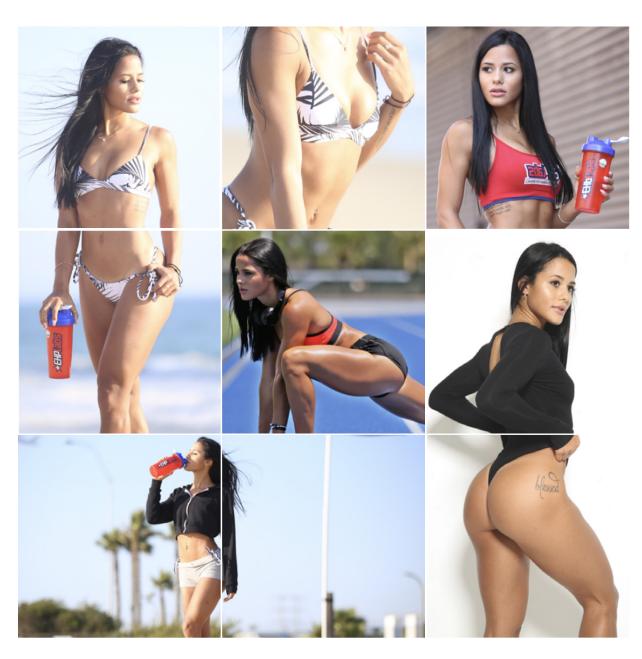


FOR INTERMEDIATE & ADVANCED PROGRAMS





CORE EXERCISES

4-WAY CORE (EXERCISE BALL) BARBELL 3-WAY LEG RAISES BARBELL LEG RAISES CRUNCHES CRUNCHES DISH BICYCLES DUSH BICYCLES DUSH BICYCLES DUSH BICYCLES DUSH BICYCLES ADUMBBELL SIDE BENDS	
HANGING KNEE RAISES HANGING LEG RAISES HIP THRUSTS	
HYPEREXTENSIONS	
TUCK UPS E	
GLUTES -	
ABDOMINALS =	



CORE EXERCISES



4-WAY CORE (EXERCISE BALL)

INSTRUCTIONS:

- Secure your feet against a wall and lay across the ball on your left side ensure core
 engagement throughout
- With your arms behind your head, perform a side crunch by lifting your upper body as high as possible without twisting
- 3. Once you have completed all your reps, twist onto your back and perform regular crunches
- 4. Once regular crunches are complete, roll onto your stomach so the ball is just above your hips, and complete hyperextensions keeping your back straight at all times
- Finish the 4-way core by completing side crunches on your right side complete the same reps on each side

TIPS

- 1. Side crunch without twisting
- 2. Support neck
- 3. Squeeze glutes
- 4. Same reps for all sides



BARBELL 3-WAY LEG RAISES

INSTRUCTIONS:

- 1. Lay on your back holding a barbell straight above your shoulders
- Engage your core and while keeping your legs straight, lift your legs towards the barbell, pausing at the top
- Slowly lower your legs stopping them just before the ground, this time lifting to the left side of your arms
- 4. Slowly lower and repeat for the right side performing 3 leg raises is 1 rep

TIPS

- 1. Moves legs not the bar.
- 2. Arms stay straight and strong.
- 3.3 leg raises is 1 rep.



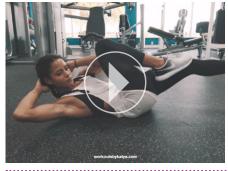
BARBELL LEG RAISES

INSTRUCTIONS:

- 1. Lay on your back holding a barbell straight above your shoulders
- Engage your core and while keeping your legs straight, lift your legs towards the barbell, pausing at the top
- Slowly lower your legs stopping them just before the ground and repeat for the next repensure the barbell stays as still as possible

TIPS:

- 1. Engage abdominals.
- 2. Arms stay straight and strong.
- 3. Keep lower back flat.



BICYCLES

INSTRUCTIONS:

- 1. Begin exercise lying on your back with your knees at 90 degrees
- 2. Crunch upwards, twisting one elbow to the opposite knee while extending the opposite leg and briefly pause
- 3. Return to original position, and repeat with opposite elbow and knee

TIPS:

- 1. Slow transitions.
- 2. Both sides is 1 rep.
- 3. Engage deep abdominals.



CRUNCHES

INSTRUCTIONS:

- 1. Begin movement with hands behind your head, feet shoulder-width apart, and your knees at a 45 degree angle
- Engaging the core, draw your chin to your chest and raise your torso until your shoulder blades are no longer touching the floor
- 3. Briefly pause at the top of the movement before slowly returning to the starting position

TIPS

- 1. Chin on chest.
- 2. Raise shoulder blades off floor.
- 3. Maintain constant core engagement.



CORE EXERCISES



DISH BICYCLES

INSTRUCTIONS:

- 1. Start in the dish hold shape with hands interlocked behind your head
- 2. Lift your chest and right elbow to your left knee, keeping the right leg straight
- 3. Slowly return to the dish shape before repeating on the other side this is 1 rep

TIPS:

- 1. Return to dish each time.
- 2.2 seconds each way.
- 3. Maintain deep abdominal engagement.



NICH HRIN

INSTRUCTIONS:

- 1. While laying on your back, lift your chest and feet off the ground so you are in a hollow shape.
- 2. Ensure your chin is slightly tucked, feet are squeezed together and your core is engaged
- 3. Hold this shape for the required amount of time

TIPS:

- 1. Torso and feet raise
- 2. Keep a neutral neck
- 3. Squeeze glutes and abs.



DUMBBELL SIDE BENDS

INSTRUCTIONS:

- 1. Begin exercise with both arms at your waist holding dumbbells in each hand
- While keeping your chest facing forwards, slowly bend to the side, ensuring your hands have constant contact with your leg
- 3. Slowly return to the starting position, repeating for the opposite side

TIPS:

- 1. Avoid torso rotation.
- 2. Lift using your core.
- 3. Keep dumbbells in contact with body.



GOOD MORNINGS

INSTRUCTIONS:

- Stand tall, feet hip-width apart with a barbell securely held across your upper back and your core and glutes engaged
- 2. Hinging from your hips, lean your upper body forwards by pushing your hips back go as far as you can while keeping a straight back and glute engagement
- 3. Slowly lift your upper body back up by squeezing your glutes and repeat for the next rep

TIPS:

- 1. Bar rests below neck
- 2. Back straight.
- 3. Squeeze glutes.



HANGING KNEE RAISES

INSTRUCTIONS:

- 1. Support yourself on your forearms and push up through your shoulders with your chest up
- 2. Engage your core and lift your knees up as high as possible, pausing at the top
- 3. Slowly lower back down until your legs are straight before starting the next rep

TIPS:

- Keep pushed up through your shoulders.
- Raise knees without swinging.
- 3. Ensure full range.



CORE EXERCISES



HANGING LEG RAISES

INSTRUCTIONS:

- 1. Support yourself on your forearms and push up through your shoulders with your chest up
- Engage your core and while keeping your legs straight, lift your legs up as high as possible, pausing at the top
- 3. Slowly lower back down until your body is straight before starting the next rep avoid swinging

TIPS:

- 1. Keep pushed up through your
- 2. Raise legs without swinging.
- 3. Lift legs as high as possible.



HIP THRUSTS

INSTRUCTIONS:

- Place your shoulders on a bench and secure a barbell across your hips with your knees at 90-degrees
- Push your hips up as high as possible and squeeze your glutes and core muscles hold for 1-2 seconds
- 3. Slowly lower to the bottom ensuring you maintain core and glute engageme

TIPS:

- 1. Secure barbell across hips.
- 2. Lift hips as high as possible.
- 3. Squeeze glutes and core.



HYPFRFXTFNSINNS

INSTRUCTIONS:

- Begin with your feet secure on the bench, hands placed on the back of your head and the resting pad slightly below hip height
- 2. Squeeze your glutes and lift your torso as high as possible maintain a neutral neck position
- 3. Pause at the top before slowly returning to the starting position, keeping a straight back throughout

TIPS

- 1. Squeeze glutes.
- 2. Pause at top of movement.



MOUNTAIN CLIMBERS

INSTRUCTIONS:

- 1. Begin mountain climbers in the pushup position
- $2. \ \ While \ maintaining \ torso \ and \ hip \ stability, \ slowly \ bring \ your \ left \ knee \ to \ the \ left \ elbow$
- 3. Slowly return to original starting position, before repeating with the right leg this is 1 rep

TIPS

- 1. Alternate legs quickly.
- 2. Arms straight.
- 3. Keep your hips stable.



