

# 2020 COVID COMBAT



COACHAARONFORREST



# MISSION STATEMENT

2020  
COVID  
COMBAT

The past few weeks have been anything but normal. The spread of COVID-19 has caused not only fitness studios and gyms across the country to close down, but also workplace, restaurants, and seemingly every event imaginable. People are being encouraged to stay indoors and eliminate in-person contact. Social distancing and quarantine makes staying active and healthy a daunting undertaking. With the lack of convenient workout streaming options I decided this would be the perfect opportunity to put my exercise science and fitness background to use. The purpose of this COVID COMBAT experience is to help you:

1. Stay healthy and active from the comfort of your own home as you ride out the quarantine
2. Decrease stress and anxiety (Let's not forget that exercise releases endorphins!)
3. Maintain and even improve overall health and fitness levels through entertaining, engaging, and enjoyable fitness workouts!

## WHAT TO EXPECT FOR THE NEXT 4 WEEKS:

We'll be working out together for the next 4 weeks LIVE! Each day at 9:00am MST we'll go LIVE on instagram.

Follow @coachaaronforrest to join in on the fun!

We'll also be uploading the recording to YouTube so If you miss a workout you can take it on demand there.

Engage with the community on social media through the hashtag #covidcombat.

Spread the word and tag us! We want your feedback and want to repost/ share any of your posts with the community!





# AARON FORREST

Fitness Professional | Product Manager

Whether it's working with someone on a coaching call, at the gym, or in a fitness studio, I love being a coach!

I graduated with a degree in Exercise Science from Brigham Young University and I've enjoy putting that education to use as a fitness professional.

I'm a Certified Personal Trainer and Fitness Nutrition Specialist through the National Academy of Sports Medicine. As a huge fan of running, I recently ran my 10th marathon (shoutout to Chicago for putting on such an incredible event). I feel extremely blessed to have worked with many amazing people who have seen awesome fitness results as we've worked out together.

I am excited you're taking on the challenge to combat the stress and anxieties from the coronavirus outbreak to emerge as a stronger individual both physically and mentally.

## Let's combat this together!



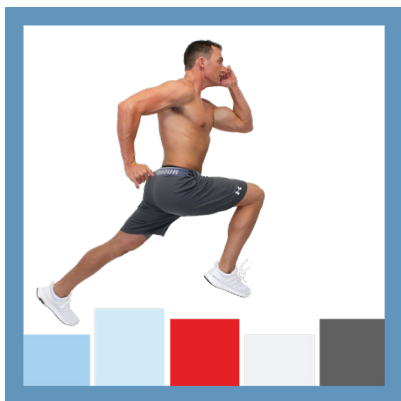
# OVERVIEW

## Program Overview

4 Week Program

Cardio & Strength Training

All-fitness levels welcome!



## Workouts Overview

Workout Duration: 30-45 minutes

### Weeks 1-2:

1-2 Sessions of Circuit Resistance Training

1-2 Sessions of Core

2 Sessions of Cardio Endurance Training

### Weeks 3-4:

3 Sessions of Circuit Resistance Training

1 Session of Core

2 Sessions of Cardio Endurance Training

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Resistance	X				X		
Core			X				
Cardio Endurance		X		X		X	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Resistance			X				
Core	X				X		
Cardio Endurance		X		X		X	

Weeks 3-4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Resistance	X		X			X	
Core				X			
Cardio Endurance		X			X		



# OVERVIEW

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## INCLUDED IN THIS GUIDE:

- » Warm up guide
- » Cool down/stretching guide
- » 4 weeks of fun circuit resistance training workouts
- » Exercise Glossary explaining proper form for all exercises listed

## HOW TO PERFORM THE WORKOUTS:

### Warm Up:

Always begin each workout with the warm up provided. The purpose of the warm-up is to elevate our heart rate and increase blood flow. At the end of the 5 minute Warm Up we'll be ready to tackle the workout.

### Cool Down:

A 5 minute cool-down provides the body a smooth transition back to a steady state at the conclusion of the workout. Stretching at the end of a workout improves flexibility, minimizes muscle soreness, and provides emotional balance after exercise stress. I suggestion complete all ten stretches in the Stretching Guide at the end of each workout.

# WORKOUTS OVERVIEW

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## Circuit Resistance Training:

Circuit training is a form of body conditioning that includes both resistance training and high-intensity aerobics. It targets cardiovascular and muscular endurance.

- » Each workout contains two different “circuits” (list of 4 exercises) to be completed twice each.
- » Repeat the 4 exercises in the circuit as many times as possible within 8 minutes before moving on to the second, 8-minute circuit.
- » Stop wherever you are at in the circuit when the 8 minute timer ends.
- » Rest/recovery time between exercises in circuit training is short. We want to complete as many rounds of the prescribed exercises during each 8 minute circuit as possible.
- » At the end of the 8 minutes, rest 60 seconds before switching to the next circuit

## How much weight should you use?

Go light with your weights for Circuit Resistance Training. I typically recommend dumbbells between 3-10lbs. If you can do more than 20 repetitions with the weight you have selected, you need to increase the weight. If you cannot do more than 10-12 repetitions with the weight you have selected, you need to lower the weight. Please err on the side of selecting a weight that is too light if you are new to this style of training.

WARM UP	5 MINUTES
CIRCUIT ONE	8 MINUTES
BREAK	60 SECONDS
CIRCUIT TWO	8 MINUTES
BREAK	60 SECONDS
CIRCUIT ONE	8 MINUTES
BREAK	60 SECONDS
CIRCUIT TWO	8 MINUTES
COOL DOWN	5 MINUTES

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TOTAL TIME: 45 MINUTES





# WORKOUTS OVERVIEW

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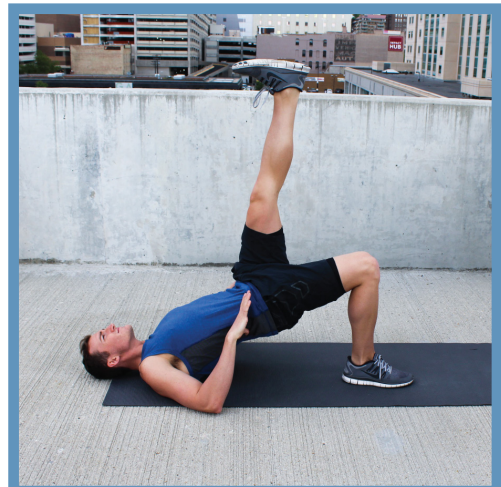
## Core:

A strong core promotes good posture and is the foundation of all movement!

Core exercises train the muscles in your pelvis, lower back, hips and abdomen. Improved core strength promotes better balance and stability. Most daily activities require stable core muscles. Total body strength stems from the core.

Our Core training will be in the form of Circuit Training as outlined in “Circuit Resistance Training”. The only difference is that core training typically requires a greater number of repetitions and 5 (instead of 4) exercises per circuit.

WORKOUT TIME= 45 MINUTES



# WORKOUTS OVERVIEW

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## Cardio Endurance Training:

Cardiorespiratory endurance refers to the ability of the heart, lungs and circulatory system to deliver oxygen to working muscles for prolonged periods of time. Cardio Endurance Training is designed to improve our VO2 max, which has a strong correlation to increased life expectancy. Cardiorespiratory endurance training includes activities that elevate heart rate.

Cardio Endurance workouts should last 30-45 MINUTES. The exercise intensity should be 65-80% of your heart rate max. Determining your Cardio Endurance exercise heart rate zone is simple!

Some examples of Cardio endurance include:

- Going for a walk or run
- Hiking
- Jump rope
- Rowing
- Using an elliptical machine
- Swimming



## Determining your Heart Rate Zone:

1. Subtract your age from 220. This will tell you your heart rate max.
2. Multiply your Heart Rate Max by .65 to determine the lower limit heart rate number for your Cardio Endurance workout.
3. Multiply your Heart Rate Max by .80 to determine the upper heart rate limit.

Most cardio endurance sessions should be done at “conversation pace”, or in other words, you should be able to carry on a short conversation with someone during your exercise.





As many of us are quarantined to our homes, so of course all strength and resistance workouts in this training guide can be accomplished at indoors, at home.

Before you get started, you will need a few things. There are also some optional equipment items which add variety to the routines, but know there is always a modified exercise (in the case that you do not have such equipment). Please use caution when selecting exercise equipment to ensure that it is safe and secure.

