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www.TurbulenceTraining.com

31-DONE For You *Turbulence Training*

BOOT CAMP WORKOUTS

*The **Proven Bootcamp Workout**
System for Fast Results*



Welcome from Craig Ballantyne & Turbulence Training...

Hi! I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

Thank you for investing in your copy of the Turbulence Training Bootcamp Workouts. The workouts are going to save you time and make you money, no matter what your training experience. If you are a beginner, the "Done for You" workouts will allow you to get up and running and creating a side income (if not a full-time income) within days.

If you are an advanced trainer, it always helps to brainstorm with other expert trainers to see their approach to bootcamp workouts. Even the most veteran bootcamp instructor will find a boatload of bootcamp tips and tricks in these workouts. And all you need is just ONE really cool workout secret from these bootcamp workouts to keep your campers coming back and referring others to make back your small investment in your education.

Plus, no matter what your training experience level, the ideas in this bootcamp book show you how to train folks with little to no equipment, so you'll save big bucks by having these workout secrets rather than thinking you need to run out and buy the latest fitness gadget.

But just one more thing...and this is very important. Just a little legal matter...

NOTE!

Turbulence Training is a registered trademark and you do NOT have permission to use the name Turbulence Training in your marketing materials for your bootcamps.

This manual does not imply endorsement of your bootcamps and it doesn't convey any type of Turbulence Training certification. It is simply a book of exercise ideas and "done for you" workouts that you can apply immediately in your bootcamps. Thank you for your understanding.

Looking forward to your success!

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, TT Bootcamp Workouts

[Click here for the complete 31 TT Bootcamps Workout System](#)

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to resistance training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

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. If your physician recommends that you don't use Turbulence Training, please follow your Doctor's orders.

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10 Tips for You and Your Clients to Train SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement.
- 3) Whenever you start a NEW program, use less volume and lower intensity than normal. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first.**
- 5) Use proper exercise form and train conservatively in all workouts.
- 6) Check your ego at the gym door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each Turbulence Training Bootcamp Workout.
- 9) If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- 10) Check with your doctor before starting any new exercise or diet program. All together now, **"Safety first!"**

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely. **Do not do TT Bootcamps on pavement or concrete.**

TT Bootcamp 2.0 Workout Program Guidelines – Personal Edition

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.

- Bootcamp workouts can be done 3 days per week.
- All exercises should be done at a controlled pace unless specified.
- All exercises are done for time rather than repetitions.
- If you need to make the workouts easier, simply reduce the number of times you go through a circuit (i.e. only go through a circuit once rather than twice) and take MORE REST between exercises and circuits.
- Be conservative. Focus on perfect exercise form.
- Each workout starts with a warm-up. Do NOT skip the warm-up.
- Finish each workout with stretching for the tight muscle groups.
- **Do not do TT Bootcamps on pavement or concrete.**

Turbulence Training Bootcamp 2.0 Workout Guidelines – Personal Edition

The new Turbulence Training Bootcamp 2.0 Workouts program requires little equipment and the workouts can be done inside or outside, but do **NOT perform TT Bootcamp Workouts on pavement or concrete.**

The TT Bootcamp total body warm-up uses a series of multi-muscle exercises to specifically prepare the muscles and joints for the following exercises.

The strength exercises follow the warm-up and are done at this time when the muscles are not fatigued. In a few TT Bootcamp Workouts, strength exercises are done later in the workout and you should decrease the intensity accordingly. After the strength exercises comes the circuits focusing on moderately difficult exercises. Three circuit methods have been included, however not all TT Bootcamp Workouts contain all three methods. Most workouts only use 1-2 different circuit methods.

The first circuit is the classic TT Big 5/6/7 Circuit method. The order of this circuit is (jumps), squat, push, pull, single-leg, and total body ab exercise (or finish with an interval). Due to a lack of equipment, the “pull” exercise is often replaced with a squat that also trains the upper back (i.e. Prisoner Squat or Y-Squat) or the Stick-up exercise. If you have equipment such as a kettlebell, dumbbell, or resistance bands, you can use traditional pulling exercises such as rows.

The second circuit method is the new TT Depletion Workout template. The order of this circuit is jump, push, squat, push, single leg, total body ab exercise, and finishes with some type of sprint or explosive exercise (i.e. run in place, jumping jacks, etc.).