PLANK

INICTRI ICTIONIC:

- Begin exercise with forearms and feet on the ground, ensuring that you are pushing through your shoulders with your core activated and your glutes squeezed
- 2. Hold this position for the suggested amount of time

TIPS

- 1. Engage your glutes & core.
- Squeeze the floor.

-O-D- GYM EXERCISES



CORE EXERCISES



RUSSIAN TWISTS

INSTRUCTIONS:

- . On the floor or seated on a bench, lean your upper body slightly back and lift your feet off the ground while holding a medicine ball
- 2. Twist the medicine ball from side to side, touching either side of your hip while keeping your legs as still as possible
- 3. Twist slowly and focus on using all of your core and keeping your back straight twisting to both sides is 1 rep

TIPS:

- 1. Maintain core engagement.
- 2. Keep feet off the floor.
- 3. Only twist to parallel.



THCK HPS

INSTRUCTIONS:

- 1. Start in the dish hold shape with arms straight in front of you
- 2. Using your abs, lift your chest and knees simultaneously so that you are almost in a tuck shape
- 3. Slowly lower to the dish shape and hold for 1 second before starting the next rep
- 4. Make the tuck up as smooth as possible to maximize core engagement

TIPS

- 1. Use abs to lift.
- 2. Return to dish shape.
- 3. Make movement fluid and continuous.



WNNDCHOPS

INSTRUCTIONS

- Stand with your knees soft and feet shoulder-width apart. Hold the cable handle with both hands overlapped
- Starting at shoulder height, slightly twist your hips and pull the handle diagonally down towards your opposite hip
- 3. Pause for a second before slowly twisting back, ensuring your core is engaged the entire time
- 4. Complete the same amount of reps on the other side to complete 1 set

TIPS

- 1. Slight twist from hips.
- 2. Arms straight with soft elbows.
- 3. Knees bent and core engaged.



UPPER BODY EXERCISES

BENT OVER ROW (BARBELL) BENT OVER ROW (DUMBBELLS) CHEST PRESS MACHINE CHIN-UPS CURL + PRESS DOUBLE PUMP THRUSTERS INVERTED ROW LAT PULLDOWN ONE ARM DUMBBELL ROWS PUSHUPS REVERSE GRIP BENT OVER ROW REVERSE GRIP LAT PULLDOWN STRAIGHT ARM PUSHDOWN THRUSTERS TRICEP PUSHDOWN TRICEP PUSHDOWN TRICEP PUSHDOWN	8 8 8 9 9 9 9 9 9 9 9 10 10 10 10 10 10 10 10 11
DELTOIDS PECTORALS BICEP/TRICEP	\\\//



UPPER BODY EXERCISES



BENT OVER ROW (BARBELL)

- 1. Hold your barbell with an overhand grip, with your knees slightly bent, glutes squeezed and your upper body hinged forward to about 45-degrees
- 2. Pull the barbell towards you while keeping your elbows close to your sides and squeezing your shoulder blades together
- 3. Slowly lower the barbell, controlling the movement with your upper back until your arms are straight

- 1. Elbows close to body (T-Rex
- 2. Back straight and knees bent.
- 3. Squeeze shoulder blades together.



BENT OVER ROW (DUMBBELLS)

- 1. Hold your dumbbells with a neutral grip, with your knees slightly bent, glutes squeezed and your upper body hinged forward to about 45-degrees
- 2. Pull the dumbbells towards you while keeping your elbows close to your sides and squeezing your shoulder blades together
- 3. Slowly lower the dumbbells, until your arms are straight

- 1. Elbows close to body (T-Rex arms).
- 2. Back straight and knees bent.
- 3. Squeeze shoulder blades together.



CHEST PRESS MACHINE

INSTRUCTIONS:

- 1. Sit in the chest press machine, with your back firmly against the chair and feet on the ground
- 2. Grasp the handles and push your arms straight as you exhale pause for one second
- 3. Slowly come back to the starting position, controlling with your upper body muscles before repeating

- 1. Push out fast.
- 2. Lower back slowly.
- 3. Remember to breathe



CHIN-UPS

INSTRUCTIONS:

- 1. With a neutral grip, pull your body up until your chin is above the bar
- 2. If you can't do chin-ups, use a box and perform jumping chin-ups
- 3. Jump up to the top of the chin-up position, pause for 1 second before slowly lowering back

- 1. Pull elbows close to body.
- 2. Slowly lower.
- 3. Lift your body don't swing.



INSTRUCTIONS:

- 1. Perform a bicep curl until you reach shoulder height
- 2. Rotate your hands so they are facing forwards and push the dumbbells towards the roof until your arms are straight
- 3. Pause at the top for one second before slowly lowering back to shoulder height, and rotating your hands back
- 4. Slowly lower to the starting position of your bicep curl before repeating

- 1. Elbows close to torso.
- 2. Twist your hands as you press. 3. Back straight and core engaged.



UPPER BODY EXERCISES



DOUBLE PUMP THRUSTERS

INSTRUCTIONS:

- 1. With the dumbbells resting on your shoulders, squat down to about 45-degrees
- 2. Push back up and use the power from your squat to press the dumbbells towards the roof
- 3. Slowly lower the dumbbells to your shoulders, and perform another press towards the roof
- 4. This is 1 rep lower the dumbbells and repeat

TIPS:

- 1. Perform a thruster.
- 2. Add an extra press.
- 3. Repeat without stopping.



INVFRTFN RNW

INICTOLICTIONIC

- Grip the bar with an overhand grip and move your feet forwards the further you go, the harder it is
- 2. While keeping your hips up, pull your chest towards the bar and squeeze your shoulder blades together
- 3. Pause at the top before slowly lowering back to the starting position

TIPS:

- 1. Pull chest towards bar
- 2. Hips up.
- 3. Neutral neck.



LAT PIILLDOWN

INSTRUCTIONS:

- 1. Grip the bar slightly wider than shoulder-width with an overhand grip
- 2. Pull the bar down until it is at chest level, maintaining a straight back throughout
- 3. Elevate the bar back to the starting position, but maintain constant tension on your upper back

TIPS:

- 1. Move through the full range of motion.
- 2. Don't swing.
- 3. Squeeze through your lats.



ONE ARM DUMBBELL ROWS

INSTRUCTIONS:

- On a bench, place your right arm so it's beneath your shoulder, and your right knee so it's beneath your hip - your back should be flat and core engaged
- $2. \ \ With your \ left \ arm, \ pull \ the \ dumbbell \ towards \ you \ so \ that \ your \ elbow \ moves \ towards \ the \ roof$
- Pause at the top and engage your left shoulder blade, before slowly lowering until your arm is straight
- 4. Repeat for the opposite side once you have completed all reps

TIPS:

- 1. Back flat and supporting arm straight.
- 2. Pull elbow towards roof.
- 3. Engage core and glutes.



PIICHIIPS

INSTRUCTIONS:

- 1. Begin exercise on hands and feet (use knees if it's too difficult)
- By bending the arms, slowly lower yourself towards the ground until your arms are at 90 degrees
- Push through your whole hand to extend back to the starting position before repeating the movement

TIPS

- 1. Squeeze the floor.
- 2. Bend elbows to 90-degrees.3. Drive through palms.

d to extend back to the starting position before repeating the



UPPER BODY EXERCISES



REVERSE GRIP BENT OVER ROW

INSTRUCTIONS:

- 1. Hold your barbell with an underhand grip, with your knees slightly bent, glutes squeezed and your upper body hinged forward to about 45-degrees
- Pull the barbell towards you while keeping your elbows close to your sides and squeezing your shoulder blades together
- Slowly lower the barbell, controlling the movement with your upper back until your arms are straight

TIPS:

- 1. Reverse underhand grip
- 2. Elbows close to body (T-Rex arms).
- 3. Squeeze shoulder blades together.



REVERSE GRIP LAT PULLDOWN

INICTEL ICTIONIC

- 1. Grip the bar shoulder-width with an underhand grip
- 2. Pull the bar down until it is at chest level, maintaining a straight back throughout
- 3. Elevate the bar back to the starting position, but maintain constant tension on your upper back

TIPS

- 1. Move through the full range
- 2. Don't swing.
- 3. Squeeze through your lats.



STRAIGHT ARM PUSHDOWN

INSTRUCTIONS:

- 1. Stand tall and grip the bar slightly wider than shoulder-width apart with straight arms but soft elbows
- 2. Starting just above shoulder height, pull the bar down towards your hips which will engage your lats
- 3. Slowly come back up to the start and repeat for the next rep while avoiding momentum

TIPS

- 1. Grip hands shoulder-width.
- 2. Arms straight with soft elbows.
- 3. Full range of motion.