## EQUIPMENT:

- Dumbbells (light weight 3-10 lbs)
- Flat bench (or any flat, stable and safe surface such as a park bench or ledge)

## OTHER ITEMS:

- Water bottle
- Sweat towel
- Yoga Mat

## OPTIONAL:


- Heavy Dumbbells
- Medicine Ball
- Exercise Ball



# SYMBOLS

2020  
COVID  
COMBAT

**Key:** M means there is an alternative exercise you can perform. Look in the Exercise Glossary for the modified exercise description.

**Dumbbell:**  Indicates that dumbbells are either required OR may be added to the exercise to intensify.



# LET'S WORKOUT!





# WARM UP GUIDE

**5 MINUTES**

Perform each exercise for 30 seconds. Your heart rate should gradually increase throughout the Warm Up routine.

Shoulder Swing



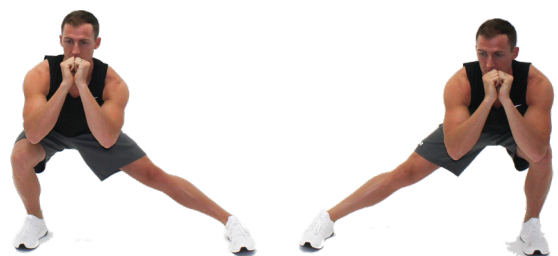
Soccer Sweep



Arm Circle



Side Lunge



## Forward Lunge



## Hip Swing



## High Knees



## Butt Kicks



## Jumping Jacks



## Squats





# WEEK ONE: MONDAY

# TOTAL BODY

## CIRCUIT ONE

2 SETS  
8 MINUTES

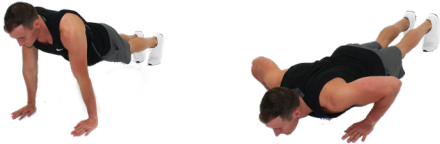
Balance Touch - Single Leg

10 REPS  
PER SIDE



Push Up

15 REPS



Tricep Kickback

15 REPS



Lunge Twist

10 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Slide Skater

10 REPS  
PER SIDE



Alternating Shoulder Raise

20 REPS



Single Leg Bicep Curl

10 REPS  
PER SIDE



Reverse Lunge

10 REPS  
PER SIDE



COOL DOWN: Stretching Guide

WEEK ONE: TUESDAY - Cardio Endurance (30-45 min)

## CIRCUIT ONE

2 SETS  
8 MINUTES

Mountain Climbers

30 REPS



Side Raise

15 REPS  
PER SIDE



Stability Ball Elbow Shift  
M V Tuck

15 REPS



360 Plank Reach

10 REPS



Lower Extension

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Lunge/Kickback/Curl/Press

10 REPS  
PER SIDE



Inchworm

10 REPS



Heel Tap

15 REPS  
PER SIDE



Russian Twist

15 REPS  
PER SIDE



Toe Tap

15 REPS



COOL DOWN: Stretching Guide

# WEEK ONE: FRIDAY

# TOTAL BODY

## CIRCUIT ONE

2 SETS  
8 MINUTES

Squats

15 REPS



Single Leg Tricep Extension

10 REPS  
PER SIDE



Stability Ball Push Up  
 Wide Push Up

15 REPS



Step Up to Balance

10 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Hammer Curl - Single Leg

10 REPS  
PER SIDE



Bent Over Row

15 REPS



Overhead Press

15 REPS



Squat/Step/Slide

20 REPS



COOL DOWN: Stretching Guide

WEEK ONE: SATURDAY - Cardio Endurance (30-45 min)



## CIRCUIT ONE

2 SETS  
8 MINUTES

Lunge to Knee Strike

15 REPS  
PER SIDE



Standing Pretzel

15 REPS  
PER SIDE



Stability Ball Crunches

Cruches

30 REPS



Plank Knee to Elbow

15 REPS  
PER SIDE



Oblique Side Up

15 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Stability Ball Push Up Crunch

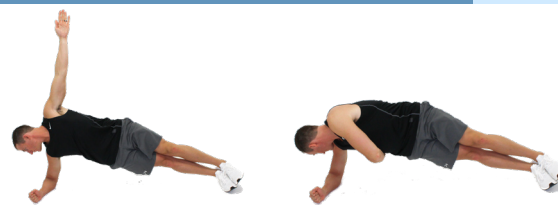
Plank

20 REPS



Side Plank Reach Under

10 REPS  
PER SIDE



Commandos

10 REPS  
PER SIDE



Russian Twist

20 REPS  
PER SIDE



Jacknife

15 REPS



COOL DOWN: Stretching Guide

## CIRCUIT ONE

2 SETS  
8 MINUTES

Sumo Squat

15 REPS



Divebomber Push Up

15 REPS



Upright Row

15 REPS



Military Push Up

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Chair Lunge

15 REPS  
PER SIDE



In and Out Curl

10 REPS  
PER SIDE



Back Fly

15 REPS



Dumbbell Step Down

10 REPS  
PER SIDE



COOL DOWN: Stretching Guide

## CIRCUIT ONE

2 SETS  
8 MINUTES

Bicycle

15 REPS  
PER SIDE



Scissor Kicks

15 REPS  
PER SIDE



Stability Ball Roll Out  
[M] Inchworm (page 34)

15 REPS



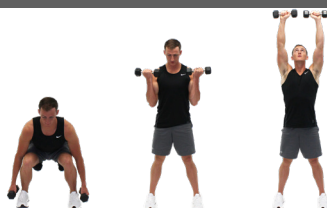
Back Raise

15 REPS



Squat/Curl/Press

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Up and Out

15 REPS



Woodcutter

10 REPS  
PER SIDE



Plank Side to Side

15 REPS  
PER SIDE



Lunge to Reach

10 REPS  
PER SIDE



Straight Leg Sit Up

15 REPS



COOL DOWN: Stretching Guide




# WEEK THREE: MONDAY

# TOTAL BODY

## CIRCUIT ONE

2 SETS  
8 MINUTES

Stability Ball Chest Fly

 Chest Fly

15 REPS



Lunge Twist

10 REPS  
PER SIDE



Step Up to Balance

10 REPS  
PER SIDE



Tricep Dip - Single Leg

15 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Wide Push Up

15 REPS



Bent Over Row

10 REPS



Isometric Curl

10 REPS  
PER SIDE



Dumbbell Swing (Kettlebell)

15 REPS



## COOL DOWN: Stretching Guide

# WEEK THREE: TUESDAY - Cardio Endurance (30-45 min)

## CIRCUIT ONE

2 SETS  
8 MINUTES

Front Raise

15 REPS



Shoulder Taps

15 REPS  
PER SIDE



Back Fly

15 REPS



Hammer Curl - Single Leg

10 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Push Up

15 REPS



Lawnmower

15 REPS  
PER SIDE



Tricep Kickback

15 REPS



Lateral Raise

15 REPS



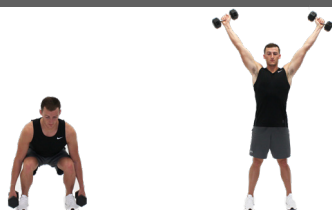
## COOL DOWN: Stretching Guide

## CIRCUIT ONE

2 SETS  
8 MINUTES

Squat to Y Press

15 REPS



Heel Shoot

15 REPS



Crunches

15 REPS



Lower Extension

15 REPS



Side Raise

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Stability Ball Push Up Crunch  
M Chest Fly

20 REPS



Russian Twist

20 REPS  
PER SIDE



Hip Raise - Single Leg

15 REPS  
PER SIDE



Scissor Kick

30 REPS  
PER SIDE



4 Mountain Climber + 1 Push Up

10 REPS



COOL DOWN: Stretching Guide



# WEEK THREE: SATURDAY

# LOWER BODY

## CIRCUIT ONE

2 SETS  
8 MINUTES

Lunges - 3 Way

5 REPS  
PER SIDE



Squat

15 REPS



Calf Raise

30 REPS



Squat/Step/Slide

10 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Sumo Squat

15 REPS



Step Up to Balance

10 REPS  
PER SIDE



Deadlift - Single Leg

10 REPS  
PER SIDE



Reverse Lunge

15 REPS  
PER SIDE




# WEEK FOUR: MONDAY

# TOTAL BODY

## CIRCUIT ONE

2 SETS  
8 MINUTES

BOSU Ball Squat  
 Squat

15 REPS



Scarecrow

15 REPS



Military Push Up

15 REPS



Renegade Row

15 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Lunge/Kickback/Curl/Press

10 REPS



Back Fly

15 REPS



Corkscrew Curl

10 REPS  
PER SIDE



Squat to Press

15 REPS



COOL DOWN: Stretching Guide

WEEK FOUR: TUESDAY - Cardio Endurance (30-45 min)

