

# HEART & FITNESS

# HREF

Fitter. Healthier. Happier



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## 10 Week Home Workout Program



## Which is the best way to track my progress?

There are multiple ways that you can track your progress. The main two ways are to take girth measurements as well as progress photos. During this 10-week program you will track yourself on week 1, week 5 & week 10. On the following pages you will have a sheet for you to record your measurements so you can track your progress. As we build muscle, we will be dropping fat mass, but the scales may not reflex this. Therefore, we will avoid the scales as much as possible & track through measurements & progress photos.

### How to take your progress shots:

Front: With arms by your side

Side: With arms out in front

Back: With arms above or behind your head

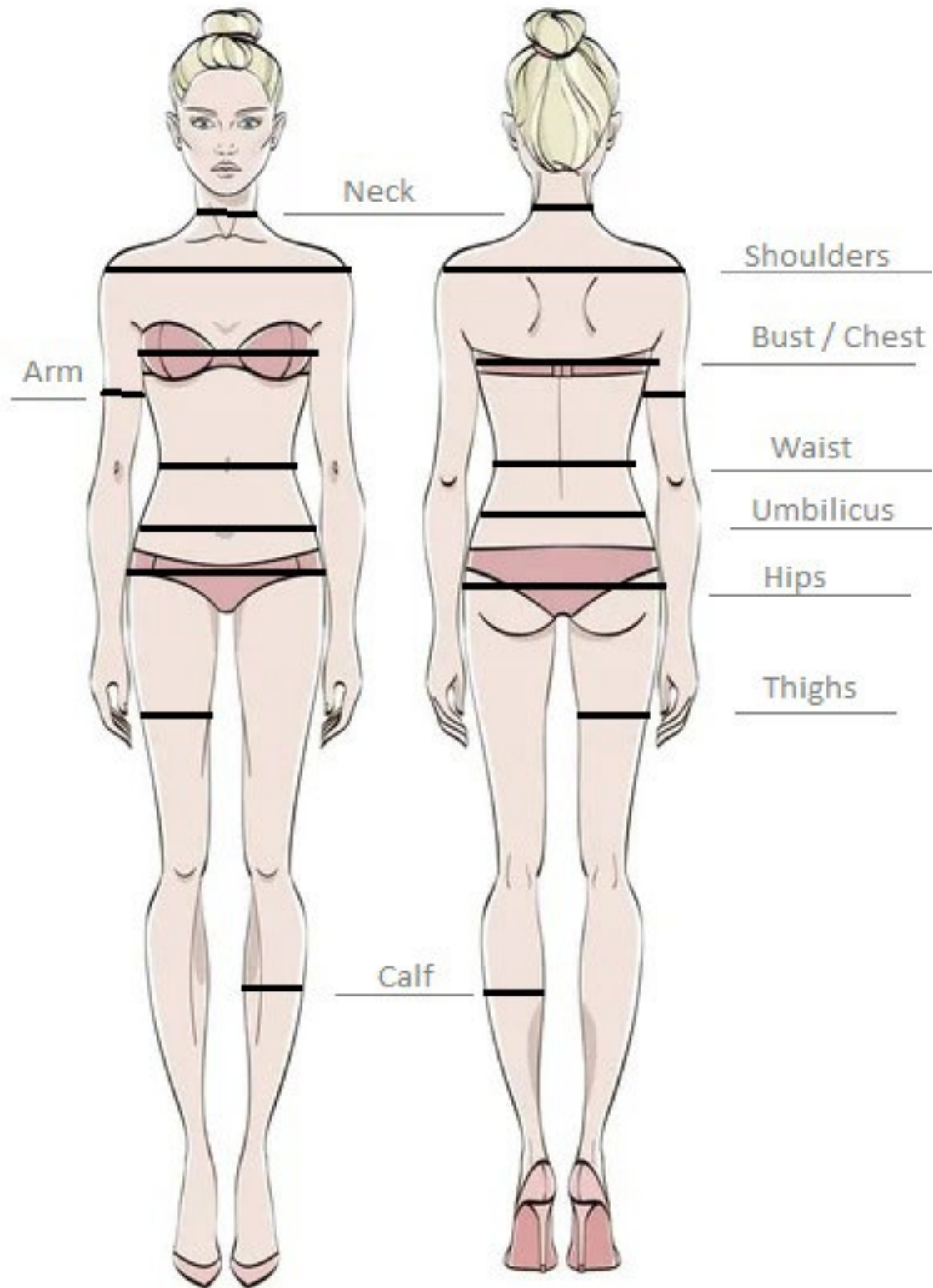
\*Remember to always take a full shot of the whole body



# Measurements

CMS	WEEK 1	WEEK 5	WEEK 10
NECK			
SHOULDERS <i>Circumference from front to back</i>			
BUST			
ARM L			
ARM R			
WAIST <i>Smallest part of torso</i>			
HIPS <i>Largest part of glutes</i>			
THIGH L			
THIGH R			
CALF L			
CALF R			
UMBILICUS			

# How to take your measurements



## Equipment Needed:

The first two weeks you can get away with minimal equipment using mainly only body weight, a light set of Dumbbells & your fabric resistance bands. As you progress throughout the weeks, progressive overload will be your friend. So, trying to find slightly heavier dumbbells or adding another set or few more repetitions will help to give you the gains that you are looking for. If 12 repetitions are still easy as you progress, you can increase your repetitions to 15. Once that becomes easy, increase your sets from 3 to 4 & so forth.

**BENCH – COFFEE TABLE, CHAIR**

**WEIGHT – CANS, DUMBBELLS, BOTTLES,  
FILLED WASHING BASKET, KETTLEBELLS**

**OTHER – RESISTANCE BANDS, SWISS FIT BALL**

### HOW THE WORKOUT PROGRAM WORKS

Each exercise set is worked as a “SUPERSET”. Which means that the 2 exercises in each block is to be done back-to-back without rest. Once both exercises are completed you are to rest between 30 -60 seconds before continuing to the next set.