THRIISTERS

INSTRUCTIONS:

- 1. With the dumbbells resting on your shoulders, squat down to about 45-degrees $\,$
- 2. Push back up and use the power from your squat to press the dumbbells up $\,$
- 3. Slowly lower the dumbbells and repeat, making the movement as continuous as possible

TIPS:

- 1. Use squat to help push dumbbells.
- 2. Squat down as you lower dumbbells.
- 3. Chest up and back straight.



TRICEP PUSHDOWN

INSTRUCTIONS:

- 1. Grip the rope on the handles, starting in a position that will require you to begin with tension on both the cable and your tricep
- While maintaining your elbow position parallel to your body, pull the rope down until your tricep and arm are fully extended
- 3. Slowly move the rope back to the original position

TIPS

- 1. Slightly hinged forward.
- 2. Hold rope above ends.
- 3. Use the tricep's full range.

O-D- GYM EXERCISES



UPPER BODY EXERCISES



TRICEP PUSHDOWN + ROPE BICEP CURL

INSTRUCTIONS

- 1. Grip the rope on the handles, starting in a position that has tension on both the cable and your tricep
- Keep your elbows tucked into your body and pull the rope down until your tricep and arm are fully extended
- 3. Slowly come back up. When you have completed all reps, without rest, lower the rope to the bottom setting and grip the handles for a bicep curl
- 4. Curl the rope up until you almost touch your shoulders, completing the same number of reps as the tricep pushdown

TIPS:

- 1. Complete all reps for tricep pushdown.
- 2. Immediately do rope bicep curls.
- 3. Rest after completing both exercises.



WALL HANDSTAND

INSTRUCTIONS

- 1. Lunge forwards and with your arms straight, place your arms about a foot away from the wall
- 2. Kick one leg up until it touches the wall, allowing the other leg to follow squeeze them together
- 3. Squeeze the floor with your hands, engage your glutes and squeeze your core muscles to keep your ribs in. Ensure your arms stay straight, gaze at your fingertips and remember to breathe
- 4. To come down, lower 1 foot at a time to the floor
- 5. If this is too difficult, have a workout buddy help by placing your feet against the wall

TIPS:

- 1. Arms straight and squeeze floor.
- 2. Keep your ribs in.
- 3. Squeeze feet together.



CARDIO EXERCISES

BIKE INTERVALS BOX JUMP BURPEES BURPEES ELLIPTICAL INTERVALS KETTLEBELL SWINGS MEDICINE BALL SLAMS PLYO SIDE STEP UPS PLYO STEP UPS SWITCH JUMPS	
CARDIO -	



CARDIO EXERCISES



BIKE INTERVALS

INSTRUCTIONS:

- 1. Pedal as fast as possible with increased resistance for the interval
- Instead of having rest between intervals, you will slowly pedal on the bike with low resistance for active recovery

TIPS:

- 1. Pedal as fast as possible.
- 2. Slower pedal for rest.
- 3. Minimize rocking of the bike.



BOX JUMP BURPEES

INSTRUCTIONS:

- 1. Perform a box jump first, then as fast as possible drop and do a burpee
- 2. The most important thing in this exercise is power and good form
- 3. Maintain core engagement and move as fast as possible

TIPS:

- 1. Box jump first.
- 2. Perform a burpee.
- 3. Repeat as fast as possible.



ROX .IIMPS

INSTRUCTIONS:

- 1. Start with both feet shoulder width apart
- 2. Jump as high as possible landing safely on the box
- 3. Hop back down to the ground, controlling your landing and repeat the exercise

TIPS

- 1. Use your arms for power.
- 2. Jump as high as possible.
- 3. Control landings.



RURPFFS

INSTRUCTIONS:

- $1. \ \ Squat \ down \ to \ the \ floor \ and \ place \ your \ hands \ shoulder \ width \ apart \ with \ your \ arms \ straight$
- 2. Jump your feet straight back to a pushup position, then immediately jump your feet back to the squat position in step 1
- 3. Explosively jump straight up in the air as high as you can, keeping tension in your body
- 4. Maintain momentum, but land softly by bending your knees and absorbing the impact before repeating

TIPS:

- Hands down before kicking back.
- 2. Jump as high as possible.
- 3. Repeat as fast as possible



ELLIPTICAL INTERVALS

INSTRUCTIONS:

- 1. Stride as fast as possible with increased resistance for the interval, ensuring your heels stay flat at all times
- Instead of having rest between intervals, you will slowly stride on the elliptical with low resistance for active recovery

TIPS

- 1. Keep feet flat!
- 2. Increase speed each minute.
- 3. Use your arms.



CARDIO EXERCISES



KETTLEBELL SWINGS

- 1. Stand with your feet should be shoulder-width apart, knees soft, core and glutes engaged holding a kettlebell
- 2. Drive your hips forwards causing your upper body to lift along with the kettlebell stop the kettlebell just above shoulder height
- 3. Maintain momentum of the kettlebell on the way down, while you push your hips back and repeat for another rep

- 1. Arms and back straight.
- 2. Use hip drive to lift kettlebell. 3. Perform continuously and maintain momentum.



MEDICINE BALL SLAMS

- 1. Start by holding the medicine ball above your head in both hands
- 2. Throw it to the ground as hard as possible, using part of your squat to assist
- 3. Pick the ball up ensuring your back is straight and repeat as fast as possible, throwing harder each time

- 1. Throw as hard as possible.
- 2. Repeat as fast as possible.
- 3. Use your squat to help.



PLYO SIDE STEP UPS

- 1. Begin with your left foot on the box, with both feet shoulder-width apart
- 2. With all the weight in your left leg (on the box), push up and to the left so you switch feet on the box, and control your landing
- 3. Repeat as fast as possible, alternating each step and keeping your chest tall

- 1. Alternate legs.
- 2. Control each landing.
- 3. Push from the leg on the box.



PLYO STEP UPS

INSTRUCTIONS:

- 1. Begin with one foot on the box, with both feet shoulder width apart
- 2. With all the weight in your back leg, push straight up and switch feet, controlling your landing
- 3. Repeat as fast as possible, alternating each step

- 1. Tap step with your foot.
- 2. Control each landing.
- 3. Push from the leg on the box.



INSTRUCTIONS:

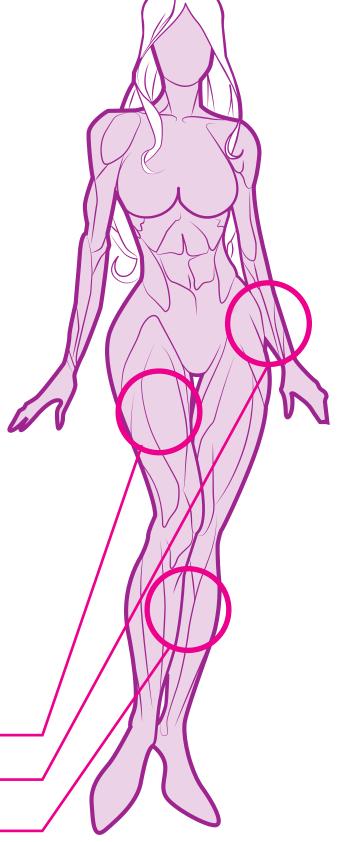
- 1. Lunge forwards and sink down to 90-degrees
- 2. Explosively drive through your front heel to jump
- 3. Whilst in the air, switch feet positions
- 4. Control your landing while maintaining momentum for the next repetition

- 1. Jump through front heel.
- 2. Control landing.
- 3. Stop just before touching ground.



