintain proper curvature of your entire spine, from the lower back all the way up through your cervical spine.
3. Descend as far as your flexibility allows or until you have reached a full squat position. Avoid excessive forward lean, rounding your lumbar or thoracic spine, and keep the dumbbell in place throughout the exercise.
4. After a brief pause, return to the starting position by extending through the hips and knees. Repeat for the desired number of repetitions.

5. <https://youtu.be/VC7abo785c0>



### **SKATER JUMPS**

1. Stand on your left leg with your hips and knees slightly bent
2. Extend your left hip, knee and ankle to jump forward and to the right at a 45-degree angle
3. Land on the ball of your right foot with your hips and knees slightly bent to absorb the impact
4. Immediately jump off your right leg in the opposite direction
5. Continue bounding in this pattern for the specified distance
6. <https://youtu.be/qlcZK3c3g4>

### **LATERAL SIDE-TO-SIDE HOPS**

1. Stand to the side of a cone or hurdle. To get into the start position, stand on one leg with your knee slightly bent.
2. To begin, execute a counterjump to hop sideways over the cone.
3. Land on your jumping leg, and immediately rebound out of it by jumping back to the start position.
4. Continue hopping back and forth.
5. <https://youtu.be/1MNy6YuN07s>

### **WALL SQUATS**

1. Begin with your back against the wall and your feet 18-24 inches out in front of you. Have your feet in a shoulder-width stance, toes pointed slightly outward and knees slightly out. This will be your starting position.
2. Descend slowly by 'sliding' down the wall. Keep your head up and maintain a flat back against the wall.



3. Continue down until the upper legs are at or just below parallel to the floor. Maintain this position for the recommended amount of time. Focus on breathing continuously throughout.
4. Push through your heels to return upwards to the starting position.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/ARDeqd6J1sg>

### KB SUMO SQUAT

1. Use 1 or 2 hands to pick up the kettlebell, pulling it up to your chest. Hold the kettlebell at chest level with both hands, making sure to keep your arms close to your body and elbows tucked in. Your feet should be slightly wider than shoulder-width apart, with your toes pointing slightly outward. Keep your back straight and abdominals tight. This will be your starting position.
2. Pushing your hips back, slowly bend the knees and lower your legs until your thighs are just below parallel to the floor. Make sure to inhale during this portion of the exercise.
3. Press through the heel of the foot and push your hips through to return to the starting position.
4. Breathe out during this phase of the exercise.
5. Repeat for recommended number of repetitions before bending your knees to lower the kettle bell back to the ground.
6. <https://youtu.be/5uEOHCPWQTE>

### WALKING LUNGES

Begin standing with your feet shoulder width apart and your hands on your hips. Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot. <https://youtu.be/YYWhkctnP2o>



### **SQUAT JUMP WITH DOUBLE PUMP**

1. Stand with your feet shoulder width apart
2. Squat down a ¼ of your normal range
3. Stand back up
4. Squat down a ¼ of your normal range
5. Jump up as high as you can
6. Land safely
7. Repeat
8. [https://youtu.be/CNL3W1X\\_trg](https://youtu.be/CNL3W1X_trg)

### **ALTERNATING PRISONER LUNGE**

1. Stand with your feet shoulder-width apart and clasp your hands behind your head.
2. Keep your elbows pulled back and your shoulder blades should be pulled together to work the upper back.
3. Step forward with your left leg, taking a slightly larger than normal step.
4. Be sure to keep your right toe on the ground and use it to help keep your balance, and also bend your right knee.
5. Continue to lower your body until your front thigh is parallel to the ground
6. Keep your upper body upright throughout the entire movement.
7. Push with your front (left) leg to return to the starting position and swap legs.
8. <https://youtu.be/1DwNnlzXy58>



### LEG SWINGS

Support yourself on a wall or a post with one hand, and face straight ahead. Swing one leg forward and back like a pendulum, keeping your posture tall and your core engaged. Try not to swing your leg aggressively at first; instead, lightly start to swing it and gradually increase your range of motion. As you get blood flow to the muscles, you will feel yourself loosen up. Relax your hip joint as much as possible.

<https://youtu.be/hxKfZlW1rys>

### LUNGE JUMPS

1. Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground.
2. Ensure that the front knee is over the midline of the foot. Extending through both legs, jump as high as possible, swinging your arms to gain lift.
4. As you jump as high as you can, switch the position of your legs, moving your front leg to the back and the rear leg to the front.
5. As you land, absorb the impact through the legs by adopting the lunge position, and repeat.
5. <https://youtu.be/cdFyA89Kp0Y>

### DUMBBELL FRONT SQUAT

1. Stand with your feet slightly wider than hip-width apart, holding a pair of light dumbbells down by your sides. Clean the dumbbells up to your shoulders so that one end of each dumbbell rests on top of each shoulder. Balance the dumbbells on your shoulder by holding on to dumbbells with elbows facing forward. This will be your starting position.
2. Keeping your head facing forward, your back straight, and your chest high, squat down by bending your hips back while allowing knees to come forward slightly,



- keeping your back straight and knees pointed in the same direction as your feet. Descend until your thighs are at parallel, or just past parallel to floor.
3. To return to the starting position, extend your knees and hips until your legs are straight. Repeat for the recommended number of reps.
  4. <https://youtu.be/MJao9o7ROs0>

### LONG FROG JUMPS

<https://youtu.be/GvTeWVyJKNE>

### STIFF LEG DEADLIFT

1. Grasp a bar using an overhand grip (palms facing down). You may need some wrist wraps if using a significant amount of weight.
2. Stand with your torso straight and your legs spaced using a shoulder width or narrower stance. The knees should be slightly bent. This is your starting position.
3. Keeping the knees stationary, lower the barbell to over the top of your feet by bending at the waist while keeping your back straight. Keep moving forward as if you were going to pick something from the floor until you feel a stretch on the hamstrings. Inhale as you perform this movement.
4. Start bringing your torso up straight again by extending your hips until you are back at the starting position. Exhale as you perform this movement.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/1uDiW5--rAE>

### SQUAT JUMPS

1. Cross your arms over your chest.
2. With your head up and your back straight, position your feet at shoulder width.



3. Keeping your back straight and chest up, squat down as you inhale until your upper thighs are parallel, or lower, to the floor.
4. Now pressing mainly with the ball of your feet, jump straight up in the air as high as possible, using the thighs like springs. Exhale during this portion of the movement.
5. When you touch the floor again, immediately squat down and jump again.
6. Repeat for the recommended amount of repetitions.
7. <https://youtu.be/U4s4mEQ5VqU>

## SQUAT

The setup for the squat is incredibly simple. Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward – about 5 to 20 degrees outward.