#### **ABBREVIATIONS:**

- DB – DUMBBELL
- E/S – EACH SIDE

# WEEK 1 & 2

## DAY 1

### UPPER & CORE

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Push ups (Knees or Toes)	3	10		
DB Bent Over Row	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Tricep Dips	3	12		
Mt Climbers	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Shoulder Press	3	12		
Straight Leg Sit Ups	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Sliding Lat Pull Downs	3	12		
Plank Shoulder Taps	3	20		

# WEEK 1 & 2

## DAY 2

### LOWER & CARDIO

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Box Squats	3	12		
High Knee Jogs	3	30 Sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Walking Lunges	3	10 E/S		
Jumping Jacks	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Squat Press	3	12		
Sprinter Lunges	3	12 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Banded Hip Thrusts	3	12		
Wall Sit	3	30 Sec		

# WEEK 1 & 2

## DAY 3

### FULL BODY

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Bulgarian Split Squat	3	10 E/S		
Banded Crab Walks	3	15 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Dead Bugs	3	30 sec		
Bicycle Crunches	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Hand Raised Push Ups	3	12		
Commandos	3	30 Sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Banded Glute Bridges	3	12		
Banded Side Laying Clams	3	12 E/S		

# WEEK 3 & 4

## DAY 1

### UPPER & CORE

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
1x Burpee 1 x Push Up	3	10		
Reverse Ab Crunch	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Tricep Kickbacks	3	12		
Bicep Curl to Overhead Press	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Plank Jack / Step Outs	3	30 Sec		
Renegade Rows	3	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Russian Twists	3	30 sec		
Bicycles (Legs Only)	3	30 sec		

# WEEK 3 & 4

## DAY 2

### LOWER & CARDIO

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Single Leg Hip Thrusts	3	10 E/S		
Sumo Squat	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Curtsey Lunges	3	12 E/S		
Froglers	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Single Leg Deadlift	3	15 E/S		
Tuck Jumps	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Burpees	3	10		

# WEEK 3 & 4

## DAY 3

### FULL BODY

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
1x Inchworm 1x Push Ups	3	10		
Squat to Calf Raise	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Flutter Kicks	3	30 Sec		
Side Plank	3	30 sec E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Sumo Squat Pulse	3	30 Sec		
Deadlifts (Band or DB)	3	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Superman's	3	12		
Front Shoulder Raises	3	12		

# WEEK 5 & 6

## DAY 1

### UPPER & CORE

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
DB Chest Press	4	12		
Reverse Ab Crunch	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Reverse DB Flyes	4	12		
DB Wood Chops	4	10 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Incline Push Ups	4	12		
Plank Hip Dips	4	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Side DB Shoulder Raises	4	10		
Tricep Overhead Extensions	4	12		

# WEEK 5 & 6

## DAY 2

### LOWER & CARDIO

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Jump Squats	4	12		
High Knees	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Raised Reverse Lunges	4	12 E/S		
Jumping Jacks	4	30 Sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Raised Banded Glute Bridge	4	12		
Seated Banded Clams	4	15		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Kettlebell / DB Swings	4	15		
Skaters	4	30 Sec		

# WEEK 5 & 6

## DAY 3

### FULL BODY

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
1x Burpee 1x Push UP	4	12		
Bicep Curl to Overhead Press	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Bulgarian Split Squat	4	10 E/S		
Banded Crab Walks	4	15 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Russian Twists	4	30		
Plank Shoulder Taps	4	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Box Squat to Jump	4	12		
Sit Up with 4 Punches	4	30 Sec		

# WEEK 7 & 8

## DAY 1

### UPPER & CORE

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
DB Bent Over Row	4	12		
Straight Leg Sit Ups	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Seated Shoulder Press	4	12		
Kneeling Wood Chops	4	15 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Russian Twists	4	30		
Plank Hip Dips	4	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Front to Side Shoulder Raise	3	12		
Spider Man Push Ups	3	10		

# WEEK 7 & 8

## DAY 2

### LOWER & CARDIO

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Bulgarian Split Squat	4	12		
Sumo Squat	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Swiss Ball Leg Curl	4	15		
Side Laying Clams	4	15 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Banded Donkey Kicks	4	15 E/S		
Heel Raised Banded Squats	4	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Skipping	3	30 Sec		
Side Shuffle - 3 steps	3	30 Sec		

# WEEK 7 & 8

## DAY 3

### FULL BODY

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
DB Chest Press	4	12		
Sliding Lat Pull Down	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Bicycle Crunches	3	5 E/S		
Dead bugs	3	10 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Curtsey Lunges	4	12 E/S		
Raised Hip Extensions	4	15		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Froggers	4	12		
Skaters	4	30 Sec		

# WEEK 9 & 10

## DAY 1

### UPPER & CORE

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
1x Inchworm 2x Push Ups	4	12		
Tricep Dips	4	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Flutter Kicks	3	30 Sec		
Side Plank	3	30 sec E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Reverse DB Flyes	4	12		
Bicep Curl to Overhead Press	4	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Renegade Row	4	10 E/S		
Seated Shoulder Press	4	12		

# WEEK 9 & 10

## DAY 2

### LOWER & CARDIO

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Squat to Calf Raise	4	12		
Burpees	4	10		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Sumo Squat Pulse	3	30 Sec		
Deadlifts (Band or DB)	3	20		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Raised Reverse Lunges	4	10 E/S		
Skipping	4	30 Sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
DB/Kettlebell Swing	4	30 Sec		
Banded Crab Walks	4	15 E/S		

# WEEK 9 & 10

## DAY 3

### FULL BODY

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Raised Banded Squats	4	20		
Banded Donkey Kicks	4	15 E/S		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Single Leg Deadlift	3	15 E/S		
Tuck Jumps	3	30 sec		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
Superman's	3	12		
Front Shoulder Raises	3	12		

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Weight</b>
DB Woodchops	4	12 E/S		
Incline Push Ups	4	30 Sec		

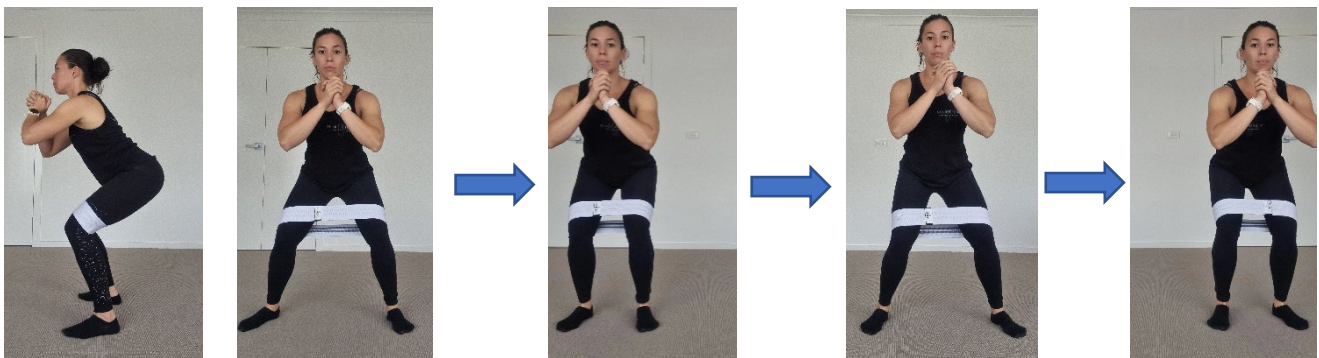
# EXERCISE LIBRARY A-Z

**Burpee:** Start in standing position, hop out into plank, push up & jump back up (1 BURPEE)

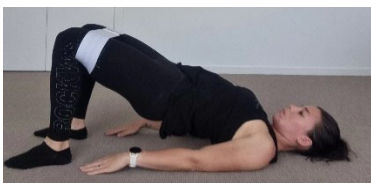
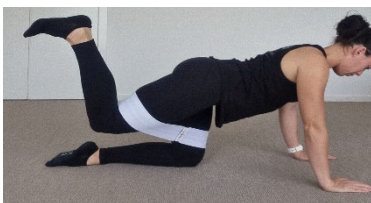
**Inchworm** – Same actions as a Burpee but walk your hands out into plank, walk back up to standing