LOWER BODY EXERCISES

ABUUCTUR MACHINE
ARABESQUE ROW17
BARBELL BOX SQUAT
BARBELL SQUATS
CABLE DEADLIFT
CABLE KICK BACKS
CABLE SQUAT PULSES
CALF RAISES
CRAB WALKS 18
CURTSY SQUAT (BARBELL)18
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DEADLIFT + ROW19
DEADLIFT + STRAIGHT LEG DEADLIFT19
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DOUBLE PUMP WALKING LUNGES (DUMBBELLS)
DUMBBELL CURTSY SQUAT PULSES
ELEVATED SPLIT SQUAT (DUMBBELLS)
ELEVATED SPLIT SQUAT PULSES
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FIRE HYDRANTS (STRAIGHT LEG)
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NORDIC CURLS
PAUSED SQUAT JUMPS
PAUSED SUMO SQUATS (BARBELL)
RAINBOWS
SIDE LUNGES
SIDE LUNGES (DUMBBELL)
SIDE SQUATS
HAMSTRINGS/QUADRICEPS — ——
GLUTES =



CALVES ____



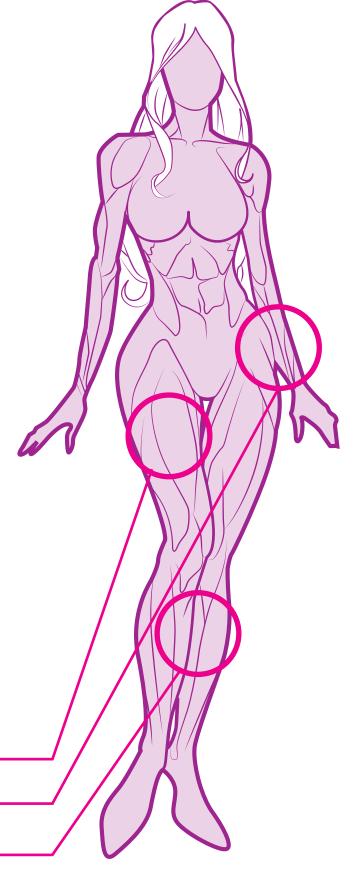
LOWER BODY EXERCISES

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WALKING LUNGES WITH KICKBACK (DUMBBELLS)
WALKING SIDE LUNGES (DUMBBELL)

HAMSTRINGS/QUADRICEPS -

GLUTES -

CALVES _____





LOWER BODY EXERCISES



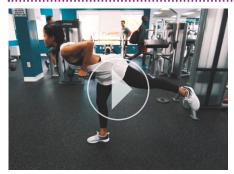
ABDUCTOR MACHINE

INSTRUCTIONS:

- Start the exercise by hinging your upper body slightly forwards on the machine, with your knees at 90 degrees in the foot stirrups
- 2. Adjust the width of the knee pads so the foot stirrups are together with the pads on the outside of each thigh
- Push the knee pads out as wide as possible pause briefly before slowly bringing them back together

TIPS:

- 1. Sit upright don't lean back
- 2. Extend as wide as possible
- 3. Pause each rep at the end



ARABESQUE ROW

INSTRUCTIONS:

- With your left leg straight behind you, lower your upper body until there is a straight line from your left foot to your shoulders, with your left arm hanging straight down holding a dumbbell
- Pull the dumbbell towards you while maintaining the arabesque shape the key is controlling with your right glute
- 3. When you have completed all your reps, switch legs and change arms
- 4. Balance is quite tricky with this exercise feel free to use your other arm for balance

TIPS:

- 1. Maintain arabesque shape.
- 2. Neutral Neck.
- 3. No twisting.



BARBELL BOX SQUAT

INSTRUCTIONS:

- 1. Set up a box behind you so that at the bottom of your squat, you would be sitting on it
- With the bar across the back of your shoulders below your neck, push your hips back, bend at the knees and sink down to the box
- Pause on the box, relaxing the hips while keeping your back strong and core engaged, before driving through your feet to stand back up powerfully
- 4. Ensure your core is braced, chest is up and your glutes are engaged the whole time

TIPS:

- 1. Push hips back and lower to box.
- 2. Push through whole foot.
- 3. Straight back with core engaged.



BARBELL SQUATS

INSTRUCTIONS:

- Stand with your feet shoulder-width apart, with the bar across the back of your shoulders below your neck
- Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels and big toe
- 3. Pause at the bottom, before driving through your feet and returning to the starting position
- 4. Ensure your core is braced, chest is up and your glutes are engaged the whole time

TIPS:

- 1. Bar rests below neck.
- 2. Squeeze core and glutes.
- 3. Straight back.



CABLE DEADLIFT

INSTRUCTIONS:

- Stand with your feet wider than shoulder-width, legs straight, knees soft and grasp the ends of the rope attachment in either hand
- With your arms straight and upper back engaged, push your hips forwards and hinge your torso upwards to stand up - keep your hands in contact with your legs
- Slowly lower your torso, only going as low as you can with a straight back and keeping the weight in your heels
- 4. Ensure your core is braced and your glutes are engaged the whole time

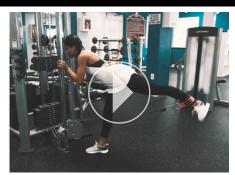
TIPS

- 1. Wide stance.
- Legs straight but soft knees.
- 3. Back straight.

•**Q-D**• GYM EXERCISES PAGE 17



LOWER BODY EXERCISES



CABLE KICK BACKS

INSTRUCTIONS:

- With the ankle cuff on your left ankle, hinge your torso forwards to hold onto the support bars while also engaging your core and keeping your back straight
- 2. With a slight bend in your right knee, push your left leg straight back behind you at the end, slightly externally rotate your ankle to maximize your glute activation
- Slowly come back to the start; keep your foot from touching the ground and repeat, making sure you avoid using momentum

TIPS:

- 1. Cuff around ankle.
- 2. Lean forward and squeeze glutes.
- 3. Slowly push back.



CABLE SQUAT PULSES

INSTRUCTIONS:

- Grasp the bar with both hands shoulder-width apart and take a step back so there's tension on the cable
- Squat down until your thighs are parallel to the floor, squeeze your glutes and then pulse continuously through this position
- 3. Focus on keeping the weight in your heels, arms straight and your chest up

TIPS:

- 1. Keep weight in your heels.
- 2. Chest up.
- 3. Control pulses with knees NOT hips.



CALF RAISES

INSTRUCTIONS:

- 1. Stand with your feet pointed straight ahead, stance slightly narrower than hip-width
- Push up from the balls of your feet until your ankles are fully extended, making sure your ankles extend straight up and don't flare out
- 3. Slowly lower heels through your whole range of motion

TIPS:

- 1. Maintain linear ankle movement.
- 2. Full range of motion.



CRAB WALKS

INSTRUCTIONS:

- 1. With a single dumbbell held against your chest, sink down into a squat with your feet together
- 2. While keeping low in your squat, take a large step to one side, then step with your other foot to bring your feet back together
- 3. Repeat for the same leg, covering as much distance as possible, before switching legs to go the other way

TIPS:

- 1. Stay low.
- 2. Chest up.
- 3. Big steps.



CURTSY SQUAT (BARBELL)

INSTRUCTIONS:

- Begin standing tall with feet slightly narrower than hip-width, holding a barbell across the back of your shoulders
- 2. With your left leg, step back and behind the right leg and sink down until your back leg is just above the floor
- 3. Push back to the starting position and repeat for the right leg this is 1 rep

TIPS

- 1. Keep barbell level.
- 2. Knee in line with toe.
- 3. Control with your glute.

-O-D- GYM EXERCISES



LOWER BODY EXERCISES



CURTSY SQUAT PULSES

INSTRUCTIONS:

- 1. Begin standing tall with feet slightly narrower than hip-width
- With your left leg, step back and behind the right leg and sink down until your back leg is just above the floor.
- 3. Pulse up and down 5 times through your front leg while keeping your upper body tall
- 4. Push back to the starting position and repeat for the other leg this is 1 rep

TIPS:

- 1. Knee in line with toe.
- 2. Maintain level hips while pulsing.
- 3.5 pulses each side is 1 rep.
- 4. Control with your glute.



$\mathsf{DEADLIFT} + \mathsf{ROW}$

INSTRUCTIONS:

- Perform a straight leg deadlift, ensuring the bar stays close to your legs and your back is straight with glutes engaged
- 2. When you are halfway back up, pause and perform a row with the barbell making sure your elbows are close to your sides
- 3. Complete the deadlift and repeat this is 1 rep

rips-

- 1. Shave legs with deadlift.
- 2. Row each rep.
- 3. Maintain straight back when rowing.



DEADLIFT + STRAIGHT LEG DEADLIFT

INSTRUCTIONS:

- Perform a regular deadlift from the floor, hinging from your hips with your back straight and glutes engaged
- 2. When you get to the top of the deadlift, perform a straight leg deadlift and return to the top
- Once you have completed the straight leg deadlift, complete the first deadlift by lowering the barbell to touch the floor, and repeat

TIPS:

- 1. Regular deadlift first.
- 2. Lower into a straight leg deadlift.
- 3. Completing both deadlifts is 1 rep.



DEADLIFTS

INSTRUCTIONS:

- Stand with your feet shoulder-width apart, knees bent and the barbell resting against the floor with your hands slightly wider than shoulder-width
- 2. With your arms straight and upper back engaged, hinge from your hips to stand up keeping the barbell close to your legs
- Slowly lower the barbell back to the floor by first pushing your hips back, then bending your knees as much as you need to gently touch the floor with the bar
- Ensure your core is braced and your glutes are engaged the whole time, stop if you feel pain in your lower back

TIPS:

- Back straight with shoulders above hips.
- 2. Hinge from hips and squeeze alutes.
- Lower slowly and push hips back.