Look straight ahead and pick a spot on the wall in front of you. You'll want to look at this spot the entire time you squat, not looking down at the floor or up at the ceiling.

<https://youtu.be/UXJrBgl2RxA>

## NARROW GOBLET SQUAT

- Hold a weight against the chest. If you have a kettlebell, grab it by the horns; with a dumbbell, hold one of the heads up vertically between your palms.
- Position your feet so your stance is a smidge outside shoulder-width, with your toes pointed slightly out. If you're taller, you may need to widen the stance a little more.
- Drop it like it's hot. That is, sit back and down between the knees, keeping your chest up the whole time. Make sure you're not falling forward or rounding your back.
- Go down as low as you can while keeping your feet flat on the floor. If your heels come up, your stance is still too narrow.



- At the bottom, brush your elbows down the inside of your legs and push your knees out. This is what makes the goblet squat so special, so let me say that again: knees out, knees out, knees out.
- Shoot back up and stand tall at the top.
- [https://youtu.be/1taJKUUT\\_HA](https://youtu.be/1taJKUUT_HA)

### SUMO SQUAT

1. Stand with feet wider than shoulder-width apart and your toes slightly turned out. Hold a dumbbell in each hand in front of your hips.
2. Push your hips back and squat down, keeping your chest up and knees out. Bring the weights down to the floor in between your legs. Then stand back up to starting position.
3. <https://youtu.be/9ZuXKqRbT9k>

### LUNGES

- Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core.
- Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.
- <https://youtu.be/QF0BQS2W80k>

### DB SQUAT IN TO PRESS

1. Begin in a standing position with a dumbbell in each hand. Clean the dumbbells to shoulder height utilizing a jumping motion and shoulder rotation.



- Your palms should be facing each other and the elbows pointed forward. Look directly forward, keep your chest up, and place your feet about shoulder-width apart. This will be your starting position.
2. Initiate the movement with a squat, flexing the knees and hips to lower your body. Descend as far as flexibility allows, maintaining good posture in the spine, hips, and knees.
  3. Pause for a brief moment at the bottom of the squat before returning to a standing position by extending the hips and knees.
  4. After fully rising to a standing position, press the weights overhead by extending the elbows and flexing at the shoulder.
  5. Return the weights to the shoulder before repeating the entire movement for additional repetitions.
  6. <https://youtu.be/LtXAqfzwFD0>

### **KB WIDE SQUAT**

<https://youtu.be/9ZuXKqRbT9k>

### **KB SINGLE LEG DEADLIFT**

1. Hold a kettlebell by the handle in one hand. Stand on one leg, on the same side that you hold the kettlebell.
2. Keeping that knee slightly bent, perform a stiff legged deadlift by bending at the hip, extending your free leg behind you for balance.
3. Continue lowering the kettlebell until you are parallel to the ground, and then return to the upright position.
4. <https://youtu.be/054ea9tBEIA>



### RENEGADE ROWS

5. Place two kettlebells on the floor about shoulder width apart. Position yourself on your toes and your hands as though you were doing a pushup, with the body straight and extended. Use the handles of the kettlebells to support your upper body. You may need to position your feet wide for support.
6. Push one kettlebell into the floor and row the other kettlebell, retracting the shoulder blade of the working side as you flex the elbow, pulling it to your side.
7. Then lower the kettlebell to the floor and begin the kettlebell in the opposite hand. Repeat for several reps.
8. <https://youtu.be/YHN0SGa-68Q>

### DB JACKS

<https://youtu.be/nSd2ebFATi8>

### WINDMILL

1. Place a kettlebell in front of your lead foot and clean and press it overhead with your opposite arm. Clean the kettlebell to your shoulder by extending through the legs and hips as you pull the kettlebell towards your shoulders. Rotate your wrist as you do so, so that the palm faces forward. Press it overhead by extending the elbow.
2. Keeping the kettlebell locked out at all times, push your butt out in the direction of the locked out kettlebell. Turn your feet out at a forty-five degree angle from the arm with the locked out kettlebell. Bending at the hip to one side, sticking your butt out, slowly lean until you can touch the floor with your free hand. Keep your eyes on the kettlebell that you hold over your head at all times.
3. Pause for a second after reaching the ground and reverse the motion back to the starting position.
4. [https://youtu.be/ITSmgn\\_BQgY](https://youtu.be/ITSmgn_BQgY)



### ALTERNATING ARM KB SWINGS

**Step 1:** Place a kettlebell in front of you about a foot distance away

**Step 2:** Maintaining a long spine and wide, proud chest, hinge and grab and pull the kettlebell back to create momentum with one hand

**Step 3:** Once you reach the peak behind you snap your hips forward launching the kettlebell forward

**Step 4:** Right before you reach the peak of the kettlebell in front of you (about chest height) quickly change hands and finish the movement

**Step 5:** As you downswing maintain that long spine to avoid rounding.

**Step 6:** Snap your hips forward launching the kettlebell in front your repeating the motion switching back to the first hand.

[https://youtu.be/f9vEYM\\_CnZo](https://youtu.be/f9vEYM_CnZo)

### PUSH PRESS

#### Beginning Position:

- Use the floor-to-shoulder lifting technique described in the [Power Clean](#) exercise to move the bar from the floor to the shoulders.