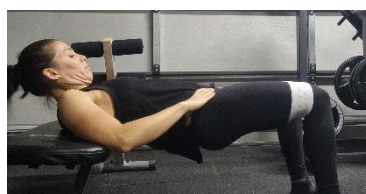
**Banded Crab Walks** – Start in squat position, step out x number of steps to one side then back again (1 set)



**Banded Donkey Kicks** – Sitting on both hands & feet with b& around the knees. Kick heels up to the ceiling & squeeze glute at the top.



**Banded Hip Thrusts** – Raising your shoulders on a bench or chair, bands above the knees. Drop hips to the floor, push hips up through the heels & squeeze the glutes. Keep chin tucked in like picture 2.

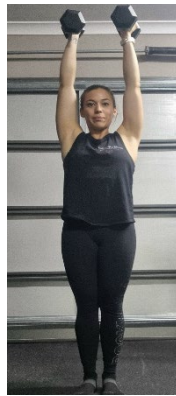
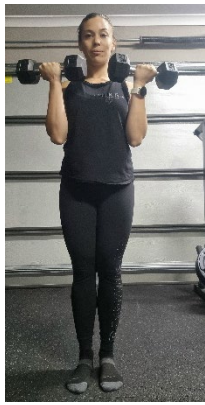


Try to avoid lifting chin up

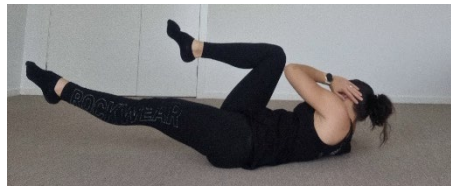
**Banded Side Laying Clams** – Placing the bands above the knees, starting with knees & feet together. Pushing the top knee against the band & back down again.



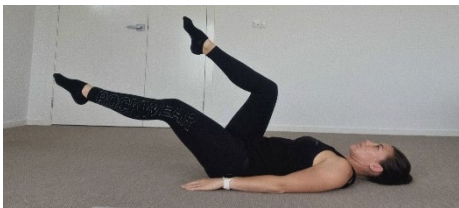
**Bicep Curl to Overhead Press** – Start with arms by your side, lifting the Dumbbells to bicep curl then raising Dumbbells overhead to press. Making sure to keep back straight & abs tight to avoid arching.



**Bicycle Crunches** – Pushing lower back into the ground to activate abs. Bring elbow to opposite knee, making sure other leg is elongated.

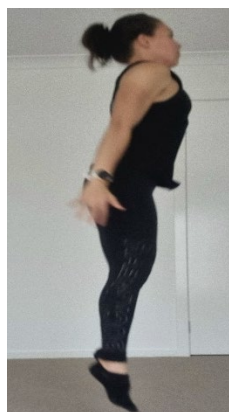
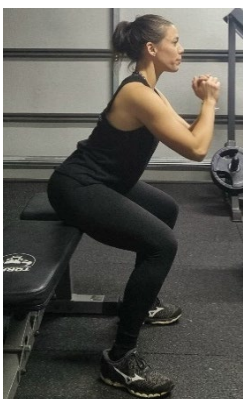


**Bicycles (Legs Only)** – Same as a Bicycle Crunch only without the arms. Legs will be rotating in & out like riding a bike. Making sure to keep your lower back pushed into the floor.

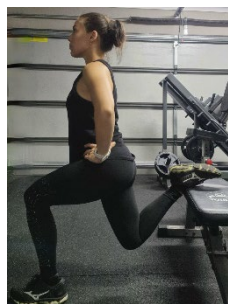
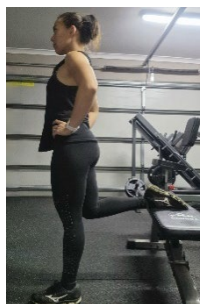


**Box Squats** - Squatting down onto a bench, chair, coffee table. Standing straight & squeezing the glutes.

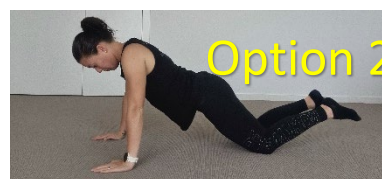
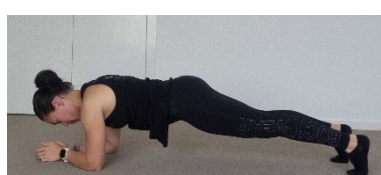
**Box Squat to Jump** – Squatting down onto a bench, chair, coffee table. Jumping off the bench & squeezing the glutes. Landing soft & squat onto bench again then repeat.



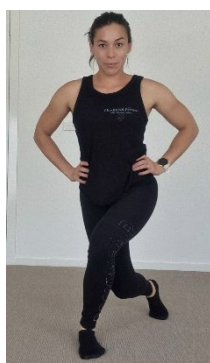
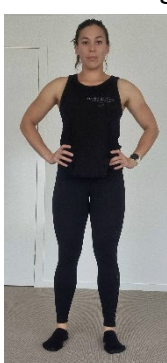
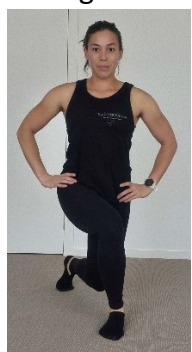
**Bulgarian Split Squat** - Stand 2 to 3 feet in front of a knee-high platform. Extend your right leg behind you & rest your toes on the bench. Keeping your torso upright, slowly lower your right knee toward the floor. Reverse the move & return to the starting position. To Progress hold extra weight.



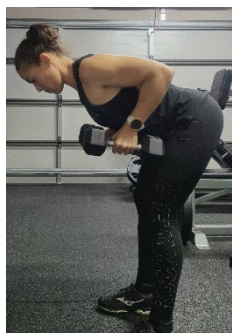
**Commandos** – Start in high plank position either on your knees or toes. Dropping down to elbows & back up to high plank again.