DOUBLE PUMP WALKING LUNGES (DUMBBELLS)

INSTRUCTIONS:

- 1. While holding a dumbbell in each hand, lunge forwards on one leg, stopping just before your back knee touches the ground
- Add an extra half rep by coming back up halfway, then lowering back to the bottom of the lunge before stepping forwards
- Lunge forwards with your opposite foot this time, alternating legs, adding an extra half rep each time and ensuring your hips stay level

TIPS

- 1. Extra half rep each time.
- 2. Control with front knee.

3. Step forwards.

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LOWER BODY EXERCISES



DUMBBELL CURTSY SQUAT PULSES

INSTRUCTIONS:

- 1. Begin standing tall with feet slightly narrower than hip-width
- 2. With your left leg, step back and behind the right leg and sink down until your back leg is just
- 3. Pulse up and down 5 times through your front leg while keeping your upper body tall
- 4. Push back to the starting position and repeat for the other leg this is 1 rep

TIPS:

- 1. Knee in line with toe.
- 2. Maintain level hips while pulsing.
- 3.5 pulses each side is 1 rep
- 4. Control with your glute.



ELEVATED SPLIT SQUAT (DUMBBELLS)

INSTRUCTIONS:

- Place 1 foot on a bench behind you, so the ball of your foot is supported. Ensure your feet are parallel and slightly narrower than hip-width
- 2. Bend your front knee to 90-degrees as you lower your back knee towards the floor
- 3. Push through your front foot to return to the starting position, ensuring your chest stays tall

TIPS:

- 1. Chest up.
- 2. Weight in front foot.
- 3. Sink to 90-degrees.



ELEVATED SPLIT SQUAT PULSES

INSTRUCTIONS

- 1. Place 1 foot on a bench behind you, so the ball of your foot is supported. Ensure your feet are parallel and slightly narrower than hip-width
- 2. Bend your front knee to 90-degrees as you lower your back knee towards the floor
- Pulse slightly up and down, controlling the pulses through your front leg while keeping your chest up

TIPS:

- 1. Pulse up and down slowly
- 2. Straight back.
- 3. Control with front knee



FIRE HYDRANT HOLD (STRAIGHT LEG)

INSTRUCTIONS:

- Begin exercise on hands and one knee, with the opposite leg stretched out to the side in line with your hips
- 2. Push out of your shoulders to engage your back and engage your core
- 3. Lift your extended leg as high as possible while maintaining hip stability and core tension pause at the top
- 4. Slowly lower your leg and repeat for the other side

TIPS:

- 1. Hold for 5 seconds.
- 2. Slowly lower and repeat.
- 3. Arms straight.



FIRE HYDRANTS (STRAIGHT LEG)

INSTRUCTIONS:

- Begin exercise on hands and one knee, with the opposite leg stretched out to the side in line with your hips
- 2. Push out of your shoulders to engage your back and engage your core
- Lift your extended leg as high as possible while maintaining hip stability and core tension pause at the top
- 4. Slowly lower your leg, but stop just before the ground and raise it again for the next rep

TIPS

- 1. Lift leg straight.
- 2. Maintain hip stability.

3. Arms straight.



LOWER BODY EXERCISES



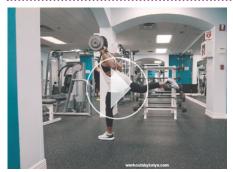
KNEELING SQUATS

INSTRUCTIONS:

- 1. Kneel underneath a smith machine (you can kneel on a mat if that is more comfortable)
- 2. Position the barbell on your shoulders as you would with a regular squat
- 3. Lift and extend your hips making sure not to fully extend them
- 4. Pulse through this position

TIPS:

- 1. Don't fully extend at the top.
- 2. Pulse.
- 3. Maintain constant core engagement.



LUNGE + KICKBACK (BARBELL)

INSTRUCTIONS:

- 1. Lunge forwards on one leg, ensuring the barbell and your hips stay level
- At the bottom of your lunge, push through your front heel to come up and kick the back leg straight behind you
- Step back with the leg you kicked behind you, and bring the front foot back to the starting position
- 4. Lunge forwards with the same leg, completing all reps before switching legs

TIPS:

- 1. Lunge first.
- 2. Control the kickback with glute.
- 3. Keep barbell level.



MACHINF LFG PRESS

INSTRUCTIONS:

- 1. Place both feet on the leg press machine with your back straight against the chair
- 2. Push through your heels but do not fully extend your legs
- 3. Lower yourself back to the original position and repeat

TIPS:

- 1. Press back and glutes against chair.
- 2. Drive through feet.
- 3. Only reach 90-degrees upon



NORDIC CURLS

INSTRUCTIONS:

- Using a spotter or the lat pulldown machine, secure your feet under the pads and rest your shins on the bench
- Slightly push your hips forwards and lower your body towards the ground hold at the furthest point you can for 1 second
- Use your hamstrings to pull you back to the starting position without bending your hips. Try to go a little further each time
- The first time you do this, have your arms in front ready to catch you as it's a very difficult exercise

TIPS:

- 1. Keep hips slightly open.
- 2. Catch yourself with your arms.
- 3. Control with your hamstring and glutes.

PAUSED SQUAT JUMPS

INISTRI ICTIONS:

- 1. Squat down until your thighs are parallel to the ground pause for 5 seconds
- Explosively jump as high as possible, fully extending your whole body, whilst maintaining body tension
- 3. Control your landing and go straight into the next 5 second hold

TIPS

- 1. Hold for 5 seconds.
- Jump as high as possible.
 Land softly and repeat.



-O-O- GYM EXERCISES



LOWER BODY EXERCISES



PAUSED SUMO SQUATS (BARBELL)

INSTRUCTIONS:

- Stand with your feet turned out and wider than shoulder-width, with the bar across the back of your shoulders below your neck
- 2. Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels and big toe
- Pause at the bottom for 5 seconds, before pushing through your whole foot to return to the starting position
- 4. Ensure your core is braced, chest is up and your glutes are engaged the whole time

TIPS:

- 1. Hold for 5 seconds.
- 2. Push up strongly.
- 3. Squeeze core and glutes.



RAINROWS

INSTRUCTIONS:

- 1. Using a bench (or the floor), place 1 leg straight out to the side
- 2. Lift your leg up as high as possible, then twist it in an arc behind you as far as you can without twisting your hips
- 3. Slowly return to the starting position before the next rep, controlling with your glute
- 4. Repeat for the other leg when you have completed all your reps

TIPS

- 1. Leg straight.
- 2. Full range like a rainbow.
- 3. Keep your upper body still.



SIDE LUNGES

INSTRUCTIONS:

- 1. Take a large step to one side and sink down until your knee is at 90-degrees
- Make sure the ankle, knee and hip of the bending leg stay in a line the other leg stays straight and only acts for balance
- 3. Push back to the starting position using only the bent leg, ensuring your chest stays up
- 4. Repeat for the same leg, switching legs once you have completed all reps

TIPS

- 1. Chest up.
- 2. Ankle knee and hip in line.
- 3. Only push with bent leg.



SIDE LUNGES (DUMBBELL)

INSTRUCTIONS:

- With a dumbbell in each hand, take a large step to one side and sink down until your knee is at 90-degrees
- 2. Make sure the ankle, knee and hip of the bending leg stay in a line the other leg stays straight and only acts for balance
- 3. Push back to the starting position using only the bent leg, ensuring your chest stays up
- 4. Repeat for the same leg, switching legs once you have completed all reps

TIPS:

- Dumbbells in each hand.
- 2. Ankle knee and hip in line.
- 3. Chest up.



SIDE SOLLATS

INSTRUCTIONS

- Take a large step to one side and sink down into a squat until your thighs are parallel with the ground
- 2. Push through your whole foot to stand back up, and step your feet back together
- 3. Ensure your chest stays up, hips are level and knees stay in line with your feet $\frac{1}{2}$

TIPS

- 1. Big step.
- 2. Chest up.
- 3. Squat until parallel.

-O-D- GYM EXERCISES



LOWER BODY EXERCISES



SIDE SQUATS (BARBELL)

INSTRUCTIONS:

- With a barbell secure across your upper back, take a large step to one side and sink down into your squat
- Push through your whole foot to stand back up, ensuring the barbell stays level, and step your feet back together
- 3. Ensure your chest stays up, hips are level and knees stay in line with your feet

TIPS:

- 1. Big step.
- 2. Chest up with barbell level.
- 3. Squat until parallel.



SINGLE LEG BRIDGE HOLD

INSTRUCTIONS:

- 1. Lift your hips up as high as possible forming a straight line from your shoulders to your knee
- 2. Squeeze your glutes and hold this position
- 3. Slowly lower your leg and repeat for the other leg this is 1 rep

TIPS:

- 1. Keep hips level.
- 2. Push through your heel.
- 3. Squeeze core and glutes.