## CIRCUIT ONE

2 SETS  
8 MINUTES

Overhead Press

15 REPS



Hammer Curl

15 REPS



Tricep Extension Overhead

15 REPS



Stability Ball Push Up  
M Squat

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Stability Ball Chest Fly  
M Chest Fly

15 REPS



Divebomber Push Up

10 REPS



In and Out Curl

10 REPS  
PER SIDE



Diamond Push Up

15 REPS



## COOL DOWN: Stretching Guide

## CIRCUIT ONE

2 SETS  
8 MINUTES

Jackknife

15 REPS



Plank Knee to Elbow

15 REPS  
PER SIDE



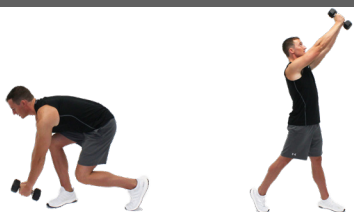
Bicycle

15 REPS  
PER SIDE



Woodcutter

15 REPS  
PER SIDE



Heel Tap

15 REPS  
PER SIDE



## CIRCUIT TWO

2 SETS  
8 MINUTES

Lunge to Knee Strike

15 REPS  
PER SIDE



Plank Front Raise

10 REPS  
PER SIDE



Up and Out

15 REPS



Commandos

10 REPS  
PER SIDE



Oblique Side Up

15 REPS



COOL DOWN: Stretch Guide (page 55)



## CIRCUIT ONE

2 SETS  
8 MINUTES

### Sumo Squat

15 REPS



### Balance Touch - Single Leg

15 REPS  
PER SIDE



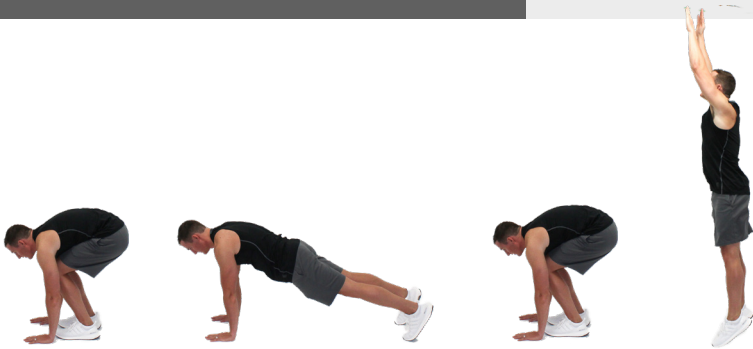
### Slide Skater

15 REPS  
PER SIDE



### Burpee

10 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

### Squat Jump

15 REPS



### 3 Way Calf Raise

10 REPS  
PER WAY



### Squat/Step/Slide

10 REPS



### Chair Lunge

15 REPS  
PER SIDE





# STRETCHING GUIDE

Hold each stretch for 20-30 seconds while staying relaxed and breathing deeply.

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## UPPER BODY

Side / Shoulder



Tricep



Bicep / Forearm



Chest / Shoulder



1 2 3

Back



1 2 3

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## LOWER BODY



Hamstrings

Calf Stretch



Adductors

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Quadricep



Glute



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Remember to perform this stretching routine at the end of every workout.



ALPHABETIZED

# EXERCISE GLOSSARY





## 180 HOP



1. Plant both feet on ground with feet shoulder width apart and toes slightly outward.
2. Bend both knees and hips while moving into squat position.
3. Once knee is bent to 90\* jump upwards are rotate 180 degrees in the air so you land facing the opposite side of the room.
4. Land softly and lower into squat position.
5. Once safely landed and lowered in squat position, jump upwards and rotate back to starting position.

## 3 POINT CORE TUCK



1. Hold you body in pushup position (flat back and tight core).
2. Tuck your left knee under your chest so your knee comes close to the opposite elbow (right elbow).
3. Move left foot back to starting position.
4. Tuck you right knee under your chest so your knee comes close to the opposite elbow (left elbow).
5. Return right knee to starting position.

## 3 WAY CALF RAISE



1. With your feet facing directly forward, slowly come up onto toes.
2. Slowly lower heels. Complete all repetitions.
3. With toes pointed 45 degrees out, slowly come up onto your toes.
4. Slowly lower heels. Complete all repetitions.
5. With toes pointed 45 degrees inward, slowly come up onto your toes.
6. Slowly lower heels. Complete all repetitions.

## 360 PLANK REACH



1. Hold tight core, glutes, and head up while on elbows in a plank position.
2. Raise your right hand straight in front while trying to hold all other body parts still.
3. Lower right hand, then raise right foot while holding all other body parts still.
4. Lower right foot, and raise left foot.
5. Lower left foot and raise left hand to complete one repetition.

## 4 MOUNTAIN CLIMBER + 1 PUSH UP



1. Begin in the Push Up position (flat back, head up).
2. Bring right knee to right elbow quickly and return foot to starting push up position.
3. Bring left knee to left elbow quickly and return foot to starting position.
4. Repeat each leg four times and then perform a push up to complete one repetition.

## ADDUCTOR STRETCH



1. Bring the bottom of both feet together
2. Place hands on ankles.
3. Slowly bend forward, bringing your head to your knees.
4. Hold stretched position.

## ALTERNATING HAMMER CURL



1. Stand straight, tall, with a flat back and good posture.
2. Hold dumbbells vertically (as if using a hammer)
3. Bring only right hand with weight to chest, while keeping elbow pinned to side.
4. Lower weight to starting position.
5. Bring only left hand with weight to chest.
6. Lower weight to starting position to complete one repetition.

## ALTERNATING SHOULDER RAISE



1. Stand straight, tall, with a flat back and good posture.
2. Hold dumbbells with palms facing down and at your sides.
3. Raise both dumbbells simultaneously. Raise your right arm so be raised laterally while your left arm is simultaneously raised directly in front of you.
4. Bring both arms to 90 degrees, then lower weight and alternate sides.

## ALTERNATING TRICEP EXTENSION



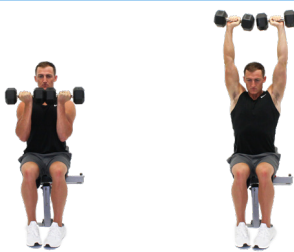
1. Begin with one arm raised straight directly above your head.
2. Slowly lower the raised hand to upper back (elbow does not move).
3. When elbow is bent past 90 degrees return weight to starting position.

## ARM CIRCLE



1. Raise arms directly out to sides to a 90 degree angle.
2. Move arms in a small circular motion forward.
3. Move arms in a small circular motion backward.
4. Return arms to sides after completing all repetitions.

## ARNOLD PRESS



1. Begin in a seated position with palms facing body (chest).
2. While pressing weights overhead slowly twist the weights forward so that once arms are fully extended and palms are facing away from body.
3. Once arms have been fully extended, twist weights back toward body as you lower to starting position.

## BACK FLY



1. Begin with a slight bend in the knees and a flat back with weights hanging in front of chest.
2. Raise weights laterally (bringing shoulder blades together while maintaining a slight bend at your elbows).
3. Lower weights to starting position.



## BACK RAISE



1. Begin laying flat on your stomach with arms extended in front of you.
2. Slowly lift both hands and feet to form a "U" shape with back.
3. Lower hands and feet to the ground before beginning the second repetition.

## BACK STRETCH



1. Raise hands directly above head with arms fully extended.
2. Bend at the elbows and slowly bring shoulder blades together while lowering elbows.

## BALANCE TOUCH - SINGLE LEG



1. Begin by balancing on right leg with left toe slightly touching the ground (to assist with balance).
2. Extend the left leg back (keep it as straight as possible) while left arm lowers to the ground (while maintaining balance).
3. Once left arm has touched the ground return to starting position.

## BALL HIGH THROW



1. While holding medicine ball, squat to the ground.
2. Once lowered past 90 degrees, quickly extend out of the squat to throw the medicine ball as high as possible.
3. Pick up medicine ball and repeat.

## BENCH DIP



1. Using a bench, straighten arms with hands on the edge of the bench.
2. Bend at the elbows and lower glutes toward the ground by bending at the hip (keep knees locked).
3. Once arms are bent at the elbow to 90 degrees, extend the arms to return to starting position.

## BENCH HOP



1. Place both hands on edges of bench or chair.
2. With feet together, hop to other side of bench.
3. Land softly with both feet on opposite side of the bench before hopping back to starting position.

## BENT OVER ROW



1. Begin with a flat back, slight bend in the knees, and bend at the hips.
2. Bring hands toward upper chest by pulling elbows skyward.
3. Once weights have touched chest, lower hands to starting position.