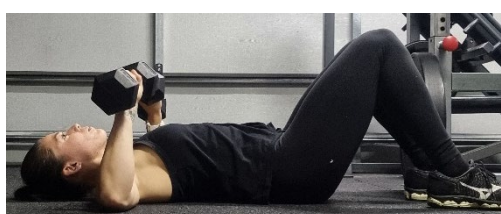
**Curtsey Lunges** – Cross 1 leg behind the other in a curtsy. Dropping the back knee first & pushing through the heel of the front leg.



**DB Bent Over Row** – Stand upright while holding DB in each hand. Hinge forward at the hips tilting torso parallel to the floor (bum is to stick out like deadlift position) Pull the dumbbells towards your body until elbows are just past the midline & squeeze shoulder blades together.



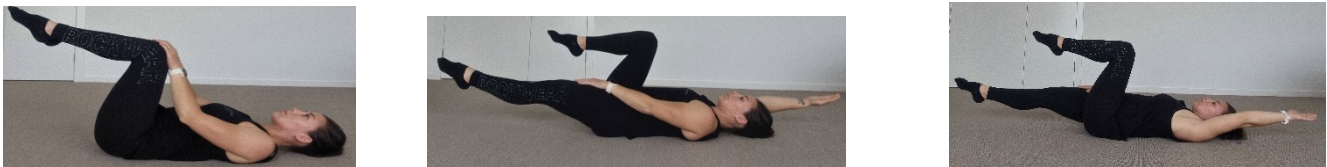
**DB Chest Press** – Laying on the floor, start with elbows bent at 90-degrees then press to the ceiling.



**DB Wood Chops** – Start standing with your feet shoulder-width apart & turned out slightly. Crouch slightly with your back straight. Hold your dumbbell beside your thigh. Twist your torso as you lift the weight above your shoulder. Repeat other side.



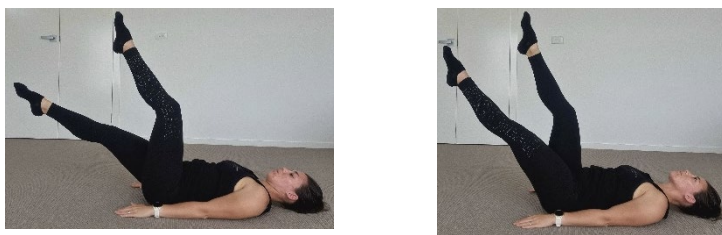
**Dead Bugs** – Starting with knees at a 90-degree angle with hands at chest. Alternating each leg with opposite arm making sure to push lower back into the ground.



**Deadlifts (Band or DB)** - Assume a standing position with your feet shoulder width apart & hold the dumbbells with your palms facing inward. Engage your core, bring your shoulder blades together, & keep your chest held high. With a slight bend in your knees, hinge at the waist with a straight back & lower the weights towards the ground. You should feel a deep stretch in your hamstrings as your hips move backwards return to the standing position & squeeze your glutes.



**Flutter Kicks** – Lie on your back. Extend your legs up to a 45-degree angle. Keep your legs straight & glued together with your toes pointed, start lowering one leg. Continue the movement, alternating between legs.



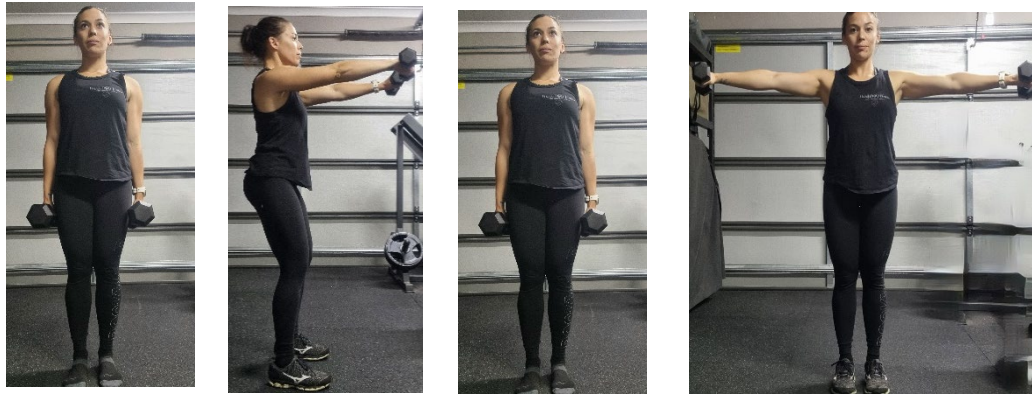
**Frogers** – Starting with wide squat & hands in between feet. Jumping/stepping into plank & back into frog position. Repeat



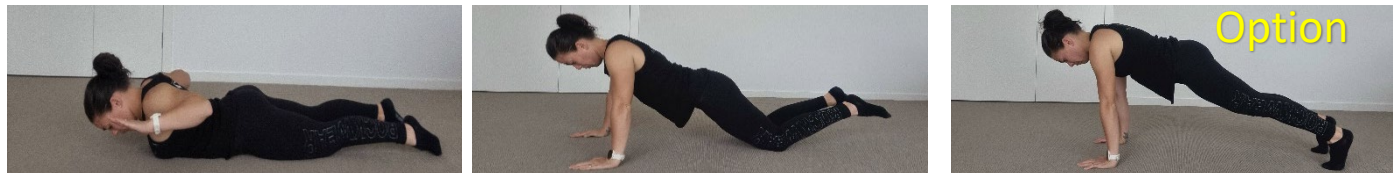
**Front Shoulder Raises** – Start with dumbbells in hand & arms by your side. Keeping abs tight & back straight lift dumbbells up to shoulder height & lower again. Repeat



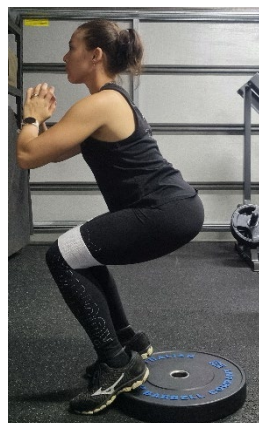
**Front to Side Shoulder Raise** – Start with dumbbells in hand & arms by your side. Keeping abs tight & back straight lift dumbbells up to shoulder height & lower again. Then raise dumbbells to the side.



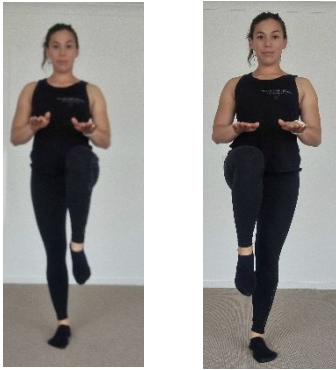
**Hand Raised Push Ups** – Starting flat on the floor with hand off ground squeezing the shoulder blades. Push up onto knees or toes & back to starting position.



