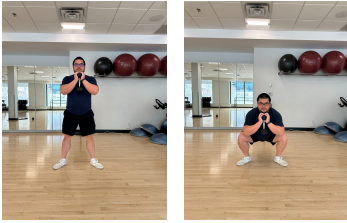


Exercise Descriptions

EXERCISE NAME: GOBLET SQUAT



Description: Stand with the feet hip-width apart and hold a dumbbell in a vertical position directly in front of the chest. Keep the elbows close to the rib cage and the back straight while lowering into a squat. Take a deep breath in to brace the core and begin to lower until the hips are below the knees, make sure the knees are tracking with the toes as you are lowering and then stand tall.

EXERCISE NAME: CHEST PRESS



Description: With a pair of dumbbells, lie down on the bench. Set the shoulder blades down and engage the core to ensure a strong position on the bench. Start with the arms extended over your chest, take a deep breath in to engage the core and stabilize on the bench. Lower the weight down till chest level and then push up, extending your arms and weights back up.

EXERCISE NAME: REVERSE LUNGE



Description: With your feet about hip-width apart, step backwards with the left leg. After the left foot hits the ground, lower the left knee towards the floor while keeping the chest and torso upright. Press the right heel into the ground and think about using your right glute to drive hips forward and return to standing.

EXERCISE NAME: LAT PULLDOWN



Description: Grab the handles with both hands, set the shoulder blades down and pop the chest slightly - maintain this position throughout the exercise. Lean back slightly, begin to pull down while driving your elbows towards the ground and keep the elbows close to the side. Once you've reached the end range, return to the starting position while maintain that start position. Don't let shoulder blades lose it's tight position. Keep upper traps loose and focus on the lats as you pull.

EXERCISE NAME: HAMSTRING CURLS



Description: Adjust the machine for your height/body shape (if you don't know how, come see us!) Hold the handles, and breathe out as you bring your heels down toward your glutes. Breathe in as you return to start position.

EXERCISE NAME: OVERHEAD PRESS



Description: Hold a pair of dumbbells, just below ear height. Find a neutral pelvis position, and engage the core. Keep that core engaged the entire time. Press the dumbbells up overhead while you breathe out, avoiding locking out the elbow at the top.

Exercise Descriptions

EXERCISE NAME: PLANK



Description: Perform from toes or knees. Keep hips down and body in a straight line, and shoulders stacked directly over the elbows. Maintain a slight pelvic tuck while you hold for time.

EXERCISE NAME: ROMANIAN DEADLIFT



Description: Standing tall with your feet hip distance apart, have a dumbbell in each hand and resting on top of your thighs. Set the shoulder blades down, pop chest slightly, tuck the chin in, take a deep breath in to brace core. Begin to let the dumbbells slide down the legs till about the knees as you keep the core braced and the back flat (think - lead with the chest). Keep knees soft. Once you feel the stretch in the hamstrings and/or glutes, stand back to an upright position. Level one - use dumbbells instead of the bar.

EXERCISE NAME: PUSH UPS



Description: Start by lying on your stomach with your hands slightly wider than shoulder width. Get into a high plank position on your toes, make sure the shoulder blades are set down, take a deep breath in to brace core and begin to lower yourself to ground leading your chest to the ground. Right before the chest touches the ground, extend the arms and back into the high plank position (avoid locking out the elbows). You can modify the exercise by starting on your knees rather than toes. To do eccentrically, lower for a count of 5, pushing back up at a regular speed.

EXERCISE NAME: LATERAL RAISES



Description: With a dumbbell in each hand and hands by your hips. Ensure the palms are facing towards the body, with the shoulder blades set down. Take a deep breath in to brace the core and begin to lift the weights. Ensure your arms are straight as your lift up till about shoulder height and then return back to the bottom position. Keep elbows soft throughout movement.