#### Upward Movement Phase:

- Slightly flex the hips and knees, keeping torso erect.
- Immediately follow with an explosive push upward by extending the knees.
- Keep torso erect and tensed.
- At maximum hip and knee extension, shift body weight to balls of feet and extend ankle joints.
- At maximum plantar flexion, push bar from the shoulders.
- Push the bar with the arms to a fully extended elbow position overhead.



#### Downward Movement Phase:

- Lower bar to shoulders.
- Flex hips and knees slightly as bar touches shoulders.
- Straighten the hips and knees before the upward movement phase begins again.

#### Breathing:

- Exhale through the sticking point of the upward movement phase.
- Inhale during the downward movement phase.

<https://youtu.be/6XgsJGTrts0>

### BICEP CURLS

[https://youtu.be/u0\\_CNYidOw0](https://youtu.be/u0_CNYidOw0)

### REAR DELT BAND FLYES

1. Run a band around a stationary post like that of a squat rack.
2. Grab the band by the handles and stand back so that the tension in the band rises.
3. Extend and lift the arms straight in front of you. Tip: Your arms should be straight and parallel to the floor while perpendicular to your torso. Your feet should be firmly planted on the floor spread at shoulder width. This will be your starting position.
4. As you exhale, move your arms to the sides and back. Keep your arms extended and parallel to the floor. Continue the movement until the arms are extended to your sides.
5. After a pause, go back to the original position as you inhale.
6. Repeat for the recommended amount of repetitions.
7. [https://youtu.be/lqAFdfcVP\\_Y](https://youtu.be/lqAFdfcVP_Y)



## **WIDE SQUAT INTO HEEL RAISE**

[https://youtu.be/KB4\\_IsdkskA](https://youtu.be/KB4_IsdkskA)

## **SINGLE ARM BICEP CURL**

1. Start out by grabbing single handle next to the low pulley machine. Make sure you are far enough from the machine so that your arm is supporting the weight.
2. Make sure that your upper arm is stationary, perpendicular to the floor with elbows in and palms facing forward. Your non lifting arm should be grabbing your waist. This will allow you to keep your balance.
3. Slowly begin to curl the single handle upwards while keeping the upper arm stationary until your forearm touches your bicep while exhaling. Tip: Only the forearm should move.
4. Hold the contraction position as you squeeze the bicep and then lower the single handle back down to the starting position as you inhale.
5. Repeat for the recommended amount of repetitions.
6. Switch arms while performing this exercise.
7. <https://youtu.be/7jBWfTQJDNE>

## **LOW ROW**

1. For this exercise you will need access to a low pulley row machine with a V-bar. Note: The V-bar will enable you to have a neutral grip where the palms of your hands face each other. To get into the starting position, first sit down on the machine and place your feet on the front platform or crossbar provided making sure that your knees are slightly bent and not locked.
2. Lean over as you keep the natural alignment of your back and grab the V-bar handles.



3. With your arms extended pull back until your torso is at a 90-degree angle from your legs. Your back should be slightly arched and your chest should be sticking out. You should be feeling a nice stretch on your lats as you hold the bar in front of you. This is the starting position of the exercise.
4. Keeping the torso stationary, pull the handles back towards your torso while keeping the arms close to it until you touch the abdominals. Breathe out as you perform that movement. At that point you should be squeezing your back muscles hard. Hold that contraction for a second and slowly go back to the original position while breathing in.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/GZbfZ033f74>

### **BAND SWIMMER**

<https://youtu.be/vaqArj6M9zo>

### **DB SKIERS**

Hold a pair of dumbbells at arm's length next to your thighs. Start in a strong athletic base, feet hip-to-shoulder-width apart with a slight bend in your knees.

Next, swing the dumbbells behind you while pushing your hips and hamstrings back as far as you can. Do this until your trunk is parallel with the floor while keeping your knees soft and a slight natural arch in your back. (You should feel a stretch in the backs of your thighs.)

Explosively thrust your hips forward and come to a full stand, squeezing your glutes at the top of the movement. At the same time, swing your arms forward until they're in front of your chest. That's 1 rep.

<https://youtu.be/u70sdRc8XjU>



### DB PUNCHES

Hold a pair of 3- to 5-pound dumbbells at shoulder height with arms bent, palms facing in. In a slow, controlled motion, punch your right hand diagonally across your body to the left, keeping it at shoulder level. Allow your torso to rotate slightly as you punch, but keep your lower body still throughout the move. If you feel the move in your shoulder rather than your chest and back, slow down; you should feel your chest and upper back muscles flex and contract. Return to start, and alternate [https://youtu.be/C3RvgN6ZW\\_Y](https://youtu.be/C3RvgN6ZW_Y)

### BAND FORWARD TRICEP EXTENSION

Grip a handle with each hand and stand about 3 feet from the door, with your back to the door. Stagger your legs, with one leg in front. Start with your upper arms up at parallel with the floor, with your hands close to your head at eye level, and palms facing forward. Push the handles forward and straighten your arms. Keep your upper arms parallel with the floor throughout the movement. <https://youtu.be/RHetGoBj2SI>

### ROPE SLAMS

To start, stand with feet hip-width apart and grasp the ends of the rope in each hand. Bring both arms up overhead, and then forcefully slam the ropes down into the ground, lowering into a high squat as you do. Straighten up to return to standing and repeat. <https://youtu.be/3PE6FKlT54Q>

### CHEST PRESS ON SUSPENSION STRAP

1. Lengthen the straps of the suspension trainer and grab the handles, facing away from your anchor point. Arms should be straight with a firm, neutral grip and handles extended at shoulder height.
2. Lower your chest toward (but not beyond) your hands, similar to a standard push-up. Maintain elbows at shoulder height.