The third circuit method is the timed intervals protocol using bodyweight exercises such as squats, pushups, planks, lunges, etc. Timed intervals are often done for 20 seconds with 10 seconds of recovery. To add difficulty, we can do the 10 seconds of recovery by holding the exercise in a difficult position. You can also use different time periods, there is nothing magic about the 20 seconds on, 10 seconds off duration.

After the circuits comes ab training using total body ab exercises. There are no crunches in the Turbulence Training Bootcamp 2.0 Workouts. In two of the workouts below, extra abdominal work has been added for variety. Your clients will love those workouts!

Finally, you have the option of using the Fun’n’Games to finish off the program. In my experience, clients love the “follow the leader” game as well as the chance to lead the group for a few moments. Once in a while you can insert the Fun’n’Games after a warm-up, if your clients really love this routine.

Remember: The key to a great class is to “bring the energy”.

Turbulence Training Bootcamp 2.0 Template – Personal Edition

Warm-up – Pick one exercise from each row

Jumping Jacks – Prisoner Squat – BW Squat – Y-Squat – Chops – Jump Rope
“Easy” Pushup – Plank – Downward Dog Pushup – Mountain Climber – Inchworm
Stick-up – Cross Crawl – Bird Dog – Waiter’s Bow
Split Squat – Lunges (Forward, Diagonal, Reverse) – 1-leg Hip Extension
Run in Place – Shuffle – Squat Thrusts – Duck Unders – Leg Swings

Strength Supersets & Circuits – Pick one exercise from each movement

Jumps (Can be replaced by bodyweight squats if needed)

- Vertical Jump & Stick
- Vertical Jump
- Long Jump
- Calf Jump
- Tuck Jump
- Side-to-Side
- Lunge Jump
- Burpees
- Double Burpees

Pushing

- Kneeling Pushup
- Pushup
- Plank-to-Pushup
- Close-grip Pushup
- Grasshopper Pushup
- Elevated Pushup
- Off-set Pushup
- Pike Pushup
- Pushup Plus
- Extended Pushup
- T-Pushup
- Decline Pushup
- Spiderman Pushup
- Spiderman Climb Pushup

Single-leg

- 1-Leg Hip Extension
- Split Squat
- Forward Lunge
- Reverse Lunge
- Diagonal Lunge
- Reaching Lunge
- Bulgarian Split Squat
- 1-Leg Deadlift
- 1-Leg Squat
- 1-Leg Bench Squat
- Lateral Lunge

Turbulence Training Bootcamp 2.0 Template – Personal Edition

Conditioning Circuit #1 – TT Big 5 Circuit (Choose one exercise per movement)

- Squat
 - BW (Bodyweight) Squat
 - Prisoner Squat
 - Y-Squat
 - Sumo Squat
 - Siff Squat
 - Split Squat
 - Bulgarian Split Squat
 - Lunge
 - 1-Leg Deadlift
 - 1-Leg Squat
- Pushing
 - Any pushup
- Pull
 - If equipment is available use pull-ups, chin-ups, bodyweight rows, dumbbell rows, kettlebell rows, resistance band rows, etc.
 - If no equipment, use an “upper back squat”, such as the Y-Squat.
- Single-Leg
- 1) Any single-leg exercise.
- Total Body Abs
- Plank
- Side Plank
- Plank on 1-Leg
- Plank to Pushup
- Mountain Climber
- Cross-Body Mountain Climber
- Spiderman Climb
- Stability Ball Ab Exercises (if you have access to a Stability Ball)

Conditioning Circuit #2 – TT Depletion Circuit (Choose one exercise per movement)

- 1) Jump (or Kettlebell Swing or Dumbbell Swing or Med Ball Woodchop)
- 2) Pushing
- 3) BW Squat
- 4) Pushing
- 5) Lunge
- 6) Total Body Abs
- 7) Run in Place

Turbulence Training Bootcamp 2.0 Template – Personal Edition

Conditioning Circuit #3 – Timed Intervals (20 seconds work + 10 seconds rest x 8 rounds)

- Jumps
- Squats
- Pushups
- Planks plus Side Planks
- Lunges
- Squats plus Pushups

Total Body Abs Circuit – Choose 3 total exercises

- Plank Variations
- Mountain Climber Variations
- Stability Ball Exercise Variations (if applicable)

Fun-n-Games! (Use one fun game to finish off the workout for 5-10 minutes)