EXERCISE NAME: LATERAL LUNGES



Description: Holding one dumbbell in the left hand and extend the right hand straight out to the side at shoulder height, or a dumbbell in each hand. Step out sideways with the right foot, stepping out very wide, and sink hips down and back, keeping knee lined up over right toes. Left leg stays straight and torso upright. Push hard into that right foot and return to standing position. Either alternate sides, or do all reps on one side, then do the other side (harder option).

EXERCISE NAME: CABLE/BANDED ROWS



Description: Adjust the height of the cables or band to shoulder height. Make sure your feet are hip distance apart to provide a stable base. Grab the handles, set the shoulder blades, take a deep breath in to brace core and begin to drive elbows back and squeeze the shoulder blades together. Extended your arms back to the starting position and don't let the shoulders round forward. Avoid locking out elbows.

Exercise Descriptions

EXERCISE NAME: GLUTE BRIDGE



Description: Begin laying on your back, knees bent, feet on the floor, hands out to the sides. Press hard into your feet, and driving through the heels to lift the hips up high, squeezing the glutes. Return to the start position - that is one rep.

EXERCISE NAME: DEAD BUG



Description: Keep the low back connected with the ground, bring legs off the ground and bend the knees to 90 degrees, and extend the arms straight up from the shoulders. Extend opposite arm and leg to hover a few inches off the ground. The closer to the ground you get, the harder it gets, so make it easier by reduce the range of motion or slightly bending the knee. Return to start position - that is one rep, alternating sides.

EXERCISE NAME: GOBLET SQUATS WITH OVERHEAD PRESS



Description: Stand with the feet hip-width apart, and hold a dumbbell in each hand with the palms facing inward towards your face at shoulder height. Keep the elbows tucked in and the back straight while lowering down. Continue lowering until the hips are below the knees, as you are standing back up begin to rotate the palms forward while pushing the weights overhead in one motion. Make sure the knees are tracking in line with the toes. Then lowering the weights back down to shoulder height while you're standing. Keep core engaged throughout the movement.

EXERCISE NAME: ONE ARM BENT OVER ROWS



Description: Place the left knee and left hand on the bench for support. Right hand is holding the dumbbell, and right foot is on the floor. Keep shoulder blades driving down the back and the back flat and level. Avoid any twisting in the torso. Row the weight up to about the ribcage area, keeping elbow in tight and breathing out as you lift. Breathe in as you return to start position. Do all reps on one side, then do the other.

EXERCISE NAME: BANDED GLUTE BRIDGE WITH ABDUCTION



Description: Place a band around both legs, just above the knee. Perform the glute bridge as described above, but at the top of each bridge, perform three abductions by driving the knees out wider than hip width, and back (three times, don't lower the hips), then lower glutes back to floor. That is one rep.

EXERCISE NAME: PUSH UPS WITH HAND RELEASE



Description: Perform push ups as described above, but as you lower to the floor, while staying flat, come all the way down and lift hands off the ground. Place hands back down and begin to push up from that position, right on the floor. That is one rep.

Exercise Descriptions

EXERCISE NAME: BANDED PULL UPS



Description: Loop your band around the pull up handle. Hold it securely and pull down so you can place your foot into the band. Stomp down hard and stand up straight, crossing the other leg overtop. Grab the hand holds, set shoulder blades down the back, pop the chest slightly, and lift the chest to the bar. Lower with control, keep the feet directly underneath and avoid swinging them forward. Grab one of us at the desk if you need help with this at first!

EXERCISE NAME: BANDED PULL APARTS



Description: Grab a resistance band, set your hands on the band about shoulder width apart. You may bring your hands wider on the band for less tension or bring your hands closer together for more tension. Standing tall with your arms extended at shoulder height, set the shoulder blades down, elbows stay soft, and brace the core. Begin to bring your hands out to the side like you're pulling the band apart while keeping the shoulders down. Return to start position with control.