3. At the bottom of the exercise, pause for a second and squeeze the arms back together in a controlled movement to return to the start position. Repeat.
4. <https://youtu.be/lDhbs4lkcAw>

### ALTERNATING BATTLE ROPE SLAMS

1. For this exercise you will need a heavy rope anchored at its center 15-20 feet away. Standing in front of the rope, take an end in each hand with your arms extended at your side. This will be your starting position.
2. Initiate the movement by rapidly raising one arm to shoulder level as quickly as you can.
3. As you let that arm drop to the starting position, raise the opposite side.
4. Continue alternating your left and right arms, whipping the ropes up and down as fast as you can.
5. <https://youtu.be/AyTJ7GQqg2A>

### ALTERNATING LEGS SIDE LUNGES

1. Assume an athletic standing position, with the knees and hips slightly bent, feet shoulder-width apart, and the head and chest up. This will be your starting position.
2. Staying low, take a slow, lateral step to the right. Keep your toes pointed forward and stay low. Extend the left knee, driving your weight to the right, flexing the knee and hip into a side lunge. Maintain good posture through the entire spine, keeping your head and chest up.
3. Pause at the bottom of the motion, and then extend through the working leg to return to a standing position, transitioning into a lunge to the opposite side.
4. <https://youtu.be/2eCQjGiovY>



### **ALTERNATING OVERHEAD PRESS**

1. Stand with a dumbbell in each hand. Raise the dumbbells to your shoulders with your palms facing forward and your elbows pointed out. This will be your starting position.
2. Extend one arm to press the dumbbell straight up, keeping your off hand in place. Do not lean or jerk the weight during the movement.
3. After a brief pause, return the weight to the starting position.
4. Repeat for the opposite side, continuing to alternate between arms.
5. <https://youtu.be/C7tFlxDYozg>

### **HEEL RAISES**

Stand with your feet a few inches apart, with your hands lightly resting on a counter or chair in front of you. Slowly raise your heels off the floor while keeping your knees straight. Hold for about 6 seconds, then slowly lower your heels to the floor.

<https://youtu.be/DJ63rzlPcGA>

### **GOBLET SQUAT**

1. Stand holding a light kettlebell by the horns close to your chest. This will be your starting position.
2. Squat down between your legs until your hamstrings are on your calves. Keep your chest and head up and your back straight.
3. At the bottom position, pause and use your elbows to push your knees out. Return to the starting position, and repeat for 10-20 repetitions.
4. <https://youtu.be/MelildhvXT4>



## **NARROW STANCE SQUAT**

This exercise is best performed inside a squat rack for safety purposes. To begin, first set the bar on a rack that best matches your height. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it.

1. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso.
2. Step away from the rack and position your legs using a less-than-shoulder-width narrow stance with the toes slightly pointed out. Feet should be around 3-6 inches apart. Keep your head up at all times (looking down will get you off balance) and maintain a straight back. This will be your starting position. (Note: For the purposes of this discussion we will use the medium stance described above which targets overall development; however you can choose any of the three stances discussed in the foot stances section).
3. Begin to slowly lower the bar by bending the knees as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees (which is the point in which the upper legs are below parallel to the floor). Inhale as you perform this portion of the movement. Tip: If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past that imaginary line (if they are past your toes) then you are placing undue stress on the knee and the exercise has been performed incorrectly.
4. Begin to raise the bar as you exhale by pushing the floor with the heel of your foot mainly as you straighten the legs again and go back to the starting position.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/SauQgybztRE>



### **PULSING SQUAT**

All you have to do is start with your feet hip-width apart and arms stretched out in front of you. Perform a squat as you normally would, dropping down towards the ground with your butt pushed back and knees never over your toes. Pretend like you are sitting in an imaginary chair. Rather than coming back to the starting position right away, hold that seated squat position at the bottom as you pulse a few inches up and down for the entire exercise. You can do as many pulses as you can, then rise up for a mini break and return down for more pulses.

<https://youtu.be/ysLT25DHurY>

### **MARCHING BRIDGE**

- Begin on your back with feet about 12 inches from your bum and hands by your sides with palms up. Press your heels into the ground and lift your pelvis up until your knees, pelvis, and shoulders form a straight line.
- Hold your bridge while you lift your right knee toward your chest, until your hip is at 90 degrees. Return the heel to the floor and lift the left knee. Do not let your pelvis sag or your back overarch while lifting and lowering your knees. This completes one rep.
- <https://youtu.be/rXAbcneAr3I>

### **JUMPING JACKS IN SQUAT POSITION**

1. Standing with your feet close together and your hands clasped behind your head, push your hips back to get into a half-squat position.
2. Jump your feet out to the sides, maintaining the squat position. Quickly jump your feet back to the starting position.
3. <https://youtu.be/LK3jSsdQ7M4>



## DOUBLE KETTLEBELL FORWARD LUNGES

**Step 1:** Double Clean a pair of kettlebells to the rack position

**Step 2:** Step forward with your right leg until your left thigh is perpendicular to the ground.

**Step 3:** Drive through both feet until standing fully in the starting position

**Step 4:** Lower yourself back down with your left leg until your right thigh is perpendicular to the ground and gently touch the ground with your knee.  
Repeat

<https://youtu.be/fFr33RA5nKw>

## BOX STEP UPS

- To start, place your entire right foot onto the box. Press through your right heel as you step onto the bench, bringing your left foot to meet your left so you are standing on the bench.
- Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.
- <https://youtu.be/l4AA5d5mInQ>

## SINGLE LEG GLUTE BRIDGE

1. Lay on the floor with your feet flat and knees bent.
2. Raise one leg off of the ground, pulling the knee to your chest. This will be your starting position.
3. Execute the movement by driving through the heel, extending your hip upward and raising your glutes off of the ground.
4. Extend as far as possible, pause and then return to the starting position.
5. <https://youtu.be/3NXv0Nany-Q>



### **SIDE SHUFFLE**

Extend one leg to the side of your body and shuffle the other leg toward it. Keep your chest up and your feet straight as you continue shuffling for several seconds. Repeat the exercise in the opposite direction.