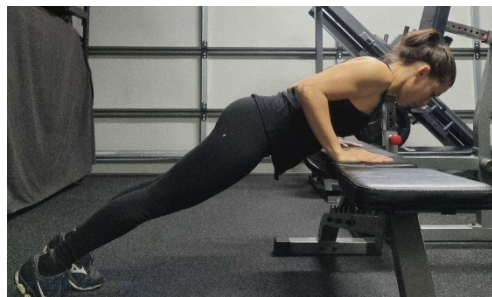
**Heel Raised Banded Squats** – Place hip bands above the knees. Raising heels up on an object no higher than 5-6cms. When squatting, keep your back straight, & pressing the knees slightly against the band. Press up through the heels & squeeze glutes at the top.



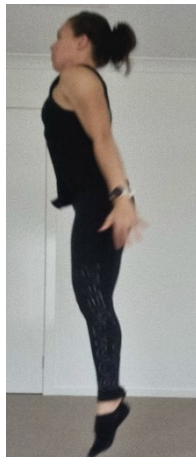
**High Knees** – Jogging on the spot keeping the knees hip height throughout the whole set.



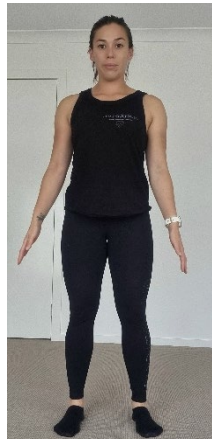
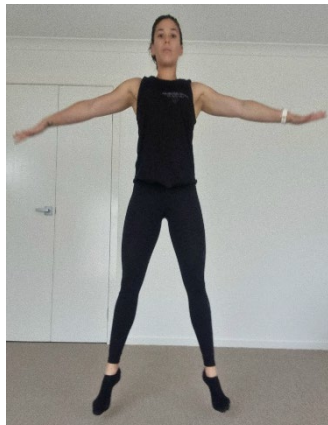
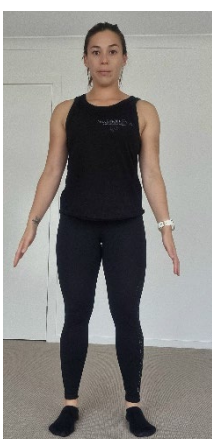
**Incline Push Ups** – Place your hands on the edge of the elevated surface. Step your feet back so your legs are straight, & your arms are perpendicular to your body. Inhale as you slowly lower your chest to the edge of your platform. Pause for a second. Exhale as you push back to your starting position with your arms fully extended.



**Jump Squats** – Start in squat position & power through the legs for a high jump. Land gently in squat position & repeat.



**Jumping Jacks / Star Jumps** – Start with feet together & jump with arms & legs out like a star.



**Kettlebell / DB Swings** – Set your feet shoulder-width apart. Without rounding your lower back, bend your knees slightly, push your hips back, & swing the weight between your legs. Once the weight is behind you, contract your glutes & thrust your hips forward to swing the dumbbell to chest level.



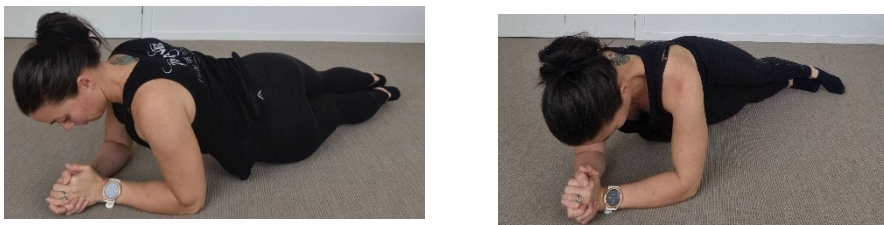
**Kneeling Wood Chops** – Kneel on floor with knees hip-distance apart, holding a dumbbell with both hands, arms extended. Rotate torso to the left, bringing weight to outside of left thigh, keeping arms extended. This is your start position. Using your core, lift weight diagonally across body and above your right shoulder, keeping arms extended. Reverse to start.



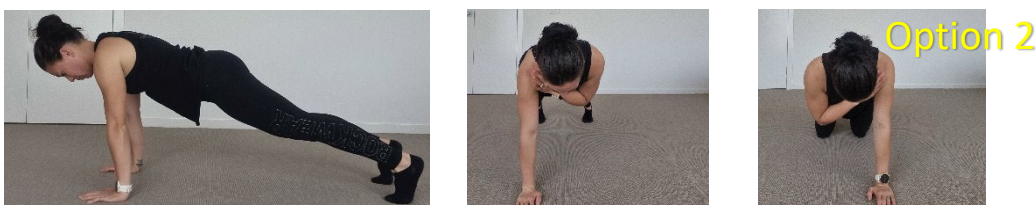
**Mt Climbers** – Starting in plank position, bring 1 knee into chest then alternate legs. Making sure hips stay level with back. As you get experienced pick up the pace.



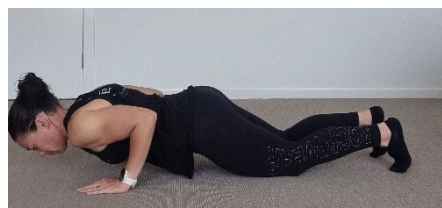
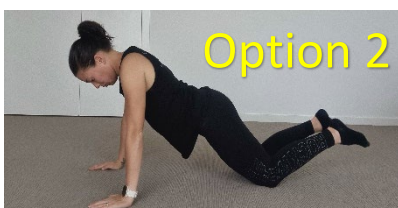
**Plank Hip Dips** – Starting at low plank position (elbows) on either knees or toes. Rotate your hips to dip from side to side touching the floor.



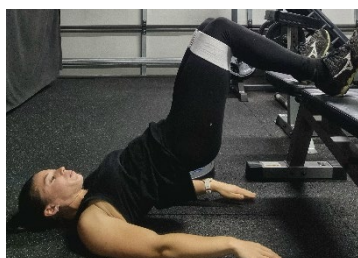
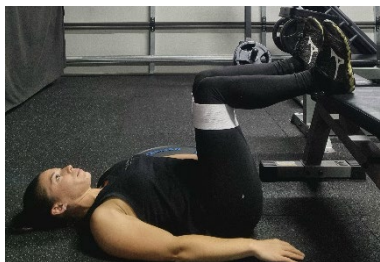
**Plank Shoulder Taps** – Holding high plank position. Remove one arm to touch opposite shoulder. Repeat other side. Keep abs engaged & hips level with the back.