EXERCISE NAME: ALTERNATING LATERAL AND FRONT RAISE



Description: Start with a dumbbell in each hand and hands by your hips. Ensure the palms are facing inwards towards the body. Set the shoulder blades down, take a deep breath in to brace the core and begin to lift the weights. Ensure your arms are straight but elbows soft (not locked) as you lift them up to shoulder height and then return back to the bottom position. Then position your hands in front of your legs and lift up forwards with long arms to shoulder height and then back down. Reposition your hands back to the side and alternate between the two positions.

EXERCISE NAME: GLUTE THRUSTERS



Description: Set up on the floor in front of a box or bench with feet flat on the floor, and the corner of the box/bench at the bottom of your shoulder blades. Start with hips almost touching the floor, then lift them up, driving through the heels until upper legs and torso are flat. As you lift, perform a slight pelvic thrust forward to really engage the glutes. Lower back down to almost touching the floor. That is one rep. Can be done with or without weight on the hips.

EXERCISE NAME: BACK SQUAT



Description: Adjust the rack hooks to below shoulder height and then position yourself in the middle of the barbell with the bar resting on top of your upper back. Position your feet underneath the bar and hand width in a comfortable position. Have your feet about hip distance apart, toes can pointed straight forward or angled slightly out. Brace the core, unrack the bar from the hooks and take 2-3 small steps back. Breathe in to brace the core and squat down, ensure that the knees are tracking in line with the toes, and the lats are active holding the torso upright. Press into all three corners of the feet to return to standing. Grab us for help if you haven't done it before!

EXERCISE NAME: CHEST SUPPORTED ROW



Description: Set the bench to a 45 degree angle. Holding a dumbbell in each hand, sit on the bench facing the pad. Rest the forehead on the pad, set the shoulders down the back, and row the weights up while breathing out. Breathe in to return.

Exercise Descriptions

EXERCISE NAME: LARSEN CHEST PRESS



Description: With a pair of dumbbells, lie down on the bench. Set the shoulder blades down and engage the core to ensure a strong position on the bench, and straighten knees so feet are in the air. Start with the arms extended over your chest, take a deep breath into engage the core and stabilize on the bench. Lower the weight down till chest level and then extend your arms and weights back up.

EXERCISE NAME: WALL SITS



Description: Have you back against the wall and feet set hip distance apart. Begin to sit down until you reach you about 90 degrees at the hips, knees, and ankles. Make sure the shoulders touching the wall and not rounding forward. Keep the hands off the legs. Hold this position for a set time.

EXERCISE NAME: BANDED WOOD CHOPPERS



Description: Secure a band on a stable structure. Stand far enough away that you have appropriate tension on the band with it anchored behind you (facing away from it). To do the left side, start with hips pointing away from the band, feet hip width apart, and toes pointing slightly to the right. Keeping your hips pointed straight, twist to the right at the waist with long but not locked arms, band securely in the hands, ensuring there is tension in the band. Twist to the left as the band tightens until your arms are pointing the same way as the hips. Return to start position. Do all reps on one side, then do right side, pointing the toes slightly left this time.

EXERCISE NAME: DEADLIFTS



Description: Set the barbell over the midfoot and have the feet hip-width apart. Hinge at the hip and have your hands right beside your knees. Before you lift, ensure the slack is taken out of the bar, set the shoulder blades down, keep the arms long, take a deep breath in and initiate by pressing your feet into the ground to break the bar off the ground. Make sure the knees and hips are rising at the same time and locking out at the same. Then lower the weight back down with control, don't let your back round. Grab us for help if you haven't done it before!

EXERCISE NAME: PUSH UPS - WEIGHTED



Description: Start on your hands and knees, then put a plate on your low back or ask someone to assist. Set the hands slightly wider than shoulder width apart and slowly get into a high plank position, staying flat and steady so weight doesn't move. Perform a push up as described above.