## BICEP/FOREARM STRETCH



1. Fully extend the arm and bring it behind back.
2. With opposite hand, pull the fingers of the extended arm to feel a stretch in both the forearm and bicep.
3. Release after 20 second hold.

## BICYCLE - RAISED HANDS



1. While seated on the ground, raise both hands directly above head with a straight back.
2. Raise both feet off the ground.
3. Move feet in circular motion while both arms and legs are raised off the the ground for the entire duration of the exercise.

## BICYCLE



1. While seated on the ground, push chest upward while maintaining a straight back.
2. Raise both feet off the ground.
3. Move feet in circular motion while both arms and legs are raised off the the ground for the entire duration of the exercise.

## BOSU BALL SQUAT



1. On the rounded part of a BOSU ball, place both feet shoulder width apart (on the edges of bosu ball).
2. Maintain balance as you lower body into a squat (keep head and chest held high).
3. Once you have lowered past 90 degrees, return to starting position to finish the repetition.

## BOX JUMP



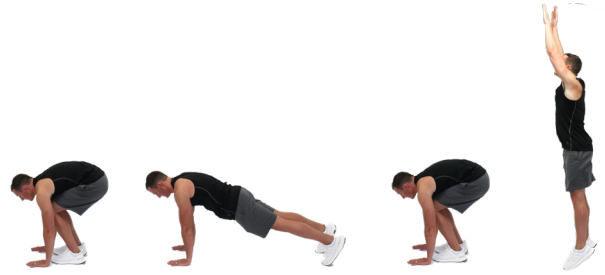
1. Lower body toward ground before jumping upward onto box.
2. Land both feet at the same time on the box or bench.
3. Step one foot at a time back to the ground to finish the repetition.

## BRACED SQUAT



1. Perform a squat while holding a weight extended directly in front of you as you lower glutes to the ground.
2. Extend at the hips to return to starting position.

## BURPEE



1. Lower body to the ground by bending knees and lowering hands to the ground.
2. Once hands are firmly placed on the ground, hop both feet back to push up position.
3. Once in push up position, hop both feet to hands.
4. Jump vertically as high as possible to complete one repetition.

## BURPEE TO PUSH UP



1. Lower body to ground by bending knees and lowering hands to the ground.
2. Once hands are firmly planted on the ground, hop legs backward to push up position.
3. Perform a push up.
4. Extend arms to top of push up position.
5. Hop feet to hands.
6. Jump vertically (as high as possible) making use to land softly on both feet to complete one repetition.

## BURPEE/PUSH UP/BOX JUMP



1. Perform a burpee to push up.
2. Instead of finishing with a vertical jump, challenge yourself by jumping onto a bench, box, or chair.



## BUTT KICK



1. Begin by bringing the heel of one foot to the glute muscle of that same side.
2. Quickly alternate right and left sides (bringing the heel to glute of the same side).

## CALF RAISE



1. With feet shoulder width apart, slowly come up on to toes.
2. Slowly lower heels back to starting position to finish one repetition.

## CALF STRETCH



1. Begin by heel striking the ground with the calf you are wanting to stretch.
2. Bend opposite knee and lower hands toward knee.
3. Maintain a straight leg on the leg you are intending to stretch.
4. Hold position for 20 seconds before switching sides.

## CHAIR LUNGE



1. Begin with one foot on bench or chair and opposite foot under shoulders.
2. Slowly lower body to ground (making sure that the front knee stays behind the toe of front leg during entire exercise)
3. Straighten front leg to return to starting position.

## CHAIR LUNGE TO CURL



1. Begin with one foot on bench or chair and opposite foot under shoulders.
2. Slowly lower body to ground (making sure that the front knee stays behind the toe of front leg during entire exercise).
3. Straighten front leg to return to starting position.
4. Curl dumbbells to chest.
5. Lower dumbbells to sides to finish one repetition.

## CHEST FLY



1. Begin by lying flat on a bench or flat surface and weights directly above chest.
2. With a slight bend at the elbows, lower the weights until elbows are directly lateral to the body. (The bend at the elbow remains constant throughout the entire exercise)
3. Bring weights back together by contracting your chest (not by bending your arms!)

## CHEST/SHOULDER STRETCH



1. Bring palms of both hands together behind upper back.
2. While maintaining a tight grip with hands, lower hands to the lower back.
3. Once hands have reached lower back, open palms up (face them skyward) and bring shoulder blades together and push chest upward.

## CHIN UP



1. Begin with palms facing body (backward) and arms fully extended as you hang from the bar.
2. Raise chin above the bar by bending at the elbow and using both bicep and back muscles.
3. Keep core and other muscles flexed to avoid swinging.
4. Lower body back to starting position.

## CHIN UP CLAP



1. Perform a chin up.
2. Make movement upward quick in order to have the momentum to bring hands together and clap above the bar.
2. After clapping above the bar, grab the bar and slow the body down to starting position.

## CLAP PUSH UP



1. Perform a push up.
2. Make movement upward quick in order to have the momentum to bring hands together and clap in the air.
3. After clapping in air, quickly stabilize hands on the ground and lower body to finish the repetition.

## CLOSE GRIP BENCH PRESS



1. Begin with back flat on bench or other flat surface.
2. Weights should be touching directly above the chest.
3. Lower the weights (keeping them touching together) to chest.
4. Raise the weights together (still touching), to the starting position.

## COMMANDOS



1. Begin in a plank position (flat back, tight core, head up, elbows on ground directly under shoulders).
2. One arm at a time, come up to the push up position.
3. Once in the push up position, lower back into the plank position, one arm at a time.

## CORKSCREW CURL



1. Begin standing straight with feet facing directly forward and weights hanging below shoulders.
2. Raise your right arm across your chest by bending at the elbow (elbow stays locked in place at side).
3. Once dumbbell has touched the upper chest of the opposite side, lower the weight to starting position.
4. Perform steps one to three on opposite side.

## CROSSED-LEG SIT-UP



1. Begin by crossing your legs in front of you.
2. Lower back to the ground so body is lying flat.
3. With one arm raised, perform a sit up.
4. Once hips are bent to 90 degrees (in a seated position), tap hand on ground in front of the opposite side foot.
5. Raise hand and lower back to lying position.
6. Perform steps one to five on opposite side.

## CRUNCHES



1. With feet and knees together and with both feet close to glutes, crunch upper body to knees.
2. Make sure to flex only your core muscles and avoid pulling on neck.

## DEADLIFT-SINGLE LEG



1. Begin with both feet together, standing upright, head facing forward, and a slight bend in the knees.
2. Lower weights to ground while raising one leg directly behind you.
3. Keep weights close to your shin as you bring them to the ground.
4. Once dumbbells have reached the ground, return to starting position to finish the repetition.

## DEADLIFT



1. Begin with feet facing forward and directly under shoulders.
2. With a slight bend in the knees, lower the weights to the ground keeping them close to the body.
3. Back should remain flat as you lower the weights to the ground.
4. Once weights have touched the ground, return to starting position to complete the repetition.

## DEADLIFT/CLEAN/PRESS



1. Perform a deadlift as outlined under "Deadlift".
2. Perform a standing curl by bending at the elbow and bringing the dumbbell to shoulder.
3. Once the dumbbells have reached the shoulder, press the dumbbells overhead by extending the shoulder and straightening both arms.

## DECLINE PUSH UP



1. Place both feet on a stable bench or chair.
2. Straighten arms to a push up position.
3. Bend at the elbows as you slowly lower your upper body to the ground.
4. Straighten arms to return to starting "push up position" to finish the repetition.

## DIAMOND PUSH UP



1. Place hands closely together (forming a diamond with the index fingers and thumbs)
2. With a flat back and tight core, lower your upper body to the ground.
3. Once you have almost touched the ground, straighten arms to return to starting position.



## DIVEBOMBER PUSH UP



1. Begin by raising your glutes high into the air (forming a straight line from your hips down to your hands).
2. Bend at the elbows as you lower your head to the ground.
3. As head gets close to the ground, begin to curve chest upward and slide your hips forward into an upward dog position.
4. Once chest is held high with back extended, return to the starting position.

## DUMBBELL BENCH PRESS



1. While lying flat on a bench or flat surface, lower dumbbells to chest by flaring elbows laterally.
2. Once elbow is bent to 90 degrees, extend arms directly vertical while bringing weights together above your chest.

## DUMBBELL PULLOVER



1. Lying on a bench or other flat stable surface, hold both hands around one weight.
2. Position the weight directly above the chest.
3. Slowly lower the weight behind the head while keeping arms straight.
4. Once the weight is directly behind the head, return the weight to the starting position.