**Push ups (Knees or Toes)** – Bending through the elbows, chest to the floor push back up keeping your abs engaged.



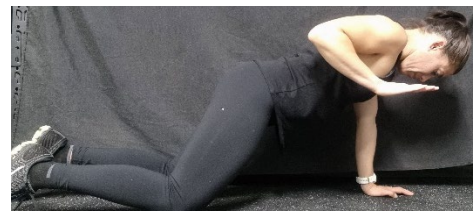
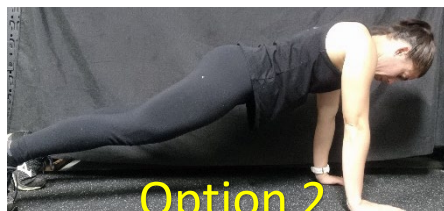
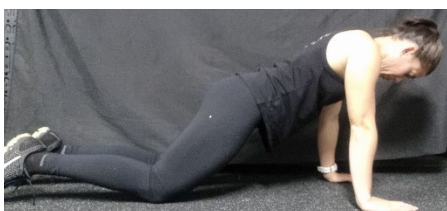
**Raised Banded Glute Bridge** – Placing heels onto an elevated surface & bending knees at 90-degrees. Push hips up using the glutes while putting slight pressure against the band the whole time.



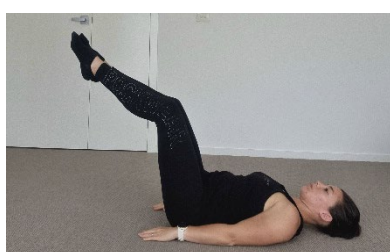
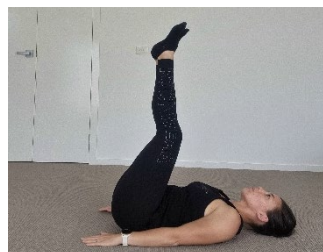
**Raised Reverse Lunges** – Standing on an elevated surface about 5cms high, step back into a lunge position & drop the back knee into a lunge. Repeat for number of reps before alternating.



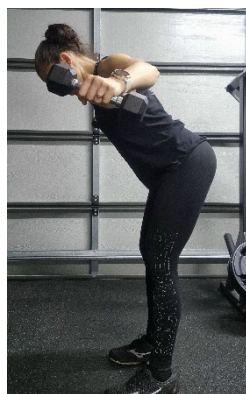
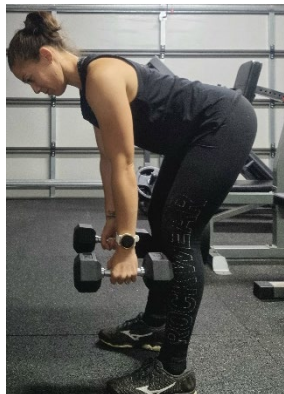
**Renegade Rows** – Start in high plank position (knees or toes). Bring one arm up at a time & squeeze the shoulder blades firmly with each rep before returning to plank. Dumbbells can also be used for progression.



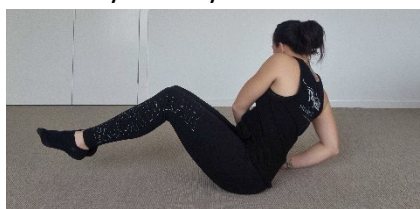
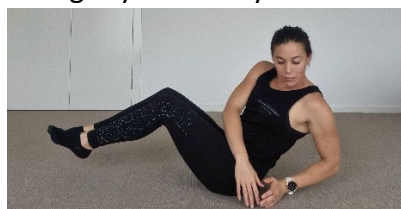
**Reverse Ab Crunch** - Begin by hovering the feet above the floor. Draw the legs in towards the torso & slightly up towards the ceiling to intensify this crunch you can add an isometric.



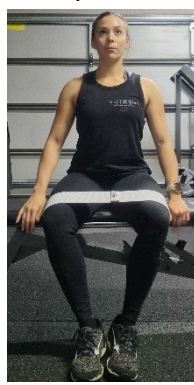
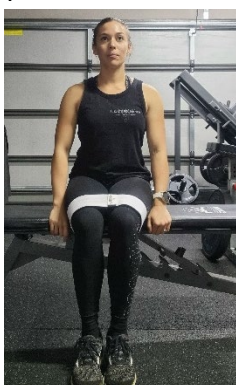
**Reverse DB Flies** – Bend forward at your hips until your torso is nearly parallel to the floor. Set your feet shoulder-width apart. Let the dumbbells hang straight down from your shoulders, your palms facing each other, with your arms slightly bent. Keeping your back flat and your torso still, raise your arms straight out to your sides until they are in line with your body. Do not change the bend in your elbows. Pause, then slowly return to the starting position.



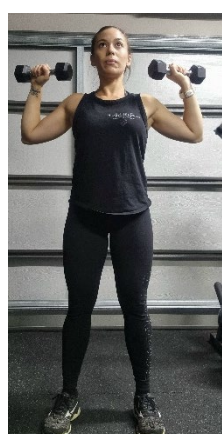
**Russian Twists** – Start with your heels on the floor lean back in a 45-degree angle. Keep heels on the floor or slightly raised if you want extra intensity. Slowly rotate from side to side. Add weight for progression.



**Seated Banded Clams** – Sitting on a bench or step, take your booty band & put it slightly above knees. Bring your butt to the edge of the bench keeping feet on the ground & close together. Open your legs to point knees outwards, away from centre. Open & close slowly & squeezing your glutes on the way out.



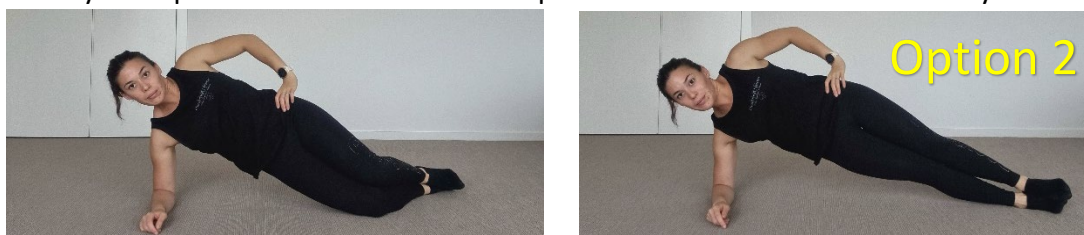
**Shoulder Press** – Hold the dumbbells by your shoulders with your palms facing forwards & your elbows out to the sides bent at a 90° angle. Without leaning back, extend through your elbows to press the weights above your head. Then slowly return to the starting position.