- Follow the leader
 - One person (you or a chosen camper) stand in front of the group and move forward, backward, and laterally using a variety of different movement patterns including shuffles, high knees, lunges, pushups, etc.
- You call the shots
 - One person (you or a chosen camper) stands at the front and points in certain directions. The campers move in that direction. You can designate a movement for a direction (i.e. lunge backward, shuffle right, hop left, etc.).
- Partner shadow drills
 - Pair up campers face to face in marked off 15x15 spaces. One person is the leader and can move forward, backward, laterally and diagonally while the other person mirrors their movements. Switch the leader every 30 seconds.
- Bodyweight 200 Challenges
 - A few variations have been added to TT Bootcamp Workouts.

Cool-down & Static Stretching

- Use this time for praise and recognition of your campers. In addition to bringing the energy and offering them an “escape” from the real world, your campers also want recognition for a job well done!

TT Bootcamp Sample Workout #1 – TT 30-Minute Bootcamp 2K10

Warm-up (20 seconds per exercise) – 5 minutes

- Jumping Jacks
- Prisoner Squat
- Off-Set Pushup
- Duck Under
- Arm Crosses
- Rest 1 minute and repeat 1 more time.

Water Break – 1 minute

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Vertical Jump or 1-Leg Deadlift (20 seconds per side)
- Spiderman Climb Pushup or T-Pushup
- Optional: Pull-up, Inverted Row, or DB Row
- Rest 1 minute and then repeat 1 more time.

Water Break – 1 minute

TT Depletion Circuit (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Decline Pushup or Close-Grip Pushup
- Reverse Lunge (20 seconds per side)
- Cross-Body Mountain Climber
- 1-Leg RDL (20 seconds per side)
- Plank (60 seconds)
- Run in Place
- Rest 1 minute and repeat 1-2 more times.

Cool-down, Stretching & Water Break – 7 minutes

TT Bootcamp Workout #23 – TT Metabolic Resistance Circuits: Part 1

TT Warm-up (20 seconds per exercise) – 10 minutes

- Seal Jumps
- Y-Squat
- T-Pushup
- Stick-up
- Split Squat
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Lunge Jump
- Spiderman Pushup or Regular Pushup
- Optional: DB Row or Band Row or KB Swing
- 1-Leg Bench Squat or 1-Leg Squat or Touchdown Forward Lunge (30 seconds per side)
- Squat Thrusts
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Close-Grip Pushup $\frac{3}{4}$ Reps
- Prisoner Forward Lunge (30 seconds per side)
- Stability Ball Rollout or Spiderman Climb
- Lateral Lunge (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 7 minutes

- Get-up (30 seconds per side)
- Side Plank (30 seconds per side)
- Cross-Body Mountain Climber
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

[Click here for the complete 31 TT Bootcamps Workout System](#)

Exercise Descriptions – Warm-up

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Warm-up

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Chop

- You can do this WITHOUT a medicine ball (unless you have one).
- Start with both hands behind one shoulder. Raise up on the toes of the opposite foot and rotate in the direction of the ball.
- Keep your abs braced and powerfully rotate down and across the body while pivoting on the elevated foot.
- Chop your hands down to ankle level while keeping your chest up.
- Reverse the movement, moving quickly. Do not round your lower back.



Exercise Descriptions – Warm-up

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Warm-up

Kneeling Pushup



Plank

- Support your weight on your forearms and your toes.
- Keep your abs braced and breathe normally.
- Hold that position for 1 minute.



Exercise Descriptions – Warm-up

Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time. Switch sides.



Downward Dog Pushup

- Place your hands on the ground in front of your shoulders and pike your hips up high in the air. Bring your shoulder blades together.
- Slowly transition to the top of a pushup position.
- Drop your hips and stretch your abdominals.
- Return to the start position.



Exercise Descriptions – Warm-up

Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Exercise Descriptions – Warm-up

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise. Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.



Exercise Descriptions – Warm-up

Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn’t have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



Exercise Descriptions – Warm-up

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Exercise Descriptions – Warm-up

Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Descriptions – Warm-up

Reverse Lunge

- Stand with your feet shoulder-width apart.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings.



Diagonal Lunge

- Step diagonally at a 45° angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin, and hip extensors of lead leg.