## DUMBBELL SHRUG



1. Place both feet together and facing directly forward.
2. Allow dumbbells to hang on sides.
3. Contract only your shoulder muscles to move the weights upwards.
4. Once shoulders are elevated as high as possible, lower them to the starting position to finish the repetition.

## DUMBBELL SINGLE ARM ROW



1. Place one hand on a bench or other stable flat surface.
2. With the dumbbell hanging beneath the chest, contract your back muscles and pull your elbow skywards.
3. Once the dumbbell has almost touched your chest, lower the weight to the starting position to finish the repetition.

## DUMBBELL SNATCH



1. Position your feet into a wide stance (with feet slightly wider than shoulders).
2. Holding dumbbell in one arm, lower the weight by squatting to the ground.
3. Once the dumbbell has almost touched the ground, quickly extend the legs and contract your shoulder in such a way that the weight swings forwards and upwards until directly overhead.
4. Slowly lower weight in front of you (to chest) to finish the repetition.

## DUMBBELL STEP DOWN



1. Balance one foot on bench or other flat surface.
2. Slowly lower one foot to the ground and carefully plant foot on the ground.
3. Return foot to top of bench to finish the repetition.

## DUMBBELL SWING (KETTLEBELL)



1. Holding a weight in each hand, lower into a squatting position with the weights hanging together.
2. Quickly extend the legs (adductor muscles) to swing the weights forward and upward until the dumbbells reach 90 degrees.
3. Remember to keep back flat throughout entire exercise (no back slouching!)

## FROG JUMP



1. Squat low to the ground (to best prepare to jump as far as possible).
2. Quickly jump as far as possible, landing softly on both feet.
3. Turn around and jump back to the starting position to finish the repetition.

## FRONT RAISE



1. Begin with feet together and standing straight.
2. Dumbbells should be hanging at your sides with palms facing the body.
3. Raise dumbbells to front (palms facing down once they have reached top position- 90 degrees).
4. Slowly lower weights back to starting position.

## GLUTE STRETCH



1. Cross left leg over right leg while in an almost seated position (glutes should be slightly hovering the ground).
2. Slowly bring head to the foot that is placed on your knee.
3. Hold position for 20 seconds before switching sides.

## HAMMER CURL



1. Place feet together and stand upright.
2. With a dumbbell in each hand and palms facing the body, bend at the elbows while contracting your biceps to bring the weights up to 90 degree angle.
3. Once weights have reached 90 degrees, slowly lower the weights back to the starting position.

## HAMMER CURL - SINGLE LEG



1. Balance on one leg and maintain balance while staying straight upright.
2. Hands should be at sides with palms facing the body.
3. Bend both elbows to bring the dumbbells up to 90 degrees.
4. Lower the weights back to the starting position to finish the repetition.

## HAMSTRING STRETCH



1. Begin in a seated position on the floor.
2. Bend one leg at the knee and tuck the foot to the side of the opposite knee.
3. Lower upper back and head toward the knee of the extended leg.
4. If possible reach both hands toward and grab onto the foot of the extended leg.
5. Hold stretch for 20 seconds before switching sides.

## HEEL SHOOT



1. Begin by lying flat on back with feet elevated vertically above the hips.
2. Raise glutes high off the ground and come up onto upper shoulders by flexing core and extending hips skyward.
3. Lower hips to starting position to finish repetition.

## HEEL TAP



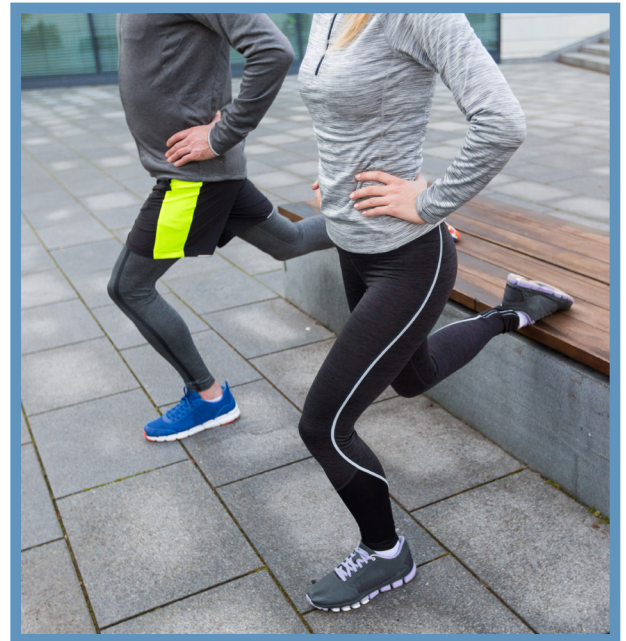
1. Place feet and knees together while lying flat on back.
2. Slide left arm alongside body toward lateral surface of the left foot.
3. Once you have touched the left foot, slide your body to the right and slide your right arm toward to the lateral surface of your right foot.
4. Once you have touched the right foot, return to the starting position.



## HEISMAN HOP



1. Balance on your right leg.
2. Hop over to opposite leg (left leg) by jumping as high as possible while also covering the most lateral distance.
3. Land softly on left foot, while right foot stays elevated.
4. Hop laterally back to the starting position to finish the repetition.



## HIGH KNEES



1. While standing upright, bring one knee up to 90 degrees.
2. Quickly lower the leg while bringing the opposite leg upwards to 90 degrees to complete one repetition.

## HIP RAISE - SINGLE LEG



1. Lay flat on back with left leg bent at the knee.
2. Raise right foot directly vertical (maintaining little to no bend in the right leg).
3. Shoot the right foot vertically into the air while flexing the glutes and core muscles.
4. Lower glutes back to the starting position to complete the repetition.



## HIP SWING



1. Balance on left leg while bringing the right knee directly forward.
2. Once right leg is elevated to 90 degrees, twist hip outward (keep the knee bent at 90 degrees).
3. Once directly lateral to the body, bring the right knee back to the ground next to left foot.
4. Alternate sides.

## IN AND OUT CURL



1. Place both feet together and stand upright with weights hanging at sides and palms facing upwards and forwards.
2. Curl forward and upwards.
3. Lower weights to bottom position (weights come down to both sides).
4. Twist palms to be facing laterally and upwards.
5. Curl laterally and upwards.
6. Lower weights to bottom position (weights come down to both sides).

## INCHWORM



1. Bend at the hips so that hands are close to feet in a pike position.
2. Crawl hands forward without moving the feet.
3. Once hands have crawled forward to push up position, begin to slowly crawl feet up to hands (making sure to not move the hands).
4. Once your feet have reached your hands you have completed the repetition.

## INCLINE PUSH UP



1. Place both hands on bench or other flat surface.
2. Make sure body is straight (flat back, tight core).
3. Lower chest to bench by bending at the elbows.
4. Straighten arms to return to starting position.

## INCLINE PUSH UP CLAP



1. Place both hands on bench or other flat surface.
2. Make sure body is straight (flat back, tight core).
3. Lower chest to bench by bending at the elbows.
4. Quickly straighten arms to explode body upwards with enough momentum to quickly clap hands in the air before placing hands back on bench.

## ISOMETRIC CURL



1. Place feet together and stand upright.
2. Hold left arm at 90 degree position while completing all repetitions of right arm curls.
3. Once all repetitions are completed on right arm, perform all repetitions on left arm while holding your right arm stationary at 90 degrees.

## JACKKNIFE



1. Lie flat on back.
2. Bend at the hips to bring both hands and feet skyward.
3. Hands should make contact with feet vertically in the air.
4. Lower both hands and feet to complete the repetition.

## JUMP SWITCH LUNGE



1. Begin in a split stance lunge position with back knee close to ground and front knee bent to 90 degrees.
2. Quickly jump into the air while switching legs so that you land in the same position but with the opposite leg forward.
3. Slowly lower into a split stance lunge to complete the repetition.

## JUMPING JACK



1. Begin with hands at your side and feet together.
2. Jump feet laterally while extending both arms high above your head.
3. Once feet have hit the ground laterally, quickly bring hands back to your sides while jumping both feet back together.

## LATERAL RAISE



1. Place feet together with dumbbells in hands directly at sides.
2. Raise both arms laterally until there is a 90 degree angle between your arm and the side of your body.
3. Slowly lower weights back down to sides.

## LAWNMOWER



1. In a split lunge stance, rest your right elbow on your right knee while your left arm holds a dumbbell that hangs close to the ground.
2. Contract your back muscles as you bend your elbow while bringing it upwards.
3. Raise the elbow until the left hand comes to your chest (stay low in split lunge stance during the entire exercise).





## LOW SIDE SHUFFLE



1. Begin in a squat position with feet closely together and hips lowered to 90 degrees.
2. While staying low, step laterally (to the side).
3. With the opposite foot, step over so that both feet come back together.