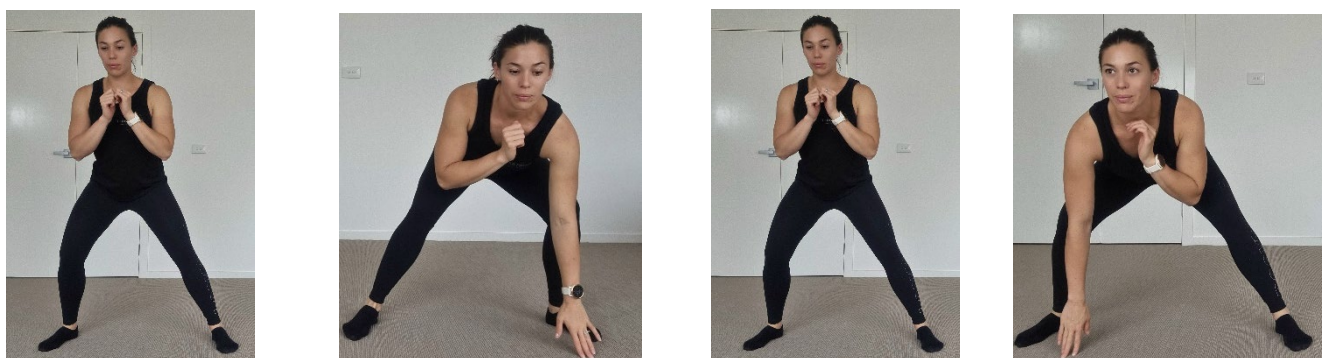
**Side DB Shoulder Raises** – Start with dumbbells in hand & arms by your side. Keeping abs tight & back straight lift dumbbells up to the side to shoulder height & lower again.



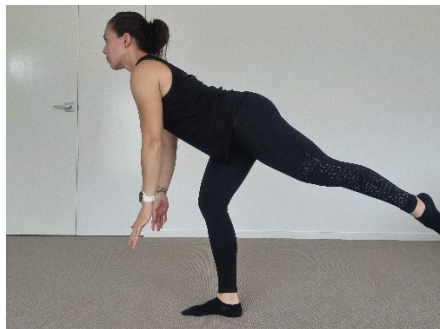
**Side Plank** - Lie on your side with your knees bent. Prop your upper body up on your elbow. Raise your hips off the floor. You can keep knees on the floor or raise onto your feet for progression.



**Side Shuffle - 3 steps** – Take 3 steps to the side at quick pace & tap the floor then head to opposite direction. Repeat



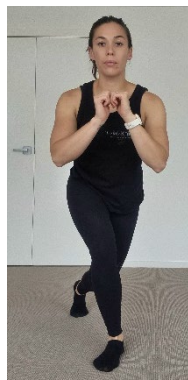
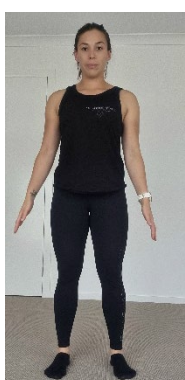
**Single Leg Deadlift** – Begin standing with your feet hip-width apart & parallel. Lean forward in your hips, shifting your weight onto one leg while your other leg engages & starts to extend straight behind you. Lift your extended leg & pitch your body forward until your body forms a “T” shape.



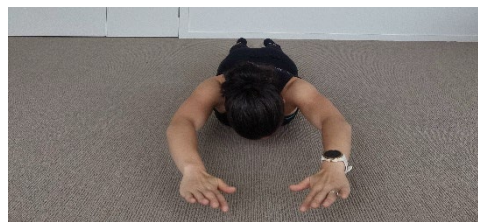
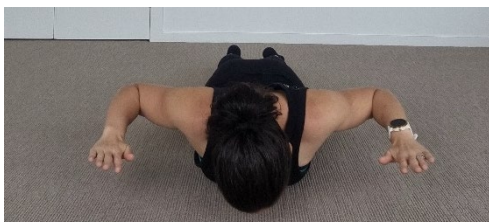
**Single Leg Hip Thrusts** – Place your back against a bench or step, with one knee bent & that foot flat on the floor. Raise your other leg. Place your shoulder blades onto the bench. Pushing your knees out, squeeze your glutes and raise your hips until they're in line with your torso. Lower back down the starting position.



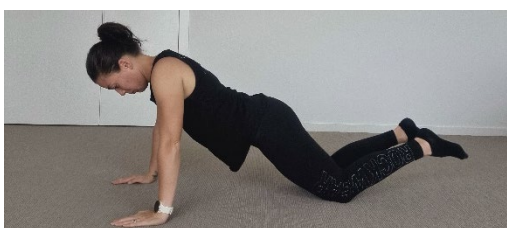
**Skaters** - Start with your legs slightly wider than shoulder distance apart & arms at the sides. Bring one leg behind at a slight angle into a curtsy lunge. The front knee will come to a 90-degree angle. Leap the back leg forward to switch sides in a skating motion. Pushing off with the front leg



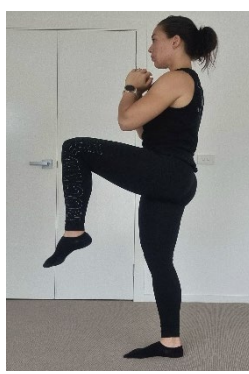
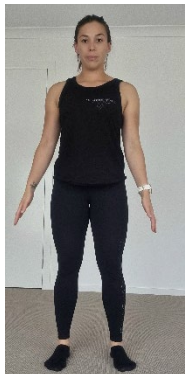
**Sliding Lat Pull Downs** – Lay on a smooth surface. Hold onto something for grip on your hands, like shoes or weight, for example. Then perform a lat pulldown motion by pulling your elbows down to slide your body upwards by using your lats.



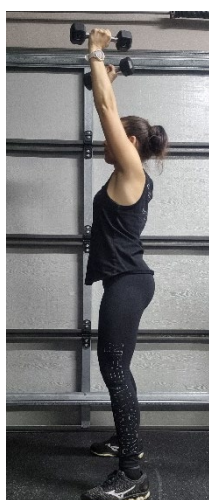
**Spider Man Push Ups** – Start at push up position (knees or toes). As you lower your body toward the floor, lift your left foot, swing your left leg out sideways, & try to touch your knee to your elbow. Return to the starting position, repeat with your right leg.