EXERCISE NAME: PULL UPS



Description: Grab hold of the hand holds and come to full extension. Set the shoulder blades down the back, pop the chest slightly, and breathe out as you pull your chest up to the bar. Lower back down to the start position - that is one rep. Ensure you get full range of motion for each rep. You can modify with different hand holds, or use a band to perform a drop set if desired.

Exercise Descriptions

EXERCISE NAME: WALKING LATERAL LUNGES



Description: Perform the lateral lunge as described above - step out wide into the lunge. But once out, instead of stepping feet back together to return to the start position, step the OTHER foot to meet the one that first stepped out, and slowly “walk” your lunge sideways.

EXERCISE NAME: LATERAL RAISES - ALTERNATING WITH A HOLD



Description: Stand with a dumbbell in each hand and hands by your hips. Palms are face down, with the shoulder blades set down and core braced and drawn in. Lift both weights out to the side to shoulder height with straight arms and soft elbows (don't lock the elbows out). Keep your position once they are raised, and lower only ONE weight down. Lift it back up, then lower the OTHER weight down. That is one rep. Move with your breathe, and do all reps.

EXERCISE NAME: INVERTED ROWS



Description: Set up on the floor under a bar (squat rack/smith/connexus bar), shoulders lined up directly under the bar. Keep feet flat on the floor with knees bent, hold on to the bar and lift the hips off the ground so body is hovering over the ground. Set the shoulder blades down the back, and keeping the body flat, lift the chest up to the bar as you breathe out, keeping elbows tucked to the side of the body. Lower back down as you breathe in- that is one rep. Move with your breathe and complete all reps.

EXERCISE NAME: HOLLOW BODY



Description: Begin laying down, face up. Arms are extended overhead, and legs are extended out long. Connect the low back to the floor, and engaged the core by drawing in the transverse abdominus. Hover the arms and legs a few inches off the floor and hold for time while keeping the core engaged and back connected to the ground. Keep breathing and keep the core engaged. To make it easier, put a slight bend in the knees, and/or bring the hands more lower down (align over shoulders vs overhead).

EXERCISE NAME: SIDE PLANK



Description: Begin on the floor, laying on your side. Put the right elbow directly under the right shoulder, and stack the left shoulder directly over the right. Lift the hips off the ground, balancing on the outer side of the right foot. You can stack feet, or stagger them (put one in front of the other so both are on the ground), or perform from your knees. In any variation, keep hips up, and avoid leaning or twisting. Keep the core engaged and breathe, holding for time.

Exercise Descriptions

EXERCISE NAME: REAR FOOT ELEVATED LUNGE



Description: Holding your dumbbells, start by sitting on a bench/box. Extend the left leg out, heel down - that is your starting position. Step forward into that spot, and put the right foot onto the box/bench, laces down. Drop down until right knee is just above the ground, and drive through the left heel to come back to the starting position. Do all reps on one side, then do the other.

EXERCISE NAME: REAR CABLE FLYS



Description: Stand in front of the cables with feet hip width apart. Using the handles or clips, cross the hands at the wrists with palms facing down. Brace the core, and pull the shoulders down the back. Maintain your form, while you open the arms up, taking the hands out to the side, twisting the palms to face each other. Keep the arms long but not locked out at the elbow. Return to the start position. Half way through your reps, swap which wrist is on the top.

EXERCISE NAME: SINGLE LEG WALL SIT



Description: Perform a wall sit as described above, but once settled into your position, lift one foot up and hover it above the ground. Maintain your form, and hold for the set time on each leg.

EXERCISE NAME: HOLLOW BODY PULL OVER



Description: Perform a hollow body as described above. If you are able to keep the core engaged throughout, add the pull over by holding one lighter weight in both hands overhead. As you breathe out, bring the weight forward, in line with the shoulders. Move with your breathe, very slow and controlled, for time.

EXERCISE NAME: GLUTE THRUSTER SINGLE LEG OPTION



Description: Perform glute thruster as described above, but with one foot lifted off the floor. Fight to keep hips level, and aim for a full range of motion.