<https://youtu.be/rr-dch4oFRM>

### **SQUAT WITH ALT DB PUNCHES**

<https://youtu.be/TdwE8ipXur4>

### **ALT LUNGE WITH DB LATERAL RAISE**

<https://youtu.be/vcg1o-YOfsk>

### **TOE TAPS**

To perform a toe tap, start by standing with your toes pointing towards your plyometric box or aerobic stair. With a small jump, hop with your right foot onto the box, with your left foot landing on the ground. Take another small jump and switch feet so that your right foot stabilizes your body on the ground and your left foot is on top of the box. Continue jumping and alternating your feet to complete the set.

<https://youtu.be/6nnEkntir7Y>

### **FARMERS WALK**

1. There are various implements that can be used for the farmers walk. These can also be performed with heavy dumbbells or short bars if these implements aren't available. Begin by standing between the implements.
2. After gripping the handles, lift them up by driving through your heels, keeping your back straight and your head up.
3. Walk taking short, quick steps, and don't forget to breathe.
4. [https://youtu.be/Fkzk\\_RqLYig](https://youtu.be/Fkzk_RqLYig)



### KB SQUAT INTO UPRIGHT ROW

Stand tall with your feet shoulder-width apart, holding a kettlebell by the handle in front of your thighs. Sit your butt down and back into a squat. As your legs extend from the squat position, pull the handle of the kettlebell up to your collarbone. Slowly lower the kettlebell back down into the starting position and smoothly transition into the next repetition.

<https://youtu.be/EyadTadLhsl>

### SINGLE LEG ROCKING BRIDGE

[https://youtu.be/Ult\\_TNLVebA](https://youtu.be/Ult_TNLVebA)

### HIGH KNEES

1. Stand straight with the feet hip width apart, looking straight ahead and arms hanging down by your side.
2. Jump from one foot to the other at the same time lifting your knees as high as possible, hip height is advisable.
3. The arms should be following the motion.
4. Touch the ground with the balls of your feet.
5. <https://youtu.be/ZZZoCNMU48U>

### LYING LEG RAISES

1. Lie with your back flat on a bench and your legs extended in front of you off the end.
2. Place your hands either under your glutes with your palms down or by the sides holding on to the bench. This will be your starting position.
3. As you keep your legs extended, straight as possible with your knees slightly bent but locked raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.



4. Now, as you inhale, slowly lower your legs back down to the starting position.
5. <https://youtu.be/Wp4BlxcFTkE>

### CROSS BODY MOUNTAIN CLIMBERS

Start at the top of the pushup position, with your body forming a straight line from head to heels. Keeping **your abs** braced, pick up your right foot and slowly bring your right knee toward your left shoulder. Then return to start.

<https://youtu.be/9p-8sXwh-7k>

### PLANK JACKS

1. Start in the plank position but with the elbows bent and the weight resting on the forearms
2. The body should form a straight line from the shoulders to the ankles
3. Engage the core by contracting your abs
4. Jump the feet out to the sides as if you were performing a jumping jack but keep the upper body still
5. Return the feet to the starting position and that is 1 rep
6. <https://youtu.be/Jo0LKx6c7XM>

### MOUNTAIN CLIMBERS

1. Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
2. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.
3. <https://youtu.be/nmwgiringXLYM>



## **SQUAT THRUST**

1. Stand tall with your feet shoulder-width apart and arms hanging at your sides.
2. Bend down and place your hands on the ground before hopping your legs back into pushup position.
4. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.
5. [https://youtu.be/RJx7A7rN\\_4l](https://youtu.be/RJx7A7rN_4l)

## **REVERSE CRUNCHES**

1. Lie down on the floor with your legs fully extended and arms to the side of your torso with the palms on the floor. Your arms should be stationary for the entire exercise.
2. Move your legs up so that your thighs are perpendicular to the floor and feet are together and parallel to the floor. This is the starting position.
3. While inhaling, move your legs towards the torso as you roll your pelvis backwards and you raise your hips off the floor. At the end of this movement your knees will be touching your chest.
4. Hold the contraction for a second and move your legs back to the starting position while exhaling.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/gAyTBB4lm3l>

## **PLANK**

1. Start by getting into a press up position.
2. Bend your elbows and rest your weight on your forearms and not on your hands.



3. Your body should form a straight line from shoulders to ankles.
4. Engage your core by sucking your belly button into your spine.
5. Hold this position for the prescribed time.
6. <https://youtu.be/pSHjTRCQxIw>

### LEG RAISES

1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.
6. <https://youtu.be/JB2oyawG9KI>

### CROSS LEG REVERSE CRUNCH

1. Stand with your feet shoulder width apart. This will be your starting position.
2. Perform a rear lunge by stepping back with one foot and flexing the hips and front knee. As you do so, rotate your torso across the front leg.
3. After a brief pause, return to the starting position and repeat on the other side, continuing in an alternating fashion.
4. <https://youtu.be/F0hdK5C6i0k>

### TABLETOP

<https://youtu.be/3WhZjq4jYvg>



### **SIDE PLANK**

Start on your side with your feet together and one forearm directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet. Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

<https://youtu.be/6cRAFji80CQ>

### **PIKE**

(A) Get in high plank position, with your hands under your shoulders and your body straight from head to heels.

(B) Lift your hips and shift your body back into a pike shape by pressing your hands into the floor. Return to the starting position and repeat.

Return to the starting position and repeat. Make it easier: Lower your knees to the floor in plank position (then lift them when you lift your hips).

<https://youtu.be/iP2fjvG0g3w>

### **CRUNCH**

1. Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
2. Place your hands behind your head so your thumbs are behind your ears.
3. Don't lace your fingers together.
4. Hold your elbows out to the sides but rounded slightly in.
5. Tilt your chin slightly, leaving a few inches of space between your chin and your chest.
6. Gently pull your abdominals inward.
7. Curl up and forward so that your head, neck, and shoulder blades lift off the floor.



8. Hold for a moment at the top of the movement and then lower slowly back down.

9. [https://youtu.be/Xyd\\_fa5zoEU](https://youtu.be/Xyd_fa5zoEU)

### **SIDE TO SIDE KB TWIST**

To get into position, start with your feet flat on the floor, and then raise your legs up so your shins are parallel to the ground. With both hands hold the kettlebell close to your chest, either at the handle or base, and lean back to a 45-degree angle. Your core should be engaged the whole time to keep you steady. Twist at the waist left and right – not the hips! – using core control to slowly move the kettlebell side to side.

