

Notes :

1 Spinning bike



Adjust the seat height so your knees are slightly bent while at the bottom of the cycle.

Duration: 10-15 minutes

2 Jogging on the treadmill



Jog on the treadmill

Duration: 10-15 minutes

3 Jumping jacks



Stand up straight and look directly ahead of you. Bring your hands up by your side and together above your head, while you jump up and land feet apart. Lower your hands by your side while you jump up and land feet together (jumping jacks).

Sets: 5 Reps: 10

4 Mountain climber burpee (No push-up)



Go down into a push-up position on your hands and bring both knees alternately to your chest to do a mountain climber, Then, stand up and jump with your hands higher than your shoulders. Repeat quickly.

Sets: 5 Reps: 10

5 Push-up with protraction



In a push-up position, lower the body then extend the elbows to push yourself back up and protract the scapula as to push yourself farther from the floor. Do not drop the head as you lower yourself. Do not arch the lower back.

Sets: 5 Reps: 10

6 Parallel back squat



Adjust the height of the rack to a level that the bar can be removed and replaced without going up on your tiptoes.

Place the bar on the upper portion of your back (Upper trapezius muscle). Hold the bar comfortably slightly wider than shoulder-width.

Place your feet shoulder-width apart.

Lower to the point where your thighs are parallel to the ground by pushing your hips backward and flexing your knees.

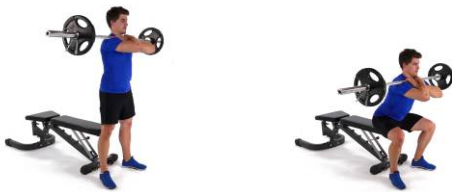
Keep your chest up and back neutral for the duration of the movement.

Keep your heels planted on the ground and knees aligned with your ankles.

In the upward phase, do not allow your hips to rise faster than the bar.

Sets: 3 Reps: 8-12

7 Front box squat



Adjust the height of the rack to a level that the bar can be removed and replaced without going up on tiptoe.

The bar should be placed on the front of the shoulders and on the collarbones/upper chest without cutting the airways.

With elbows up, place the hands just outside the shoulders on the bar.

Keep the back straight at all time and go down by pushing the hips back and flexing the knees to "sit" on a box or bench without really sitting on it.

Keep the heels planted on the ground and knees aligned with the ankles.

In the upward phase, do not allow the hips to rise faster than the bar.

Lifting straps can be used for the grip if mobility is restricted

The hands can also be crossed on the shoulders.

Sets: 3 Reps: 8-12

8 Bulgarian split squat DB



Grab the dumbbells and put the the back foot on a bench or box.

Bring the back knee toward the ground to initiate the movement and lower as much as you can without the lower back going in extension.

Keep the torso upright at all time.

Sets: 3 Reps: 8-12

9 Deadlift



STARTING POSITION:

Place your shins approximately 1 inch (3 cm) behind the bar and your feet hip to shoulder-width apart with your toes pointed slightly outward.

Place your hands slightly wider than shoulder-width apart, grabbing the bar with an overhand or mixed grip. Keep your back flat with your chest up and out. Keep your head in line with your spine, your heels down, and shoulders over the bar.

MOVEMENT:

Extend your hips and knees to lift the bar off the floor.

Keep your torso-to-floor angle constant (until the bar meets your knees) and shoulders over bar.

Do not let your hips rise before your shoulders.

As the bar rises just above your knees, push your hips forward to move your knees under the bar.

Continue to extend your hips and knees until your body reaches a fully erect torso position.

Sets: 3 Reps: 8-12

10 BB Shoulder Press



Stand with the barbell at collarbone level, resting on your deltoid muscles. Press the barbell up over your head and lower it under control back to your collarbone without using any leg drive. Make sure to keep your lower back neutral by bracing the abdominals.

Sets: 3 Reps: 8-12

11 One arm DB snatch



Hold a dumbbell in one hand on the floor (picture incorrect). Extend legs like you are jumping and lift dumbbell as quick as you can to overhead and stabilize. Return weight to floor and repeat. Repeat on other side.

Sets: 3 Reps: 8-12

12 OH triceps ext. (neutral)



Sit and press the dumbbells overhead with palms facing each other (neutral grip). Keeping the trunk and the arm still, flex the elbows backward as much as you can and come back to the starting position without using any upperarm drive.

Sets: 3 Reps: 8-12

13 DB biceps curl (standing)



Keep your palms facing forward and curl the dumbbells up at the same time. Do not swing your arms. Keep your shoulders and shoulder blades in the neutral position. Extend your elbows completely in the bottom position.

Sets: 3 Reps: 8-12

14 Jump on a box



Start facing the box in a comfortable stance, feet shoulder width apart. Begin with a slight countermovement and jump onto the box. Land on top of the box then step down and repeat. You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise. Progress over time by increasing the height of the box.

Sets: 3 Reps: 10

15 Abdominal plank



Place the elbows directly under the shoulders and prop yourself on the elbows, keeping a neutral back and head aligned with the spine. Hold the position.

Sets: 3 Hold: 30-60 seconds

16 Side plank arm circles



Place your feet in line with your torso and your top arm raised to the ceiling. Circle the top arm in quick clockwise and counterclockwise motions. Keep your pelvis/torso stable, preventing pelvic twist or sag. Progress by holding a small dumbbell or can of food.

Sets: 3 Hold: 30-60 seconds

17 Ball bridge with leg curl



Lay on your back with your heels on a Swiss ball. Lift your hips up and pull your heels toward your buttocks. Straighten your legs back out, then lower your hips back to the ground.

Sets: 3 Reps: 15

18 Swiss ball pike



Put your shins on the ball and roll onto the ball into a plank position. Your back must be straight, not arched and your chin must be tucked in. With your feet on the ball pull the ball toward you flexing your hip, lifting your buttock towards the ceiling and keeping your legs straight. Your back must stay straight and stable at all times. Return to initial position and repeat.

Sets: 3 Reps: 15

19 Strict toes to bar



Hang from a bar high enough so your feet are off the floor. Without swinging raise your straight legs to bring your feet to the bar. Lower under control and repeat.

Sets: 3 Reps: 10-15