## LOWER EXTENSION



1. While lying on your back with your knees directly vertical over your hips, push your lower back into the group (making sure you flatten your back as much as possible).
2. With knees and feet together, extend your legs and straighten them until both feet are hovering the ground.
3. Bend your knees and pull your feet back to your glutes to complete the repetition.

## LUNGE



1. Start by standing straight, facing forward, and place both feet together.
2. Step forward and slowly lower hips to the ground. If your front knee bends forward further than your toes you need to lengthen your lunge stride and take a bigger step forward.
3. Return forward foot to starting position by moving front foot backward as you straighten your front leg and stand vertically.

## LUNGE TO KNEE STRIKE



1. Begin in a lunge position- back knee close to ground and front knee bent to 90 degrees. Also begin with arms raise high above head.
2. Stand vertically while bring the back foot up toward the elbow of the opposite side of your body.
3. Make contact with elbow to knee.

## LUNGE TO REACH



1. Perform a lunge with weights curled up to shoulders in front of the body.
2. Once hips are lowered into lunge position, lean chest forward while simultaneously pressing weights to a 45 degree angle above the head.
3. Bring weights back to curled position by shoulders.
4. Step forward and come to upright standing position.

## LUNGE TWIST



1. Step into lunge position while arms stay constantly extended with the weight held out directly in front of chest.
2. Once lowered into lunge position, twist the weight laterally (over the forward knee that is bent).
3. Return weight to directly in front of chest.
4. Step through and perform on opposite side.

## LUNGE/KICKBACK/CURL/PRESS



1. Perform a forward lunge.
2. While in a lowered lunge position, perform a tricep kickback.
3. While in a lowered lunge position, curl weights.
4. While in a lowered lunge position, perform an overhead press.
5. Stand up and perform steps 1-4 on opposite side.

## LUNGE - 3 WAY



1. Perform a lunge.
2. Perform a side lunge by stepping to the side and then bending the knee of the side that stepped laterally.
3. Perform a reverse lunge (lunge backwards).

## MILITARY PUSH UP



1. Begin with arms extended and both feet together.
2. Maintaining a flat back and tight core, lower upper body to ground while keeping elbows tucked closely to the sides of your body.
3. Once chest has almost touched the ground and elbows have scrapped your sides, extend arms to return to starting position.

## MILITARY PUSH UP CLAP



1. Begin with arms extended and both feet together.
2. Maintaining a flat back and tight core, lower upper body to ground while keeping elbows tucked closely to the sides.
3. Once chest has almost touched the ground and elbows have scrapped your sides, quickly straighten arms forcefully to provide enough momentum to propel body into the air to clap hands.
4. Carefully land hands on ground under shoulders to finish the repetition.

## MILITRAY PUSH UP TO EXTENSION



1. Perform a military push up.
2. In push up position, raise elbow on one side of the body and extend the weight as if performing a tricep kickback.
3. Bend the elbow to slowly bring weight back to hanging position with your elbow still raised high in the air.
4. Lower weight to the ground to finish the repetition.

## MOUNTAIN CLIMBER



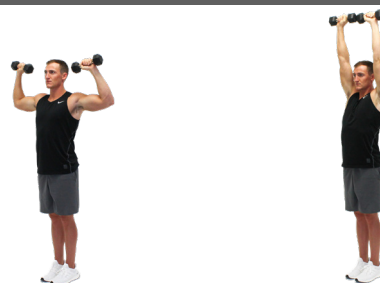
1. Begin in a push up position.
2. Hop one knee between both arms until knee is just under the chest.
3. Quickly bring opposite knee up to chest while lowering opposite knee and foot back to starting position.

## OBLIQUE SIDE UP



1. Lie on side with one arm directly flat alongside body and opposite arm is bent and placed behind head.
2. Bring elbow (of the arm that is tucked behind head) to knee of same side. \*You should feel oblique muscles contracting.
3. Slowly lower back down to lying position on your side.

## OVERHEAD PRESS



1. Begin by standing straight upright with weights next to your ears and arms bent at 90 degrees.
2. Press weights overhead and bring the weights together directly over your head.
3. Slowly lower the weights to starting position by bending your elbow and slowing the weights down until they are next to your ears.



## PLANK FRONT RAISE



1. Begin in a plank position with flat back, tight core, and flexed glutes.
2. Extend one arm forward until it creates a straight line from fingertips to toes.
3. Lower arm back to plank position.

## PLANK KNEE TO ELBOW



1. Begin in a plank position with a flat back, tight core, and flexed glutes.
2. While keeping hips low to the ground, bend one knee to the elbow of that same side.
3. Once knee has made contact with elbow (or come as close as possible to it), return foot back to starting position next to opposite foot.
4. Alternate sides.

## PLANK SIDE TO SIDE



1. Begin in a plank position with a flat back, tight core, and flexed glutes.
2. Keeping both feet together, and your elbows in place, swivel your hips from side to side while maintaining a tight core throughout the entire movement.

## PRETZEL TWIST



1. Lie flat on your back.
2. Bring right elbow to left knee.
3. Extend left knee until straight (and still hovering the ground) while bringing left elbow to right knee.

## PUSH UP



1. Begin with both arms extended and hands shoulder width apart. Make sure to begin with a flat back and tight core.
2. Bend elbows and lower chest to the ground. Elbows should flare out at 45 degree angle with sides of body.
3. Straighten arms and contract chest to return to starting position.

## PUSH UP TO ROTATION



1. Perform push up.
2. Once you have performed push up and have returned to starting position, raise one arm directly vertical.
3. Once hand is directly above body (90 degree angle to ground), return arm to starting push up position.

## QUADRICEP STRETCH



1. Maintain standing balance while bending knee and using arms to pull foot towards glutes.
2. Hold stretch for twenty seconds.

## RENEGADE ROW



1. Begin in push up position with hands gripped to weights on floor directly under shoulders.
2. Pull weight skyward by raising elbow until upper arm is parallel with floor.
3. Once weight has almost touched your chest, lower the weight to starting position.

## REVERSE CRUNCH



1. Begin by lying flat on back with feet slightly hovering the ground.
2. Bend knees and raise hips until knees come close to face.
3. Slowly lower hips and extend legs to starting position.

## REVERSE GRIP CURL



1. Begin with dumbbells at sides with palms of hand facing backwards.
2. Flex forearms and bend elbows to curl weight up to shoulders. \*At ending position the palms of hands should be facing forward.
3. Slowly lower weights to starting position.

## REVERSE LUNGE



1. Begin in upright standing position.
2. Step backwards as you lower back knee to the ground (back knee should almost touch the ground).
3. Once hips are lowered and front knee is bent to 90 degrees, step back foot forward to starting position.

## RUSSIAN TWIST



1. Being in seated position with feet together and hovering the ground. Knees are bent and chest should be raised so that back is straight.
2. Interlock fingers and twist core so that both hands touch each side together.

## SCARECROW



1. Place both feet together, raise elbows laterally with forearms facing forward and parallel to the ground.
2. Rotate shoulder vertically so that hands come above head.
3. Slowly lower to starting position.

## SCISSOR KICK



1. Lie flat on back with legs extended and hovering the ground.
2. Raise one leg to 45 degrees while keeping the opposite leg slightly hovering the ground.
3. Switch legs quickly while keeping legs straight.

## SEATED CONCENTRATION CURL



1. Place elbow on knee in the seated position.
2. Contract biceps to bend elbow and raise weight to upper chest.
3. Slowly lower weight to starting position.

## SHOULDER SWING



1. Stand straight upright with arms out laterally and palms facing forward.
2. Swing arms forward and have them cross the body until they hug your shoulders.
3. Quickly swing arms forward again and return arms to starting position.

## SHOULDER TAP



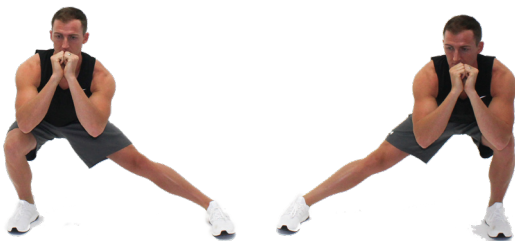
1. Begin in the push up position.
2. Tap the left shoulder with the right arm and lower hand to starting position.
3. Tap the right shoulder with the left arm and lower hand to starting position.

## SHRUG



1. Hold weights to sides.
2. Raise shoulders by contracting trapezius muscle (on top of shoulder). Make sure that feet stay planted on ground as you raise your shoulders.
3. Lower shoulders to starting position to finish the repetition.