Exercise Descriptions – Warm-up

Reverse Y-Lunge

- Stand with your arms in a Y-position. Step back in a reverse lunge.
- Use your quads, glutes, hamstrings of the stationary leg to pull yourself back up.



Elbow to Instep Lunge

- Stand with your feet shoulder-width apart and hands behind your head.
- Step forward with your lead leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your lead thigh is parallel to the ground.
- Rotate your upper body so the elbow on your lead side comes down and inside the knee. Don't round your low back too much, but try to get low.
- Don't overdo it at first, this gives a strong stretch through the groin.
- Keep your upper body upright and your lower back flat.
- Push with your lead leg to return to the starting position and alternate sides.



Exercise Descriptions – Warm-up

Prisoner Forward Lunges

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Touchdown Forward Lunge

- Raise your hands up over your head. Keep your arms straight and palms forward.
- Pull your shoulder blades together. Stand with your feet shoulder-width apart.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep the ball of your other foot on the ground and use it to help keep your balance.
- The back knee must also be bent and lowers to 1-inch from the ground.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your low back flat.
- Push with your front leg to return to the starting position.



Exercise Descriptions – Warm-up

Shuffle

- This exercise stretches and strengthens the groin, so be careful.
- Start in a low squat position, then reach your outside leg out conservatively.
- Pull yourself out with that outside leg. Repeat all to one side then switch.



Run in Place/High Knees

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at an interval pace.



Exercise Descriptions – Warm-up

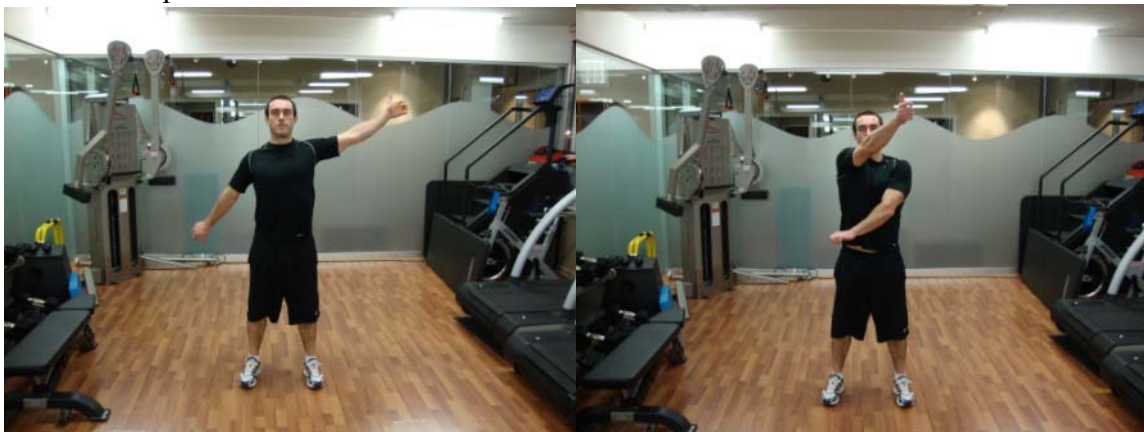
Squat Thrusts

- Support yourself on your hands on feet.
- Thrust your feet back so you are in a push-up position.
- Thrust your feet back in. That is one rep.



Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Exercise Descriptions – Warm-up

Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



Exercise Descriptions – Warm-up

Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, dro

Exercise Descriptions – Warm-up

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Exercise Descriptions – Warm-up

KB or DB 2-Hand Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Exercise Descriptions – Warm-up

Offset Pushups

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do 2 reps for one side and then change hand positions and walk forward one step, then repeat until you've completed all reps.



Plank with 1 Foot Elevated

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the floor.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Lift one leg up at a time and extend back. Alternate sides.



Exercise Descriptions – Warm-up

Pushup Plus

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- At top of the pushup, spread your shoulder blades apart and round your upper back.



Stability Ball Hip Extension

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Slowly lower your hips down until they are an inch above the ground.



Exercise Descriptions – Warm-up

Stability Ball Jackknife

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



Stability Ball Plank

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Exercise Descriptions – Warm-up

Seal Jumps

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Warm-up

T-Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Exercise Descriptions – Jumps

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Vertical Jump

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again. Repeat for 10 reps.