<https://youtu.be/l0feQvBzxd0>

### **ROCKING PLANKS**

1. Assume a plank position on your elbows and feet. This is your starting position (Figure 1).
2. While maintaining a straight back, flex at your elbows and bring your body forwards (Figure 2).
3. Return to the starting position by flexing at your shoulders.
4. Repeat.

5. <https://youtu.be/FZzmmzqSuR4>

### **STANDING BICYCLE CRUNCHES**

Get in a starting position. Stand tall with your feet shoulder-width and your toes pointing forward. Place your fingertips behind the neck with your elbows pointing out to your sides in line with your shoulders. Inhale and contract your core muscles.

To begin the exercise raise your right knee up across the body as high as you can to your chest.



Simultaneously twist your torso to the right and draw your left elbow towards the lifted knee so that you can feel the crunch. Exhale during the movement.

Then return in a starting position and repeat the same movement on the other side. Keep alternating sides until you reach a desired number of repetitions or time limit. You can also finish all reps on one side and then switch to the other side.

<https://youtu.be/1BT7az9xvIU>

### BICYCLE CRUNCHES

- Lie flat on the floor with your lower back pressed to the ground (pull your navel in to also target your deep abs).
- Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck.
- Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee. Make sure your rib cage is moving and not just your elbows.
- Now switch sides and do the same motion on the other side to complete one rep.
- <https://youtu.be/lwyvozckjak>

### PIKES ON SUSPENSION STRAPS

Adjust the TRX straps to mid-calf length. Begin in a suspended plank position with your feet in the TRX loops, toes facing down and wrists directly underneath your shoulders. Your body should be in a straight line from head to toe (a). Pressing down through your palms, lift your hips up towards the ceiling by drawing your legs towards your chest until you look like an upside-down V, or as high as you can go (b). Slowly lower your legs and return to the starting position (c). Repeat.

<https://youtu.be/xAH6WmupNZA>



### LYING SCISSOR KICKS

1. To begin, lie down with your back pressed against the floor or on an exercise mat (optional). Your arms should be fully extended to the sides with your palms facing down. Note: The arms should be stationary the entire time.
2. With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the ground. This is the starting position.
3. Now lift your left leg up to about a 45 degree angle while your right leg is lowered until the heel is about 2-3 inches from the ground.
4. Switch movements by raising your right leg up and lowering your left leg. Remember to breathe while performing this exercise.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/WoNCIBVLbgY>

### POWER PLANK

1. Start by getting into a press up position.
2. Bend your elbows and rest your weight onto your forearms and not on your hands.
3. Your body should form a straight line from shoulders to ankles.
4. Engage your core by sucking your belly button into your spine.
5. Hold this position for the prescribed time.
6. <https://youtu.be/FZzmmzqSuR4>

### PLANK TO TRICEP

Start in a forearm **plank** position on the floor. Then, pop up onto your palms by lifting your elbows. Slowly let the elbows drop back down, and don't let them bow out to the side.

<https://youtu.be/-nfTC718a1I>



## CONTRALATERAL CRUNCHES

<https://youtu.be/IOtEROrWJ68>

## CROSS LEG REVERSE CRUNCH

1. Lie flat on your back with the knees bent, the feet flat on the floor. Cross one ankle over the top of your other knee. Bring your arms overhead and hold onto a sturdy object like a bench.
2. Curl your pelvis towards your chest and lift your legs as close to your chest as possible while maintaining the cross-legged posture. Pause, return to the starting position.
3. <https://youtu.be/F0hdK5C6i0k>

## BURPEES

1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto them.
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
5. Jump your feet back so that they land just outside of your hands.
6. Reach your arms over head and explosively jump up into the air.
7. Land and immediately lower back into a squat for your next rep.
8. <https://youtu.be/Pf7wZvraWV0>



### BEAR CRAWL

1. get down on all fours.
2. try to keep your hands underneath shoulders.
3. try to keep your knees underneath hips.
4. lift knees off the ground.
5. allow the posture of your body to be natural.
6. <https://youtu.be/WMXbyYpZ9oY>

### CRAB WALK

In order to do a Crab Walk correctly, sit on the ground with your legs extended out in front of you. Place your hands by your side with your fingers pointed toward your feet. Lift your body up into the air. Arch your back up as far as you can making sure your glutes are tight. Now in this position, begin to step forward one hand after the other. As you walk don't let sure butt slump down.

[https://youtu.be/4RNX7\\_M76FU](https://youtu.be/4RNX7_M76FU)

### GOOD MORNING

1. Begin with a bar on a rack at shoulder height. Rack the bar across the rear of your shoulders as you would a power squat, not on top of your shoulders. Keep your back tight, shoulder blades pinched together, and your knees slightly bent. Step back from the rack.
2. Begin by bending at the hips, moving them back as you bend over to near parallel. Keep your back arched and your cervical spine in proper alignment.
3. Reverse the motion by extending through the hips with your glutes and hamstrings. Continue until you have returned to the starting position.
4. <https://youtu.be/5Xj6XUa77qc>



### **SINGLE LEG LYING HIP EXT**

Perform the bridging movement with one leg off the floor so that the remaining leg has to produce the hip extension. This makes the exercise a lot tougher and the core and hips have to work hard to stabilise the torso throughout the movement.

[https://youtu.be/ynLvG009y\\_s](https://youtu.be/ynLvG009y_s)

### **SEAL JACKS**

1. Stand straight with the arms down by the side.
2. In one movement jump just high enough to spread the feet apart and clap the hands out in front of the chest.
3. Quickly return back to the starting position and that is 1 rep.
4. <https://youtu.be/cEg40wwTkC0>

### **SPIDERMAN MOUNTAIN CLIMBERS**

Start out this exercise in a regular push-up position with your hands placed flat on the ground at about shoulder width. Begin by raising your right leg up and outward so your right knee ends up a few inches outside of your right elbow. Really try to crunch your abs in this position in order to put maximum tension on the core muscles of your midsection. From the top position, slowly lower your right leg back down to the starting position and repeat with the opposite leg. Raising and lowering both legs equals one complete repetition. It's important to keep your back flat and your hands firmly on the ground to provide the balance and support your body needs during the entire range of motion.