## SIDE LUNGE



1. Begin with both feet together and standing straight upright.
2. Step directly to the side (laterally) with feet still facing forward.
3. Bend the knee of the leg that stepped laterally and slowly lower hips to the ground.
4. Extend leg and hip to stand upright and return to the starting position.

## SIDE PLANK REACH UNDER



1. Raise hips into the air with body weight distributed on elbow underneath your shoulder and on the lateral aspect of your foot in the side plank position.
2. Raise arm directly above the body so that it is perpendicular to the ground.
3. Bend elbow and reach arm under chest.
4. Return arm to raised position to finish the repetition.



## SIDE RAISE



1. Hold body in a side plank position with hand placed on hips.
2. Raise hips vertically.
3. Slowly lower hips to starting position.

## SIDE TRICEP RAISE



1. Lie flat on right side.
2. Place right arm across chest with hand on top of opposite shoulder.
3. Place left hand on floor underneath right shoulder.
4. Press down on left hand and contract triceps muscle to straighten arm and bring upper body into the air.
5. Slowly lower upper body to ground.

## SIDE/SHOULDER STRETCH

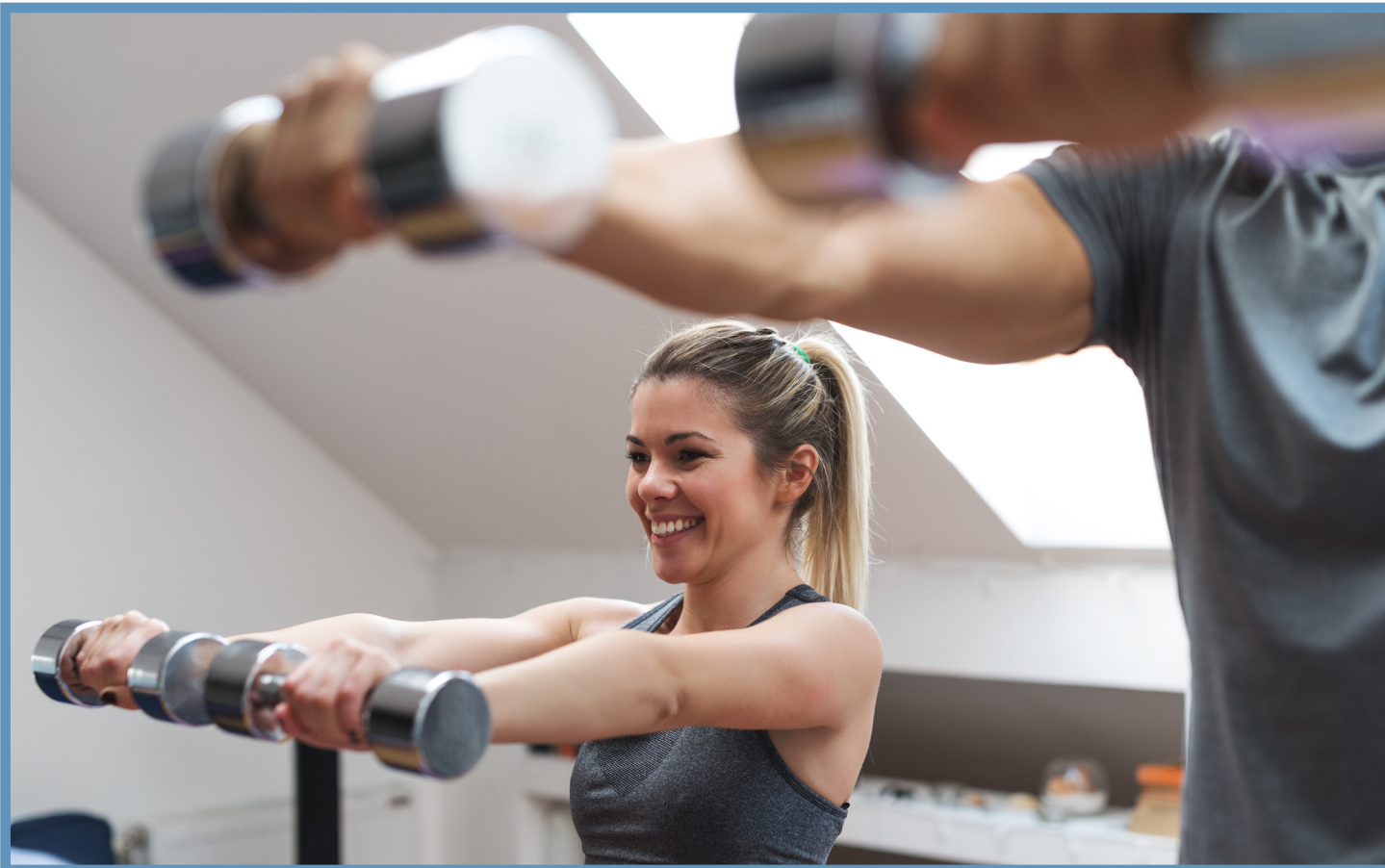


1. Place both feet together and stand up-right.
2. Raise one arm directly vertically while bending opposite side of the body.
3. Hold stretch for twenty seconds before switching sides.

## SINGLE ARM REVERSE LUNGE



1. Perform a reverse lunge while simultaneously raising arm into the air. \*Raise arm that is on the same side as the leg that is lunging backwards.
2. Once lowered into lunge position, slowly lower weight and step foot forward to the starting position.



## SINGLE LEG BICEP CURL



1. Stand upright and balance on one leg.
2. Perform a bicep curl with both arms.
3. While still maintaining balance, lower weights to sides and switch the leg on which you are balancing.

## SINGLE LEG TRICEP EXTENSION



1. Stand upright and balancing on one leg. Place hands behind head.
2. Perform an overhead tricep extension while maintaining balance.
3. Once weights are directly overhead and arms are fully extended, slowly lower weights behind head to starting position.
4. Switch legs on which you are balancing.

## SIT UP



1. Lie flat on back.
2. Place hands behind back of head, knees bent and feet together and close to glutes. \*The closer your feet are to your glutes the more difficult the sit up will be.
3. Contract abdominal muscles to curl head to knees.
4. Slowly lower to starting position.

## SKULL CRUSHER



1. Begin by laying flat on bench or other flat surface. Extend arms directly vertical above chest.
2. Bending only your elbows, lower both hands to sides of head (close to ears).  
\*Be careful not to have weights hover too closely to head
3. Once elbow is bent to 90 degrees, return weight to starting position by contracting triceps and straightening arms.

## SLIDE SKATER



1. Begin by putting the majority of your body weight on your right foot. Your left toe should barely be touching ground next to your right foot.
2. Elevate your left foot backwards as you bring your left arm toward ear to maintain balance as you bend your right knee and lower your hips to the ground.
3. Extend right knee while simultaneously bringing your left leg forward to finish the repetition.

## SOCCER SWEEP



1. Begin with arms held out laterally.
2. Swing leg across the body to touch the hand of the opposite side.
3. Slowly lower leg back to starting position.
4. Alternate sides.

## SQUAT



1. Begin with feet shoulder-width apart (feet under your armpits). Stand upright with your chest elevated (chest remains elevated throughout entire exercise).
2. Bend knees and lower hips toward ground.
3. Once knees are bent to 90 degrees and upper legs are parallel to the ground, extend hips and legs to return to standing, upright starting position.

## SQUAT JACK



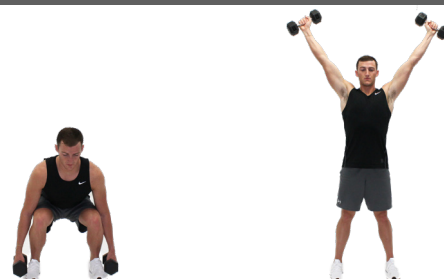
1. Place hands at side and feet together.
2. Hop feet laterally while lowering hips to ground. \*Optional: lower hand to touch ground in between legs.
3. Once hips are lowered, hop feet back together.

## SQUAT JUMP



1. Perform a squat.
2. Once hips are lowered to the ground, quickly extend legs and hips with enough force to jump vertically into the air.
3. Land carefully on both feet and lower down into the lowered squat position to finish the repetition.

## SQUAT TO PRESS



1. With feet shoulder width apart, lower hips into squat position.
2. Extend legs and hips to return to standing position.
3. Curl weights up to shoulders.
4. Twist weights laterally as you raise weights above your head at a 45 degree angle.

## SQUAT/CURL/PRESS



1. Perform a squat
2. Once at the end of performing a squat, curl weights to shoulders.
3. Twist weights laterally (palms twist forward) as you extend arms directly overhead.
4. Slowly lower weights to chest to finish repetition.