Exercise Descriptions – Jumps

Long Jump

- Stand in the start position for the bodyweight squat.
- Squat down and jump forward as far as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Calf Jumps

- Start on the balls of your feet.
- “Hop” up as high as possible. At the top of the movement, flex your toes up toward the ceiling and try to point your toes up.
- Land on the balls of your feet and bounce back up again as quickly as possible.
- Please watch the video for this one!



Exercise Descriptions – Jumps

Tuck Jumps

- Stand with your knees slightly bent, abs braced, and feet hip width apart.
- Dip down and explode up, jumping as high as you can.
- Bring your knees up as high and as close to your chest as possible.
- Quickly get your feet back down to land, and bend your knees when you land to absorb the force with your muscles. Land as soft as possible.
- Take a second to get prepared, and repeat.



Side to Side Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



Exercise Descriptions – Jumps

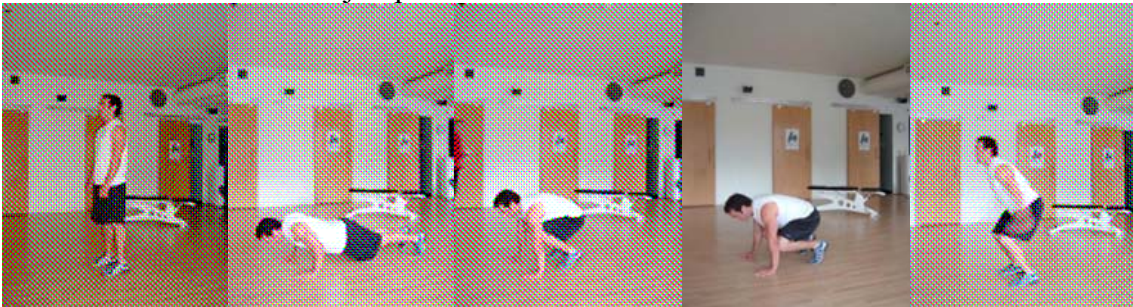
Lunge Jump

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides.



Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Exercise Descriptions – Jumps

Repeated Jumps

- Stand in the athletic position with hips and knees bent.
- Dip down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Exercise Descriptions – Push-Ups

Plank-to-Pushup

- Start in the top of the pushup position.
- Drop one forearm down and then the other.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Slowly shift your body into the top of the pushup position. That's one rep.



Grasshopper Push-up

- Start in a pushup position.
- Drop your right hip, and rotate your right leg so that it moves under your body and your right foot ends up outside your left hand.
- Reverse the movement and bring your leg back to the start position. Alternate sides.



Exercise Descriptions – Push-Ups

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Perform 8 repetitions in this manner and then switch to do 8 repetitions with the left arm elevated. Keep your abs braced.



[Kneeling] Elevated Pushups



Exercise Descriptions – Push-Ups

Pike Pushup or Shoulder-Press Pushup

- Place your feet on a bench and hands on the floor slightly wider than shoulder-width.
- Pike your hips up in the air as much as possible, so you are as vertical as can be.
- Slowly lower your head to the floor.
- Pause, and push with your shoulders and triceps back to the start position.



Decline Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Push-Ups

Decline Close-Grip Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches off the ground while keeping your elbows tucked into your sides.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Spiderman Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Exercise Descriptions – Push-Ups

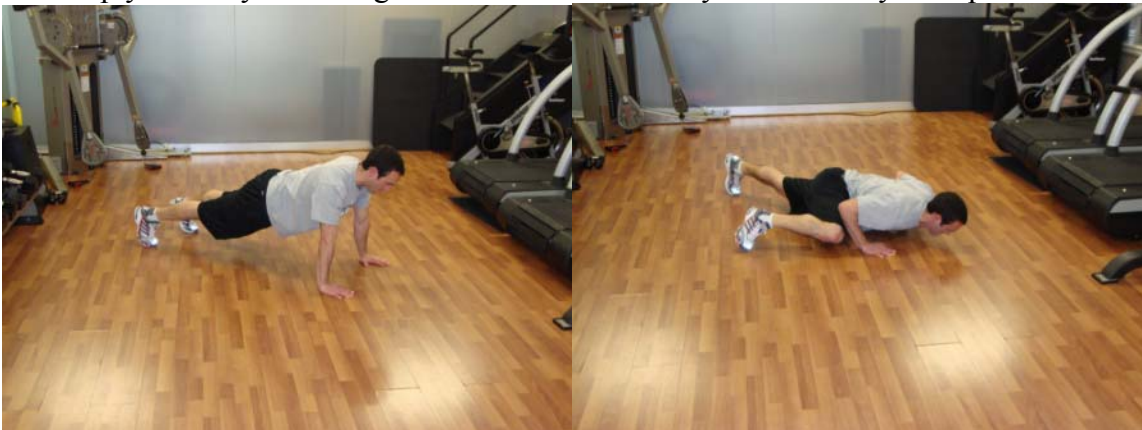
Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