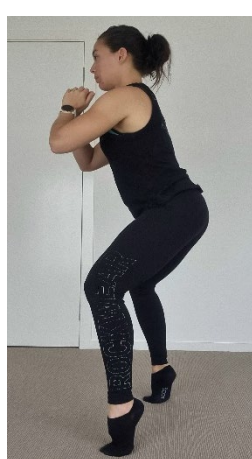
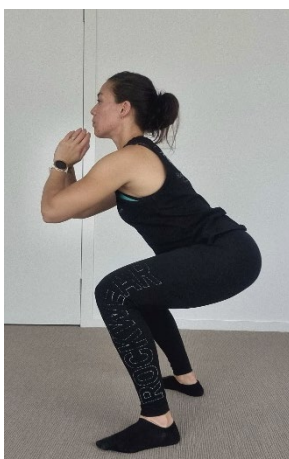
**Sprinter Lunges** – Start in standing position. Lunge backwards & on the return lift your knee to the chest.



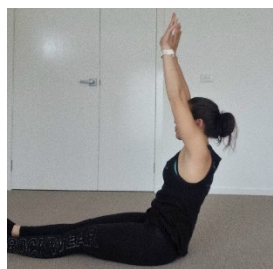
**Squat Press** – Lower down into a squat with Dumbbells at your shoulders. As you raise up push dumbbells above the head into a shoulder press.



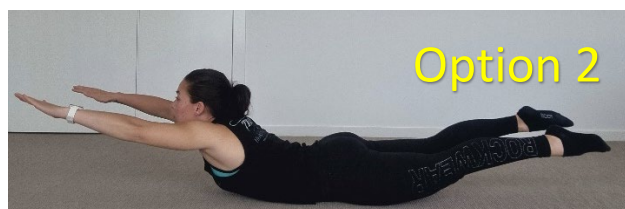
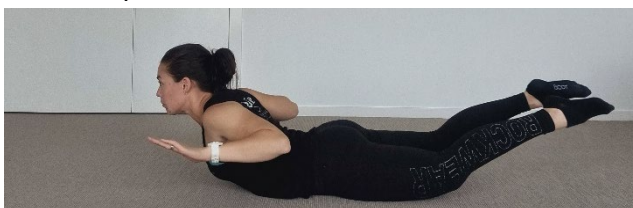
**Squat to Calf Raise** - Lower hips into a squat. Squeeze glutes & push into your heels to bring yourself back to standing. In a fluid motion from the standing position, raise to your tiptoes & flex the calf muscles, then lower slowly into the next squat.



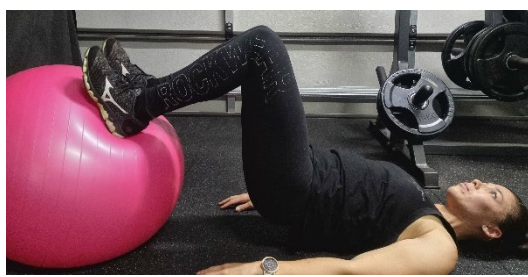
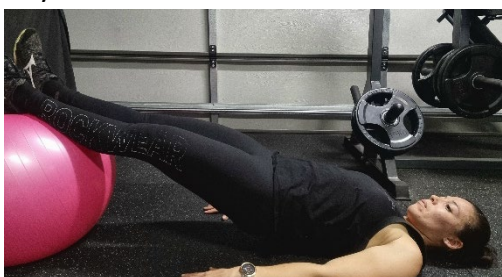
**Straight Leg Sit Ups** – Start in a laying position with arms stretched out over head. Sit up keeping arms above head & repeat. Keeping core engaged. To progress add a weight in your hands.



**Superman's** – Lie face down with arms & legs outstretched or bent at a 90-degree, forehead on the mat. Your neck should be in a neutral position. Exhale as you slowly lift arms, legs, upper back, & head off the floor. 2 options, bended arms or outstretched.



**Swiss Ball Leg Curl** – Lie on your back and put both of your feet on the swiss ball. With your knees straight, perform a bridge by diffing your heels into the swiss ball to lift your hips up. Once up, slowly roll the swiss ball towards you by bending your knees. Once the swiss ball has rolled towards use, slowly roll it back out. Rolling it back out with control is the hardest and most important part! You can use your hands at your side if needed.



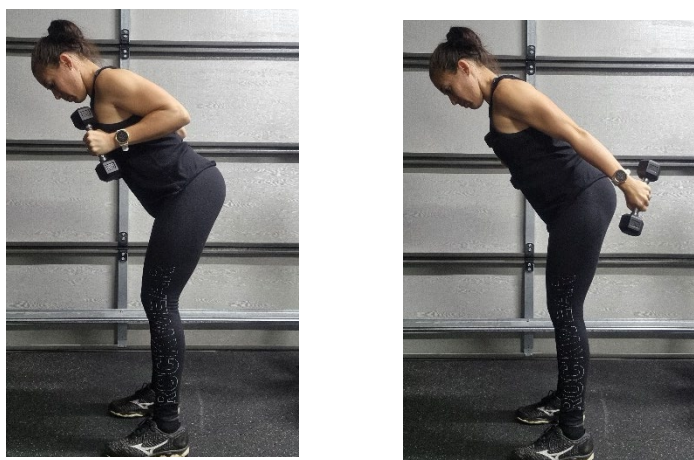
**Tricep Dips** – Sit on your chair or bench with your arms at your side and your feet flat on the floor, hip distance apart. Position your hands so that your palms are down beside your hips. Your fingers should grip the front of the chair seat. Move your torso forward off the chair with your arms extended. Your buttocks should hover over the floor and your knees should be slightly bent. Your heels should touch the floor a few inches in front of your knees. Breathe in as you slowly lower your body, hinging at the elbows until each forms a 90-degree angle. Breathe out as you push up to your starting position with your arms fully extended.



**Tricep Overhead Extensions** – Start standing with your feet shoulder width apart & dumbbell held in front of you. Raise the dumbbell above your head until your arms are stretched out straight. Slowly lower the weights back behind your head, being careful not to flare your elbows out too much. Once your forearms move beyond parallel to the floor bring the weight back up to the starting position. Your upper arms should remain in place throughout the movement.



**Tricep Kickbacks** – Stand with your knees bent & lean forward slightly, with a dumbbell in each hand. Keeping your back straight, bend your dumbbell-holding arm 90 degrees at the elbow so your triceps are aligned with your back & your biceps are perpendicular to the floor. Engage your core & your triceps & hinge at the elbow, lifting the dumbbell up & back as you try & straighten your arm. Your triceps should stay still; only your elbow moves. Guide the weight upward until your arm is straight, pause, then lower back to 90 degrees.



**Tuck Jumps** – Start with your feet apart, your chest up your butt drops back & down then drive your arms up & push off the floor. Lift. Your knees toward your chest. Alternative to jumping is to squat down & raise to the balls of your feet.