## SQUAT/STEP/SLIDE



1. While holding a weight or medicine ball, lower hips to lowered squat position.
2. Step left foot to the side while keeping hips in lowered position.
3. Step right foot to join left foot.
4. Extend legs and hips to return to standing position.

## STABILITY BALL CHEST FLY



1. Begin with your upper back on top of exercise ball. Bend your knees and place your feet apart to stabilize yourself on the ball. Weights should be directly over your chest with the palms of your hands facing each other.
2. Slowly lower the weights laterally while maintaining a slight bend in elbow.  
\*Bend in elbow should not change at any point during the exercise.
3. Raise weights to vertical position by contracting your chest muscles.

## STABILITY BALL CRUNCH



1. Begin with your upper back on top of exercise ball. Knees are bent and feet are placed together.
2. With both hands placed behind your head, raise chest vertically as you contract your abdominal muscles.
3. Slowly lower chest to starting position.



## STABILITY BALL ELBOW SHIFT



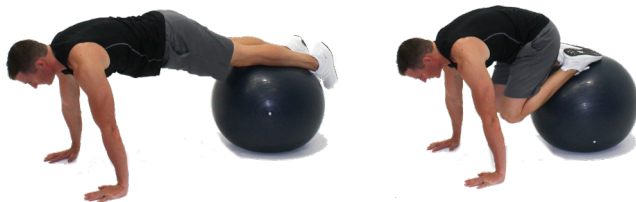
1. Begin by placing elbows directly on top of exercise ball and feet placed together. Make sure your back is flat in the plank position and that you are engaging your core.
2. Slowly shift only your elbows forward while maintaining a flat back.
3. Once elbows have extended forward, pull elbows back toward hips to finish the repetition.

## STABILITY BALL PUSH UP



1. Place both hands on the lateral aspects of the stability ball. Feet should be close together and back should be straight (push up position).
2. Slowly lower chest to top of stability ball while maintaining balance.
3. Once chest has touched the top of the ball, extend arms to return to the starting position.

## STABILITY BALL PUSH UP CRUNCH



1. Begin by rolling stomach on top of stability ball until ball is located directly under front lower legs. Extend arms so that you are in a push up position with your feet elevated on the exercise ball.
2. Contract core muscles while bending your knees. Stability ball should roll forward as your knees come to your chest.
3. Extend legs and hips to return to starting position.

## STABILITY BALL ROLL OUT



1. Begin by kneeling on the ground and placing both elbows on the stability ball. Knees should be close together.
2. Slowly roll the ball forward by extending your forearms over the top of the ball and lowering your body until your back and upper legs form a straight line.
3. Contract your core and pull your elbows back towards hips to finish the repetition.

## STANDING PRETZEL



1. From an upright standing position, bring left knee upwards as you bend right elbow downwards (while maintaining hands interlocked behind head).
2. After making contact elbow to knee (or close to it), lower left leg to ground and alternate sides.

## STANDING ZOTTMAN CURL



1. Begin in a standing position with weights at sides and palms facing forward.
2. Curl weights up to shoulders.
3. Twist forearms so that weights rotate laterally (palms twist forward).
4. Slowly lower weights to sides. \*Palms should be facing backwards in ending position.

## STEP UP TO BALANCE



1. Stand in front of stable bench or chair with both feet planted on the ground while standing upright with weights hanging at sides.
2. Step your left leg up onto the bench.
3. Step your right leg upwards and bring your right knee up until upper leg is parallel with the floor. \*Please modify this exercise if you experience difficulty balancing on left leg
4. Lower right foot to ground.
5. Step left leg to ground. Alternate sides.

## STRAIGHT LEG SIT UP



1. Begin by laying flat on the ground with arms extended and also lying flat on the ground above your head.
2. While keeping legs straight and extended on the floor, swing arms upwards for momentum while contracting abdominals.
3. Bring hands to toes (or as close as possible).
4. Lower upper body back to group and return arms to position on floor above head.

## SUMO SQUAT



1. Stand upright with feet wider than shoulder-width apart and toes facing out to 45 degrees.
2. Bend knees and slowly lower hips to the ground. \*If using weights, place them in between knees as you lower to ground.
3. Once knees are bent to 90 degrees, extend legs and hips to return to starting position.

## TOE TAP



1. Begin by lying flat on your back with feet positioned directly vertical and legs fully extended (straight legs).
2. Raise both hands to toes by piking up vertically to touch your toes.
3. Slowly lower upper back to ground, while keeping legs vertical and straight.

## TRICEP DIP - SINGLE LEG



1. Place both hands on the edge of stable bench or chair with arms fully extended. Hips should be hovering close to the bench in the air. Both legs are straight and fully extended with heels together on the ground.
2. Raise right heel slightly off the ground.
3. Bend elbows as you slowly lower hips to the ground.
4. Extend arms and straighten elbow to return to the starting position.
5. Alternate sides.

## TRICEP EXTENSION OVERHEAD



1. In the upright, standing position, place weights together directly behind head. Elbows should be close to ears (and stay positioned close to ears during entire exercise).
2. Extend arms by contracting tricep muscles until the weight is directly overhead.
3. Slowly lower weight to starting position.

## TRICEP KICKBACK



1. Begin in a lowered lunge position. Chest should be forward, above front knee.
2. Bring elbows upwards until upper arm is parallel to the floor.
3. Extend both arms backward until arms are straight.
4. Bend elbows and slowly lower weights to starting position.

## TRICEP STRETCH



1. Pull elbow behind head by placing opposite hand on elbow.
2. Hold stretch for twenty seconds.

## TRIPLE STOP PUSH UP



1. Begin in push up position.
2. Lower chest to the ground but stop half way to ground and hold for a second before lowering chest all the way to the ground.
3. Once chest is lowered to the ground, push chest upward but hold chest at halfway point between the ground and full arm extension.
4. Raise chest slightly to fully extend arms to finish the repetition.

## TUCK JUMP



1. Stand straight upright with hands raised to shoulder level just in front of neck.
2. Quickly explode knees upwards until making contact with hands.
3. Softly land both feet. Feet should remain on ground for as little time as possible before exploding knees up for a second repetition.

## UP AND OUT



1. Begin by lying flat on back with legs straight and fully extended with feet hovering the ground.
2. Raise feet vertically until legs are 45 degrees above ground.
3. While at 45 degree vertical, spread legs laterally.
4. Bring legs back together at 45 degrees.
5. Lower legs to hovering position.

## UPRIGHT ROW



1. Begin in the standing upright position. Weights should be touching in the front of hips with palms facing backward.
2. Bend elbows while simultaneously raising weight to chin (keep weights together and touching in front of body).
3. Slowly lower weights to starting position.

## WEIGHTED ARM CIRCLE



1. Hold weights out laterally with arms parallel to the floor.
2. Slowly move arms in forward circular motion.
3. Halfway through exercise, change circular motion to backwards.
4. Slowly lower hands to sides to finish.

## WIDE GRIP PULL UP



1. Place hands wide on pull up bar while body free-hangs directly under the bar.
2. Contract back muscles while bending your elbows to elevate your head toward the bar.
3. Bring chin above the bar before lowering body to the starting position.



## WIDE PUSH UP



1. Place hands wider than shoulder-width apart. Back should be flat and feet together in the the push up position.
2. Lower chest to ground.
3. Straighten arms while contracting chest muscles to return body to the starting position.

## WOODCUTTER



1. Place hands together and pivot body to the right as you lower weights to the ground just outside of the right foot.
2. Once weights have almost made contact with the ground, pull weights to chest as you return body upright standing position.
3. Press the weights vertically into the air (keep hands together) at a 45 degree angle.
4. Return weights to chest and bring body back to upright standing position.
5. Alternate sides.

## WRIST CURL



1. Begin in seated position on the edge of stable bench or chair. Elbows should also be placed on edge of bench/chair with weights in hands and palms facing skywards.
2. Contract forearms to curl weights back towards body.
3. Slowly lower weights back to starting position.

## X TO Y BURPEE



1. Lower hips to ground and jump both feet directly behind body. \*Both feet should stay together as they jump backward.
2. Once legs are extended and feet are together (push up position "Y Position"), hop feet laterally to "X position".
3. Hop feet back to center ("Y Position")
4. Hop feet forward and stand upright to finish the repetition.

# THANK YOU!

## THANKS FOR PARTICIPATING

**STAY HEALTHY! STAY SAFE!**

**STAY CONNECTED! STAY MOTIVATED!**

Please reach out to me directly if you have any questions about the program  
@CoachAaronForrest on Instagram.

All the best,  
COACH AARON