Spiderman Climb Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Exercise Descriptions – Push-Ups

Eccentric Push-up

- Same as regular pushup but take 5 seconds to lower yourself to the ground.

Close-grip Pushup $\frac{3}{4}$ reps

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return $\frac{3}{4}$ of the way to the top, but not all the way to the start position – maintain tension on triceps all the time.
- Keep your body in a straight line at all times and elbows tucked in.



Exercise Descriptions – Lower Body Exercises

Forward Lunge/Walking Lunge

- Stand with your feet shoulder-width apart holding dumbbells at arm's length.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Pull with your lead leg to return to the standing position, one step ahead of where you started.
- For the walking lunge, walk forward for all repetitions, alternating sides.



Multi-Direction Lunge

- Perform one forward lunge, followed by a diagonal lunge, and then a reverse lunge for one leg. Repeat all reps for one side and then switch.

Exercise Descriptions – Lower Body Exercises

Reaching Lunge/1 Leg Reaching Lunge

- Stand with your feet shoulder-width apart and then stand on one leg, balance yourself, and then bend your knee and reach forward as you squat down.
- Reach as far as you can while keeping your chest up and back flat.
- Return to the starting position without losing your balance.
- Perform all repetitions on one leg and then switch.



Prisoner Sumo Squat

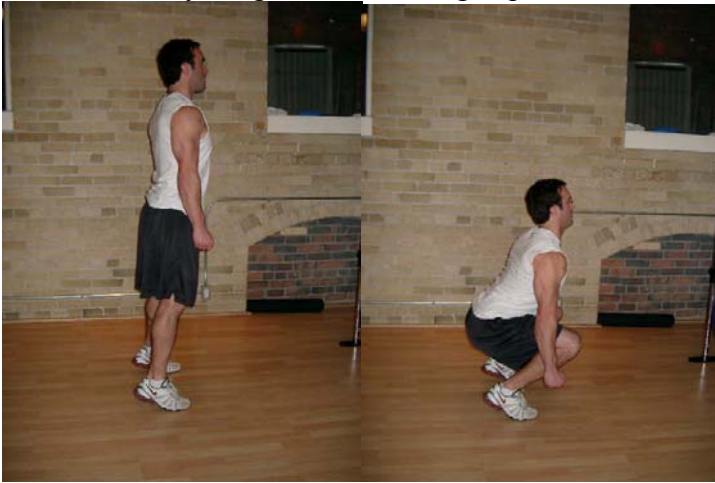
- Stand with your feet 6-inches greater than shoulder-width apart.
- With your abs braced and glutes squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible and keep your knees out.
- Keep your low back tensed in a neutral position. Don’t let your lower back round.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Lower Body Exercises