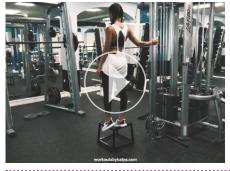
SINGLE LEG BRIDGE PULSES

INSTRUCTIONS:

- 1. Lift your hips up as high as possible forming a straight line from your shoulders to your knee
- 2. Squeeze your glutes and pulse through this position using your glute
- 3. Slowly lower and repeat for the other leg

TIPS

- 1. Pulse slowly.
- 2. Keep hips level.
- 3. Squeeze glute.



SINGLE LEG CALF RAISES

INSTRUCTIONS:

- $1. \ \, \text{Stand with your foot on a step pointed straight ahead, with your heel hanging over the back}$
- Push up from the ball of your foot until your ankle is fully extended, making sure it doesn't flare out
- 3. Slowly lower heel through your whole range of motion, using your arm for balance

TIPS:

- 1. Full range.
- 2. Ankle straight.
- 3. Slow and controlled.



SINGLE LEG DEADLIFT

INSTRUCTIONS:

- . Lift your right leg straight behind you as you lower your upper body towards the floor, holding a dumbbell in each hand. There should be a straight line from your shoulders to your right foot
- $2.\,$ Pause at the bottom for a second before hinging from your hips to come back up to the top
- 3. Control the entire movement with your left glute, ensure core engagement and avoid twisting
- 4. Repeat for the other leg once you have completed all your reps

TIPS

- 1. Straight line from foot to shoulder.
- Arms hang and assist balance.
- 3. Control with glute.

-O-O- GYM EXERCISES



LOWER BODY EXERCISES



SINGLE LEG DEADLIFT + ROW

- 1. Perform a regular single leg deadlift, and at the bottom hold the shape and perform a row before returning to the start
- 2. Perform 1 row with each deadlift, focusing on squeezing your glutes and avoid twisting
- 3. Repeat for the other leg once you have completed all reps

TIPS:

- 1. Row each rep.
- 2. Maintain straight line when rowing.
- 3. Repeat for same leg



SINGLE LEG PRESS

- 1. Sit on the leg press machine so that you're on the side of your left glute, with your right foot on the plate at 45-degrees
- 2. Keep your back straight, hips stable and brace your upper body and core using the handle
- 3. Push your leg straight, then slowly lower back to the start controlling with your glute
- 4. Repeat, focusing on control each rep switch legs when you've completed your reps

- 1. Ankle knee and hip in line.
- 2. Foot at 45 degrees.
- 3. Stabilize back by using your



SINGLE LEG SQUAT

- 1. Stand tall on a step with one leg to the side, torso slightly forward and arms stretched in front of vou
- 2. Push your hips back and bend your knee that is on the step, slowly lowering your leg keep ankle, knee and hip in a line
- 3. Push back up to the top by only using the leg on the step, ensuring your hips stay level and driving through the heel

- 1. Slowly lower gently touching floor.
- 2. Hips level.
- 3. Ankle knee and hip in line.



SINGLE SKY BRIDGE

- 1. Place one foot on a bench and lift your hips up as high as possible forming a straight line from your shoulders to your knee
- 2. Squeeze your glutes and slowly lower, controlling using your glute
- 3. Repeat for the required number of repetitions before repeating on the other leg

- 1. Place foot on bench.
- 2. Keep hips level.
- 3. Push through your heel.



SINGLE SKY BRIDGE PULSES

INSTRUCTIONS:

- 1. Place one foot on a bench and lift your hips up as high as possible forming a straight line from your shoulders to your knee
- 2. Squeeze your glutes and pulse through this position using your glute
- 3. Slowly lower and repeat for the other leg

- 1. Pulse slowly.
- 2. Keep hips level.
- 3. Squeeze glute.

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LOWER BODY EXERCISES



SMITH MACHINE ATHLETIC STEP UPS

INSTRUCTIONS:

- Stand with your right foot on a step, with the bar across the back of your shoulders below your neck, and your left leg behind you in a lunge shape
- 2. By pushing through your right heel, stand up tall and bring your left knee up
- Slowly lower back to the lunge position, controlling the weight through your right leg and glutethink about sinking straight down
- 4. At the bottom of the step up; the bar, your shoulders, hips, and back knee should be in a straight line - if they aren't, adjust your positioning so you are using the correct muscles

TIPS:

- Straight line from shoulder to knee.
- 2. Control descent with glute.
- 3. Keep weight in front leg.



SMITH MACHINE CURTSY KNEE UPS

INSTRUCTIONS

- Stand with your right foot on a step, with the bar across the back of your shoulders below your neck, and your left leg behind you in a curtsy shape
- 2. By pushing through your right heel, stand up tall and bring your left knee up
- Slowly lower back to the curtsy squat position, controlling the weight through your right leg and glute - think about sinking straight down
- 4. At the bottom of the step up; the bar, your shoulders, and hips should be in a straight line if they aren't, adjust your positioning so you are using the correct muscles

TIPS:

- Straight line from shoulder to knee.
- 2. Control descent with glute.
- 3. Finish like a curtsy squat.



SMITH MACHINE LUNGES

INSTRUCTIONS:

- 1. Stand with your feet in a lunge, with the bar across the back of your shoulders below your neck
- Sink straight down until your knee is just above the ground. Make sure you keep your back strong and concentrate the weight through your front heel
- 3. Pause at the bottom, before pushing back up and returning to the starting position
- 4. At the bottom of the lunge; the bar, your shoulders, hips, and back knee should be in a straight line if they aren't, adjust your positioning so you are using the correct muscles

TIPS

- 1. Sink in a straight line.
- 2. Chest up and core engaged.
- 3. Feet parallel.



SMITH MACHINE SKI SQUATS

INSTRUCTIONS:

- Stand with your feet and knees together, with the bar across the back of your shoulders below your neck
- Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels
- 3. Pause at the bottom, before driving through your heels and returning to the starting position

TIPS:

- 1. Feet in front of knees
- 2. Push hips back.
- 3. Squeeze feet and knees together.



SMITH MACHINE SQUATS

INSTRUCTIONS:

- Stand with your feet shoulder-width apart, with the bar across the back of your shoulders below your neck
- 2. Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels
- 3. Pause at the bottom, before driving through your heels and returning to the starting position

TIDE

- 1. Load bar with appropriate weight.
- 2. Push chest out.
- 3. Activate core.

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LOWER BODY EXERCISES



$\overline{SQUAT} + \overline{ROW}$

INSTRUCTIONS:

- Grasp the bar with both hands shoulder-width apart and take a step back so there's tension on the cable
- 2. Squat down until your thighs are parallel to the floor, squeeze your glutes and then perform a row while holding this position
- 3. Stand back up, focusing on keeping the weight in your heels and your chest up

TIPS:

- 1. Row while holding squat.
- 2. Chest up.
- 3. Keep weight in your heels.



SQUATS

INSTRUCTIONS:

- 1. Without using any weight, perform as many squats as possible within 1 minute
- 2. You must perform full reps, so down until your thighs are parallel and keep that chest up

TIPS:

- 1. Sink to 90-degrees.
- 2. Push chest out.
- 3. Drive through heels.



STAR LUNGES

INSTRUCTIONS:

- 1. Perform 5 lunges in a star shape with the right leg, returning to the start each time, then repeat the same on the left leg this is 1 rep
- 2. Start by stepping forwards into a regular lunge, then step forwards on a 45-degree angle, then into a side lunge, then backwards on a 45-degree angle, and finish with a reverse lunge
- Switch to your left leg and repeat, ensuring your chest stays up, hips are level and core is engaged the whole time

TIPS

- 1. Complete 5 lunges before switching.
- 2. Repeat with opposite leg.
- 3.1 circle is 1 rep.



STEP DOWNS (DUMBBELLS)

INSTRUCTIONS:

- 1. Stand tall on a step with one leg to the side and a dumbbell in each hand $% \left(1\right) =\left(1\right) \left(1$
- 2. By bending through the knee that is on the step, slowly lower your leg until it gently touches the floor
- 3. Push back up to the top by only using the leg on the step, ensuring your hips stay level
- 4. As you get more comfortable, you can increase the height of the step to make it more difficult

TIPS:

- Slowly lower gently touching floor.
- 2. Push up using front leg
- 3. Keep your chest up.