<https://youtu.be/oGG3On4DxWQ>



#### BRIDGE

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees.
3. Pause at the top then slowly lower your body back to the floor.
4. <https://youtu.be/WowARnE-p0s>

#### INCHWORMS

1. Stand with your feet close together. Keeping your legs straight, stretch down and put your hands on the floor directly in front of you. This will be your starting position.
2. Begin by walking your hands forward slowly, alternating your left and your right. As you do so, bend only at the hip, keeping your legs straight.
3. Keep going until your body is parallel to the ground in a pushup position.
4. Now, keep your hands in place and slowly take short steps with your feet, moving only a few inches at a time.
5. Continue walking until your feet are by your hands, keeping your legs straight as you do so.
6. <https://youtu.be/VSp0z7Mp5IU>

#### MOUNTAIN CLIMBERS ON A BOSU

Flip the ball over onto its dome. Grip the sides of the platform and come into a plank position. Run in place, quickly bringing each knee to your chest.

<https://youtu.be/SISteum1-YU>



### SIT THROUGHGS

Start on your hands and knees, toes tucked. Lift your knees about 3 inches off the floor. Leaving your right hand and left foot on the floor, lift your right foot and sweep it underneath you to the left side of the room as you rotate your body in the same direction. Your left hand should lift up as you sweep your right foot. Return back to all fours with knees still off the floor and repeat, alternating sides.

<https://youtu.be/DKNER4Fn6KI>

### MARCHING BRIDGE

- Begin on your back with feet about 12 inches from your bum and hands by your sides with palms up. Press your heels into the ground and lift your pelvis up until your knees, pelvis, and shoulders form a straight line.
- Hold your bridge while you lift your right knee toward your chest, until your hip is at 90 degrees. Return the heel to the floor and lift the left knee. Do not let your pelvis sag or your back overarch while lifting and lowering your knees. This completes one rep.
- <https://youtu.be/DGeXCDWRqjU>

### SUICIDES

Set up your markers if you are running drills at an area that does not have marked lines. Place three to six markers about 6 yards apart, with an additional marker serving as your start/finish line. Use anything that is available as markers, such as towels, Frisbees or tennis ball cans.

Warm up by jogging at a moderate pace for five to 10 minutes; running sprints with cold muscles can lead to an injury.



Begin at the starting line and sprint to the first line or marker. Touch the marker with your hand and then sprint back to the starting line. Sprint to the second line or marker immediately; touch the second marker and sprint back to the starting line. Continue the pattern until you have run to all of the lines. That is one set.

<https://youtu.be/MPL487ToJt8>

### NECK ROLLS

1. Begin the Neck Roll with Your Head Facing Straight
2. Roll Your Head to One Side
3. Roll Your Head Back
4. Roll Your Head to the Other Side
5. Roll to the Front
6. Return Your Head to the Start Position

<https://youtu.be/yMJcEukHtnA>

### BIRD DOG

To work your six-pack area and back, remain on all fours and tighten your abdominal muscles, keeping your spine and neck in a neutral position; you should be looking at the floor. Slowly extend your left leg behind you while reaching your right arm forward. Keep your hips and shoulders square and make sure your lower back doesn't arch. Hold for five seconds. Slowly return to the starting position and do the move on the opposite side.

<https://youtu.be/wiFNA3sqjCA>

### LEG LYING HIP EXT.

[https://youtu.be/ynLvG009y\\_s](https://youtu.be/ynLvG009y_s)

### SCREECH

<https://youtu.be/ZCDlcoL4WYA>



## BODYWEIGHT 1 LEG ROMANIAN DEADLIFT

- Stand with your feet shoulder-width apart and knees slightly bent.
- Raise one leg off the floor.
- <https://youtu.be/ZyV3rww62AE>

## SIDE TO SIDE ROCKING PLANK

1. Lie down on the floor placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.
2. Elevate your upper body so that it creates an imaginary V-shape with your thighs. Your arms should be fully extended in front of you perpendicular to your torso and with the hands clasped. This is the starting position.
3. Twist your torso to the right side until your arms are parallel with the floor while breathing out.
4. Hold the contraction for a second and move back to the starting position while breathing out. Now move to the opposite side performing the same techniques you applied to the right side.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/utpdRn3SaDU>

## CLEAN

1. With a barbell on the floor close to the shins, take an overhand (or hook) grip just outside the legs. Lower your hips with the weight focused on the heels, back straight, head facing forward, chest up, with your shoulders just in front of the bar. This will be your starting position.
2. Begin the first pull by driving through the heels, extending your knees. Your back angle should stay the same, and your arms should remain straight. Move the weight with control as you continue to above the knees.



3. Next comes the second pull, the main source of acceleration for the clean. As the bar approaches the mid-thigh position, begin extending through the hips. In a jumping motion, accelerate by extending the hips, knees, and ankles, using speed to move the bar upward. There should be no need to actively pull through the arms to accelerate the weight; at the end of the second pull, the body should be fully extended, leaning slightly back, with the arms still extended.
4. As full extension is achieved, transition into the third pull by aggressively shrugging and flexing the arms with the elbows up and out. At peak extension, aggressively pull yourself down, rotating your elbows under the bar as you do so. Receive the bar in a front squat position, the depth of which is dependent upon the height of the bar at the end of the third pull. The bar should be racked onto the protracted shoulders, lightly touching the throat with the hands relaxed. Continue to descend to the bottom squat position, which will help in the recovery.
5. Immediately recover by driving through the heels, keeping the torso upright and elbows up. Continue until you have risen to a standing position.
6. <https://youtu.be/KjGvwQL8tis>

### **CLOSE GRIP PUSH UP**

Lie on the floor face down and place your hands closer than shoulder width for a close hand position. Make sure that you are holding your torso up at arms' length.