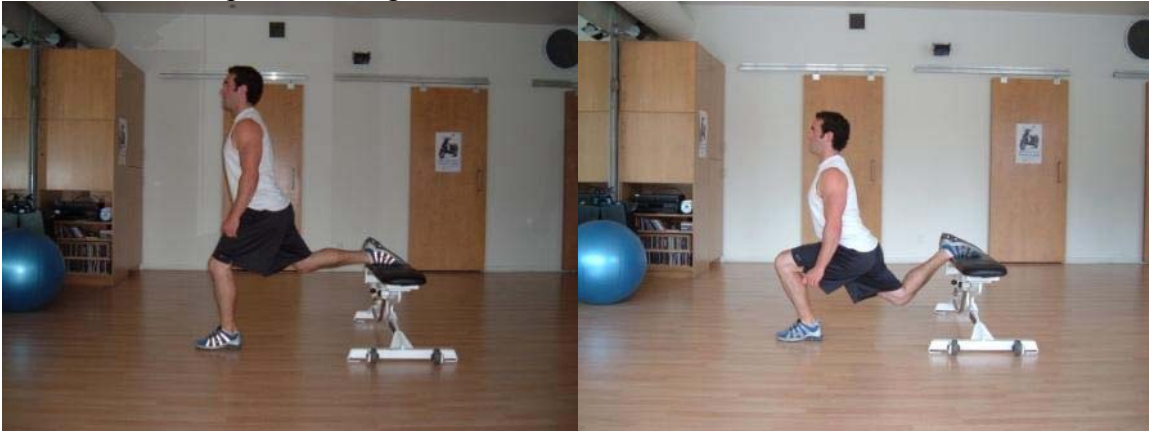
Siff Squat

- Stand on the balls of your feet, with your feet just greater than shoulder-width apart.
- Stay on the balls of your feet for the entire exercise.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, quads, and calves to return to the start position.



Bulgarian Split Squat

- Place the laces of one foot on a bench.
- Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Descriptions – Lower Body Exercises

1-Leg Squat

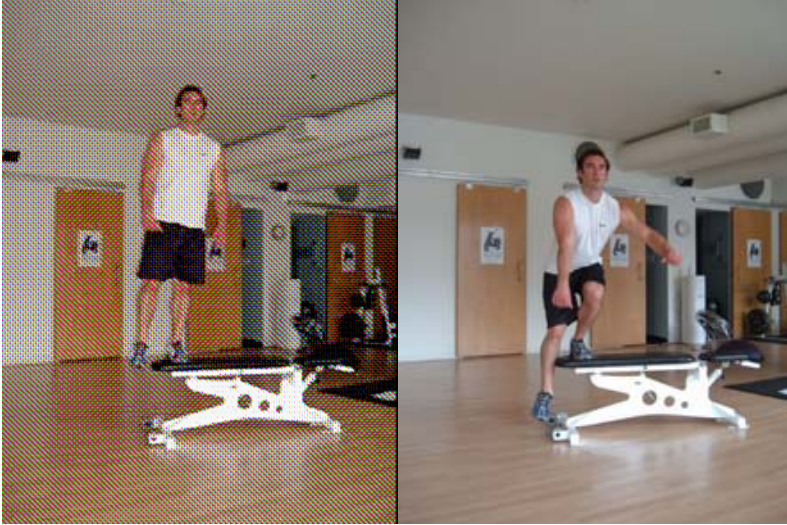
- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Exercise Descriptions – Lower Body Exercises

1-Leg Squat on Bench

- Stand on the end of a bench with one foot and let the other hang down.
- Push your hip back and squat as low as you can.
- Contract your glutes and hamstrings to push back up to the start position.



1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Exercise Descriptions – Lower Body Exercises

1-Leg RDL

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



Lateral Lunge

- You can do this without a kettlebell or dumbbell.
- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



Exercise Descriptions – Total Body Abs

Cross-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Bear Crawl

- Start in a modified push-up position with your knees bent.
- Crawl laterally on your hands and feet without letting anything else touch the ground.
- Don't let your hips come up. Do all reps in one direction and then switch.



Exercise Descriptions – Total Body Abs

Get-up

- You can do this WITHOUT a dumbbell. You can also use a kettlebell.
- Lie on your back on the floor with a dumbbell held straight above you.
- Bend the knee on the same side. Curl your body up to the seated position while keeping the dumbbell held straight above you.
- Slide your other leg back out underneath you so that you are in the kneeling position.
- Stand up. Slowly return to the lying position. Do all reps for one side and switch.



Exercise Descriptions – Total Body Abs

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Side Plank Leg Raise

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Raise your top leg up as high as you can.



Exercise Descriptions – Pulling Exercises

Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Beginner Inverted Rows



Exercise Descriptions – Pulling Exercises

Underhand Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Chin-up

- Take underhand grip on the bar with the palms facing you.
- Pull yourself up to the top position so that your chin is above the bar.
- Slowly lower yourself but do not let your body swing and do not use momentum.



Exercise Descriptions – Pulling Exercises

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Kettlebell Exercise Descriptions

1-Arm KB or DB Swing

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



KB Row

- Hold a kettlebell in one hand, and stand with a staggered stance.
- Place your empty hand on your lead thigh. Brace your abs.
- Slowly row the KB up to the lower abdomen. Do NOT round your lower back.
- Keep the low back tensed in a neutral position and the elbow tight to the side.