STRAIGHT LEG DEADLIFT (BARBELL)

INSTRUCTIONS:

- Stand with your feet shoulder-width apart and the barbell resting against your thighs with your hands slightly wider than shoulder-width
- With your arms straight and upper back engaged, push your hips back and slowly hinge forwards lowering the barbell while keeping in contact with your legs
- Only go as low as you can with a straight back! Come back up by pushing your hips forwards and maintaining core and glute engagement
- Ensure your core is braced and your glutes are engaged the whole time, stop if you feel pain in your lower back

TIPS

- 1. Push your hips back first.
- 2. Shave legs with barbell.
- 3. Back straight.
- Knees soft not locked.

-O-O- GYM EXERCISES



LOWER BODY EXERCISES



STRAIGHT LEG DEADLIFT (DUMBBELLS)

INSTRUCTIONS:

- Stand with your feet shoulder-width apart and the dumbbells resting against your thighs. Keep your arms straight and upper back engaged
- 2. Push your hips back and slowly hinge forwards lowering the dumbbells while keeping them in contact with your legs
- Only go as low as you can with a straight back! Come back up by pushing your hips forwards and maintaining core and glute engagement
- 4. Ensure your core is braced and your glutes are engaged the whole time, stop if you feel pain in your lower back

TIPS:

- 1. Shave legs with dumbbells.
- 2. Back straight.
- 3. Knees soft not locked.



SUMO SQUATS (BARBELL)

INSTRUCTIONS:

- Stand with your feet turned out and wider than shoulder-width, with the bar across the back of your shoulders below your neck
- 2. Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels and big toe
- 3. Pause at the bottom, before driving through your heels and returning to the starting position
- 4. Ensure your core is braced, chest is up and your glutes are engaged the whole time

TIPS:

- 1. Bar rests below neck
- 2. Squeeze core and glutes.
- 3. Straight back.



SUMO SQUATS (SMITH MACHINE)

INSTRUCTIONS:

- Stand with your feet turned out and wider than shoulder-width, with the bar across the back of your shoulders
- Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight in your heels
- 3. Pause at the bottom, before driving through your heels and returning to the starting position

TIPS

- 1. Feet at 45-degrees.
- 2. Feet wider than hips.
- 3. Push knees to middle toe.



WALKING LUNGES (BARBELL)

INSTRUCTIONS:

- 1. Secure a barbell across your upper back, just below your neck height
- 2. Lunge forwards on one leg, ensuring the barbell and your hips stays level
- 3. Pushing through your front heel, bring the back foot forwards until your feet are together again
- 4. Lunge forwards with your opposite foot this time, alternating each time

TIPS

- 1. Keep the barbell level.
- 2. Push from front heel.
- 3. Control each step.



WALKING LUNGES (DUMBBELLS)

INSTRUCTIONS:

- 1. Lunge forwards on one leg, stopping just before your back knee touches the ground
- 2. Pushing through your front heel, bring the back foot forwards until your feet are together again
- Lunge forwards with your opposite foot this time, alternating each time and ensuring your hips stay level

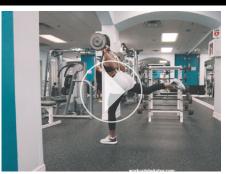
TIDE

- 1. Chest up with arms straight.
- 2. Push from front heel.
- 3. Control each step.

-O-D- GYM EXERCISES



LOWER BODY EXERCISES



WALKING LUNGES WITH KICKBACK (BARBELL)

INSTRUCTIONS:

- 1. Lunge forwards on one leg, ensuring the barbell and your hips stay level
- 2. At the bottom of your lunge, push through your front heel to come up and kick the back leg straight behind you
- 3. Control the weight with your front leg and step your feet back together
- 4. Lunge forwards with your opposite foot this time, alternating each time

TIPS:

- 1. Control the kickback with glute.
- 2. Keep barbell level.
- 3. Look straight ahead.



WALKING LUNGES WITH KICKBACK (DUMBBELLS)

INSTRUCTIONS:

- 1. Holding dumbbells in each hand, lunge forwards on one leg, ensuring your hips stay level
- At the bottom of your lunge, push through your front heel to come up and kick the back leg straight behind you
- 3. Control the weight with your front leg and step your feet back together
- 4. Lunge forwards with your opposite foot this time, alternating each time

TIPS:

- 1. Control the kickback with glute
- 2. Keep chest up.
- 3. Look straight ahead.



WALKING SIDE LUNGES (DUMBBELL)

INSTRUCTIONS:

- With dumbbells held just above your shoulders, take a large step to one side and sink down until your knee is at 90-degrees
- 2. Make sure the ankle, knee and hip of the bending leg stay in a line the other leg stays straight and only acts for balance
- 3. Push straight up from the bent knee while bringing the straight leg across next to it
- 4. Repeat for the same leg, covering as much distance as possible, before switching legs to go the other way

TIPS

- 1. Only use bent knee to lift.
- 2. Dumbbells help keep chest open.
- 3. Continue in same direction.



YOGA EXERCISES

BOAT POSE			
BOW POSE	30		
BRIDGE POSE			
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YOGA EXERCISES



BOAT POSE

INSTRUCTIONS:

- 1. Sit straight on the mat with your legs stretched out
- 2. Inhale and lengthen your spine
- 3. Exhale and lift your legs off the floor by leaning backward slightly and balancing on your sitting bones so your body looks like a V
- 4. Stretch your hands parallel to the floor
- 5. Engaging the core and pulling in the navel, hold the posture for ninety seconds
- 6. Exhale and slowly release your legs down and come back to the starting posture

TIPS:

- 1. Keep hip at 90-degrees
- 2. Engage core
- 3. Neutral Neck



RNW PNSF

INSTRUCTIONS:

- 1. Once you release Cobra Pose, bend your knees and hold each ankle with the respective hand.
- Inhale and push your torso until the lower abdomen is off the floor. Simultaneously, pull your feet away from the buttocks, lifting the knees and thighs off the mat in the process.
- 3. Gaze forward and hold the posture for one minute.
- 4. Exhale and gently release the posture.

TIPS:

- 1. Hold one ankle at a time.
- 2. Advanced hold both ankles.
- 3. Use a band to make it easier.



BRIDGE POSE

INSTRUCTIONS:

- Once you release Bow Pose, roll to your right and lie down on your back. Let the palms rest alongside your hips.
- 2. Bend your knees and keep your feet firm on the mat, as wide as your hips.
- Pressing the palms and feet firmly into the floor, inhale, and lift your hips, lower back, and upper back away from the mat.
- 4. Tuck your chin slightly into the chest.
- 5. Engage the core, squeeze your glutes and hold the posture for one minute.
- 6. Exhale and release the pose slowly placing upper back, lower back, and hips on the floor.

TIPS:

- 1. Lift Your heels.
- 2. Relax your neck.
- 3. Engage core and glutes.



CHATURANGA DANDASANA

INSTRUCTIONS:

- 1. From Downward Facing Dog pose, lower yourself into a straight arm plank
- 2. Straighten your body so there is a straight line from shoulder to ankle
- 3. Bend your elbows and hug them to your torso, stacking the wrists under your shoulders
- 4. Balancing yourself on your toes, engage the core, and gaze down
- 5. Hold the posture for 60 second, breathing deeply
- 6. Exhale and lower your body on the mat, before repeating it once more

TIPS:

- 1. Neutral Neck
- 2. Squeeze elbows into torso
- 3. Use knees if it is too challenging



COBRA POSE

INSTRUCTIONS:

- From the Plank position, hold your breath and slide your body forward and lie down on your abdomen.
- $\,$ 2. Let the palms rest on either sides of your chest. Let the tops of your feet rest on the mat.
- 3. Press your palms into mat, inhale, and lift your head and chest off the mat.
- Exhale and on the next inhale, deepen the backbend, lifting your torso off the mat with hips resting on the mat.
- 5. Tilt your head backward and hold the posture gazing up and breathing deeply for one minute.
- 6. Exhale and come back to starting position.

TIPS

- 1. Slowly arch more as you get better.
- Engage core and glutes.
- 3. Begin on forearms, progressing as your flexibility improves



YOGA EXERCISES



COW POSE ARMS

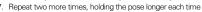
- 1. Sit down in any comfortable seated posture where you can keep your spine straight.
- 2. Inhale and place your right hand on your back, palm facing your back.
- 3. Exhale and bring your left hand on your back and clasp the fingers of your right hand.
- 4. Roll back your shoulders, down and away from the ears, to open them up.
- 5. Hold the posture for 30 seconds.
- 6. Release your hands and switch sides.

- 1. Begin using a towel.
- 2. Gently ease into stretch.
- 3. Stop if this causes pain.