1. Lower yourself until your chest almost touches the floor as you inhale.
2. Using your triceps and some of your pectoral muscles, press your upper body back up to the starting position and squeeze your chest. Breathe out as you perform this step.
3. After a second pause at the contracted position, repeat the movement for the prescribed amount of repetitions.
4. <https://youtu.be/G2mlaEfpEIM>



### **REVERSE GRIP TRICEP EXTENSION**

1. Start by setting a bar attachment (straight or e-z) on a high pulley machine.
2. Facing the bar attachment, grab it with the palms facing up (supinated grip) at shoulder width. Lower the bar by using your lats until your arms are fully extended by your sides. Tip: Elbows should be in by your sides and your feet should be shoulder width apart from each other. This is the starting position.
3. Slowly elevate the bar attachment up as you inhale so it is aligned with your chest. Only the forearms should move and the elbows/upper arms should be stationary by your side at all times.
4. Then begin to lower the cable bar back down to the original starting position while exhaling and contracting the triceps hard.
5. Repeat for the recommended amount of repetitions
6. <https://youtu.be/o8jBN-gWAsg>

### **EXPLODING PUSH UPS**

1. Assume a pushup position with hands slightly wider than shoulder-width apart. Your body should form a straight line from your ankles to your head. This is your starting position.
2. Bend elbows and lower body until your chest nearly touches the floor.
3. Explosively press yourself up so that your hands leave the floor. Land with your arms extended and reset your body back to starting position.
4. <https://youtu.be/cl3LFiBleuY>



### CLOSE GRIP TRIPLE STOP PUSH UP

1. Get in the standard pushup position with your hands slightly wider than shoulder-width apart and arms fully extended.
2. Keeping your core tight, slowly lower your body to the ground, as though to perform a regular pushup. Instead of lowering all the way to the ground in one motion, pause briefly halfway to the ground.
3. Continue the pushup, pausing briefly again at the bottom of the movement. As you return to start, pause again halfway to the top.
4. <https://youtu.be/G2mlaEfpEIM>

### DB SHOULDER PRESS ON BALL

- Step 1:** Sit on the stability ball with a neutral spine and hold the dumbbells up beside your head with your arms at a 90 degree angle.
- Step 2:** Press the dumbbells upward and slightly in almost touching them together at the full extension of your arms.
- Step 3:** Lower the dumbbells back to the starting position and repeat the action.

<https://youtu.be/ECxfa7yxuX4>

### BAND HAMMER CURLS

Stand on the band(s) hips width apart and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Start with your your arms straight down, elbows tight to your sides, and palms facing in. Pull the ankle straps or handles up, and bend your arms until your hands are at chest height.

[https://youtu.be/KlqRZEF\\_Agg](https://youtu.be/KlqRZEF_Agg)



### BAND OR DB BILATERAL ROWS

<https://youtu.be/qRzjrpM9Bsl>

### NARROW GRIP PUSH UPS

1. Lie on the floor face down and place your hands closer than shoulder width for a close hand position. Make sure that you are holding your torso up at arms' length.
2. Lower yourself until your chest almost touches the floor as you inhale.
3. Using your triceps and some of your pectoral muscles, press your upper body back up to the starting position and squeeze your chest. Breathe out as you perform this step.
4. After a second pause at the contracted position, repeat the movement for the prescribed amount of repetitions.
5. <https://youtu.be/G2mlaEfpEIM>

### TRX OR SUSPENSION STRAP CHEST PRESS

- **Step 1:** Hook up the TRX cables so that the handles hang about waist height.
- **Step 2:** Grab the handles with your hands and take a step forward.
- **Step 3:** Keep your body in a straight line, arms both straight, and lean forward until your body is at about 40 degree angle.
- **Step 4:** Bend at the elbows and lower your body down until your chest reaches the handles.
- **Step 5:** Now push yourself back up. This completes one repetition.
- <https://youtu.be/lDhbs4lkcAw>



## BILATERAL WIDE DB ROWS

1. Stand erect while holding a barbell with a supinated grip (palms facing up).
2. Bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor.  
**Tip:** Make sure that you keep the head up. The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.
3. While keeping the torso stationary, lift the barbell as you breathe out, keeping the elbows close to the body and not doing any force with the forearm other than holding the weights. On the top contracted position, squeeze the back muscles and hold for a second.
4. Slowly lower the weight again to the starting position as you inhale.
5. Repeat for the recommended amount of repetitions.
6. <https://youtu.be/qwMqmcwU1lg>

## SKI JUMPS

- Stand with your feet together.
- Jump from side to side, landing with your knees bent.
- The wider you jump and the lower you squat, the harder you'll work.
- <https://youtu.be/yk7yXdzabxY>

## STABILITY BALL LEG CURLS

1. Begin on the floor laying on your back with your feet on top of the ball.
2. Position the ball so that when your legs are extended your ankles are on top of the ball. This will be your starting position.



3. Raise your hips off of the ground, keeping your weight on the shoulder blades and your feet.
4. Flex the knees, pulling the ball as close to you as you can, contracting the hamstrings.
5. After a brief pause, return to the starting position.
6. <https://youtu.be/Kk8dpH4ZPos>

### **BULGARIAN SPLIT SQUAT**

1. Position yourself into a staggered stance with the rear foot elevated and front foot forward.
2. Hold a dumbbell in each hand, letting them hang at the sides. This will be your starting position.
3. Begin by descending, flexing your knee and hip to lower your body down. Maintain good posture throughout the movement. Keep the front knee in line with the foot as you perform the exercise.
4. At the bottom of the movement, drive through the heel to extend the knee and hip to return to the starting position.
5. <https://youtu.be/2C-uNgKwPLE>

### **BULGARIAN SQUAT**

<https://youtu.be/JUi9PjVYQgo>

### **SKATER HOPS**

<https://youtu.be/4RuxhVJ4-pg>