Kettlebell Exercise Descriptions

Kettlebell 1-Arm Overhead Press

- Hold a Kettlebell at shoulder height with your palm facing your body.
- Let the other arm hang free at your side.
- Press the Kettlebell overhead while rotating your palm to face away from the body.
- Slowly lower. Do all reps on one side then switch.



KB Renegade Row

- Start in the pushup position with your hands wrapped around two light kettlebells.
- Keep your abs braced and row one kettlebell up to your ribcage.
- Slowly lower under control and alternate sides.



Dumbbell Exercise Descriptions

DB Renegade Row

- Start in the pushup position with your hands wrapped around two light dumbbells.
- Keep your abs braced and row one dumbbell up to your ribcage.
- Slowly lower under control and alternate sides.



DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen. Do NOT round your lower back.
- Keep the low back tensed in a neutral position and the elbow tight to the side.



Dumbbell Exercise Descriptions

DB Bulgarian Split Squat

- Hold dumbbells (DB's) in your hands & stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



Stability Ball Exercise Descriptions

Stability Ball Jackknife-Pushup

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- At the same time, bend your elbows and lower down into a pushup position.
- Pause and then push back up and return the ball to the starting position by rolling it backward.



Legs on Ball Pushup

- Put your hands on the ground, slightly wider than shoulder width apart.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



Stability Ball Exercise Descriptions

Stability Ball Ab Pike

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.



Modified Stability Ball Rollout

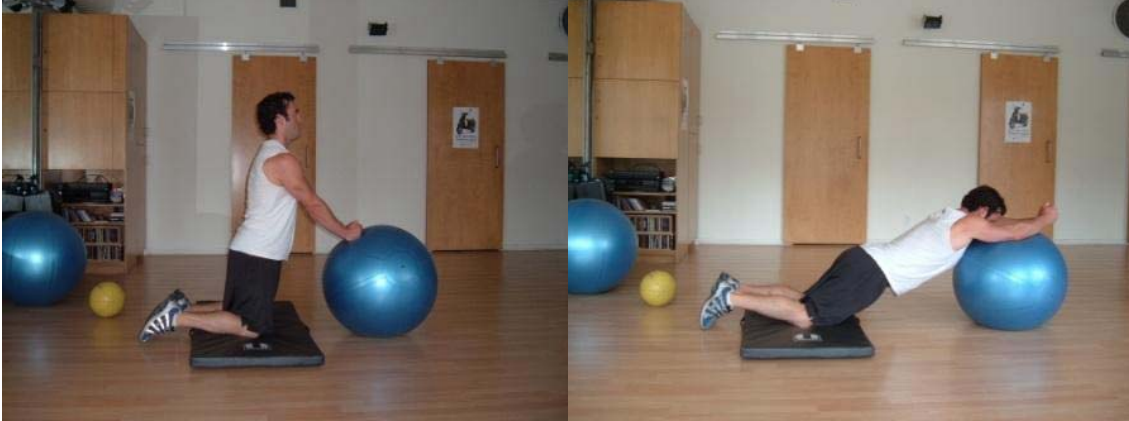
- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and rollout 6-12 inches.
- Keep your abs braced as they get a stretch on the way out.
- Then contract your abs and reverse the motion to return to the upright position.



Stability Ball Exercise Descriptions

Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Stability Ball Exercise Descriptions

1-Leg Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep only one foot on the ball and raise the other one up in the air.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level). Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



Quadriceps Stretch

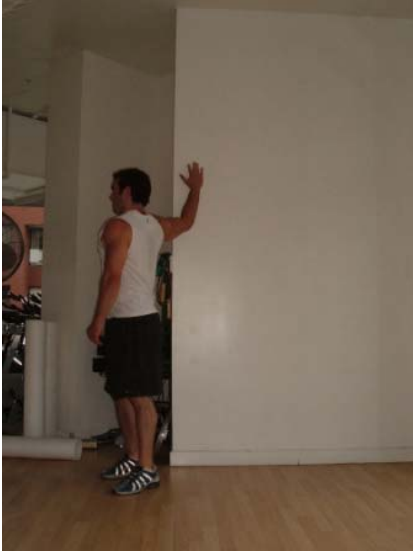
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch #1

- Stand next to a doorframe. Raise elbow to shoulder height and rotate arm so that your hand is up (as if in a throwing position with elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow. Feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Static Stretching

Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.



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