- From Chaturanga Dandasana, place the forearms on the floor, push your hips up and come into Dolphin pose
- 2. From the Dolphin Pose, inhale and slide your body forward until the shoulders come directly over your elbows and your torso is parallel to the mat
- Roll your shoulder blades back and away from the spine and ears while pressing your forearms and elbows firmly on
 - Engage the core muscles and lengthen the tailbone towards your heels as if someone is pulling your spine
- Keep your head and neck aligned with the spine. Gaze forward and hold the posture, breathing deeply, for 60 seconds

- 1. Engage core and glutes 2. Use knees if it is too challenging
- To exit the pose, exhale and slowly lower the body to the mat and relax by lying down on your stomach





INSTRUCTIONS:

- 1. From forearm plank, tuck your toes and lift your knees off the mat, pushing the hips to the ceiling.
- 2. Keep lifting the hips to the ceiling while lengthening the spine and balancing yourself on the tips
- 3. Keep the knees slightly bent to keep your back flat. Allow the head and neck to hang from shoulders. If possible, rest the forehead on the mat.
- 4. Hold the posture, breathing deeply for 60 seconds.
- 5. To exit, bend your knees and lower the hips and come back to starting position.
- Repeat two more times for 60 seconds each.

- 1. Relax head and neck.
- 2. Engage core and glutes.



DOWNWARD FACING DOG SPLIT

INSTRUCTIONS:

- 1. Once you complete standing splits, extend your legs back, placing the heels firmly into the floor. Lift your hips to the ceiling adjusting your body to look like an inverted V
- 2. Slide your forearms down so that your elbows are right under your shoulders
- 3. Inhale and push your body a little forward so that your crown comes close to the floor and heels are off the floor.
- 4. As you inhale, lift your left leg up into the air with toes facing the ceiling. Engage the core and glutes
- 5. Breathing deeply, hold the posture for 30 seconds.
- 6. Exhale and release the posture. Repeat on the other side.

- 1. Keep both legs straight
- 2. Lift hips towards roof
- 3. Maintain core engagement



- 1. Bend your knees and push your hips back as if you are sitting on an invisible chair
- 2. Cross the left thigh over the right thigh and hook the left foot over the right calf
- 3. Stretch out your arms. Cross the left hand over the right and allow both the palms to come into
- 4. Roll back the shoulders as much as possible
- 5. Breathe deeply and hold the posture for one minute before repeating on the other side
- 6. To come out, inhale, release the hands and legs

1. Use a step to make it easier 2. Breathe and relax

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YOGA EXERCISES



EXTENDED PUPPY POSE

- 1. Move onto all fours, your knees stacked under your hips and wrists under your shoulders.
- 2. Keeping the legs where they are, walk forward with your hands.
- 3. Gently rest the forearms on the floor with your palms flat on the floor.
- 4. Lift your pelvis up while chest moves closer to the floor.
- 5. Gazing at a point in front of you and breathing deeply, hold the posture for 60 seconds.
- 6. Inhale and come back to the starting position.

1. Place a cushion under knees. 2. Relax with each breath





FOREARM PLANK

- 1. Once you complete the Wheel Pose, roll to your right and lie down on your abdomen.
- 2. Stretch out your legs as wide as your hips, and tuck your toes so that the balls of the feet are pressing firmly into the floor.
- 3. Bend your elbows and place the forearms on the floor, palms resting on the floor so your shoulders are stacked over the elbows.
- 4. Engage your core, squeeze your glutes and legs and lift your hips and thighs off the floor so your body is a straight line.
- Gaze forward and hold the posture for 60 seconds. Exhale and release the body on the mat.
- 6. Repeat two more times for 60 seconds each.

1. Engage glutes and core. 2. Squeeze the floor.



INSTRUCTIONS:

- Stand with your feet separated about 3 feet wide. Slightly turn the toes inward
- 2. Place your palms on your waist, exhale and fold forward, pushing the hips back and lengthening the spine
- 3. Once in position, hold the big toe of each foot using your thumb, middle and index fingers, thumb resting on top of the big toe
- 4. Let the head come close to the floor
- Engage the core and hold the posture, breathing deeply, for 90 seconds
- 6. Place your palms on the waist, bend your knees slightly, inhale and straighten your torso. Exhale

1. Keep the knees straight

2. Sink deeper with each breath



- Stand straight with legs separated about three feet wide
- 2. Bend your right knee and rest your left hand on your hip
- 3. Place your right hand on the floor, about a foot in front of the right foot
- 4. Slowly straighten your right leg as you raise your left leg open your hips, stacking the left over the right
- 5. Flex the left foot, toes facing forward and lift the left hand towards the ceiling to open your chest
- 6. Hold the pose, gazing at your left fingertips, for one minute
- 7. Exhale and slowly place the left foot on the mat. Inhale and lift your torso, before repeating on

- 1. Remain side on 2. Gaze at fingertips
- 3. Open your hips



ND TO BIG TOE POSE

INSTRUCTIONS:

- 1. Stand straight with your feet separated as wide as your hips. Place your left hand on your waist
- 2. Shift the weight to the left leg and hug the right knee into your chest
- 3. Hold the big toe of the right foot and exhale as you stretch your leg to the front
- 4. Keep the standing leg straight (or slightly bent) and active while maintaining a tall spine
- 5. Pull the navel in towards the spine and hold the posture for one minute 6. Exhale, release the pose and repeat on the other side

1. Use a wall for support

-O-O- GYM EXERCISES

2. Hold as far as possible

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YOGA EXERCISES



HANDSTAND

INSTRUCTIONS:

- 1. Come into Downward Facing Dog Pose. Make sure that the wrists are stacked under the shoulders.
- 2. While supporting yourself on your hands, slowly walk your feet inward, slowly straightening your back, vertebra by vertebra
- Lift one leg against the wall while you continue straightening your back. Lift the pelvis and finally the second leg.
- 4. Join the feet against the wall and gaze at a point in front of you.
- 5. While engaging your core muscles and thighs, hold the posture for 30 seconds
- 6. Exhale and gently place the feet back on the floor and come back to Downward Facing Dog Pose
- 7. Only go past step 4 if your arms and core are strong enough

TIPS

- Keep your arms straight
 Practice against a wall
- 3. Engage core and glutes



SIDE PLANK

INSTRUCTIONS

- 1. From Downward Facing Dog pose, inhale and push your body forward into the plank position.
- 2. Exhale and twist to your right, stacking the left foot over the right one.
- 3. If you are stable here, lift the left arm into the sky,
- 4. Hold the posture, keeping the core engaged and legs active for 30 seconds.
- 5. Inhale and come back to plank.
- 6. Exhale and repeat on the other side.

TIPC.

- 1. Keep hips elevated.
- 2. Gaze at fingertips.
- 3. Avoid rotation of hips



STANDING SPLITS

INSTRUCTIONS:

- After completing Tadasana, exhale, and place both palms on the floor slightly in front of your feet
- 2. Shift your weight onto your right foot and lift your left leg up as high as possible behind you
- 3. Walk your hands closer to the balancing foot and bring your torso as close to your balancing leg
- Square your hips, tuck your chin to the chest and relax your neck and shoulders.
- 5. Hold for 30 seconds
- 6. Inhale, release the leg and come back to standing position before repeating for the other leg

TIPS:

- Beginner place leg against the wall
- 2. Keep the bottom knee slightly bent
- 3. Hold your ankle



TADASANA

INSTRUCTIONS:

- 1. Stand straight with your feet together, keeping your spine tall and straight
- 2. Inhale and sweep your hands over your head and join the palms
- 3. Press the feet into the floor firmly, engage your core and pull the navel close to the spine
- 4. Keep the legs active and squeeze your buttocks
- 5. Tilt your head and gaze at your fingertips 6. Hold the posture for 60 to 90 seconds

TIPS:

1. Squeeze your thighs together

2. Look at your hands



THREE-LEGGED DOWNWARD FACING DOG

INSTRUCTIONS

- 1. From Tadasana, join your feet, and place your palms flat on the floor, separated at hip distance.
- Exhale and place your feet back, one at a time. Adjust the posture to stack your shoulders over the wrists.
- 3. Press your heels back to the floor while pushing your hips to the ceiling.
- Inhale and lift your right leg up, toes pointing towards the ceiling. Keep the left leg firm on the mat.
- 5. Gaze forward and hold the posture for 30 seconds.
- 6. Exhale and release the right leg before repeating on the other side.

TIPS:

- 1. Keep both legs straight.
- Keep your hips square.
 Push heel into the floor.

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YOGA EXERCISES



TRIYAK TADASANA

INSTRUCTIONS:

- 1. Stand straight with feet separated hip width.
- 2. Inhale and swing your arms overhead, aligned with ears.
- 3. Interlace your fingers and turn your palms up.
- 4. Exhale, bend to the right, opening the chest to the left. Keep the hips squared to the front.
- 5. Hold for 30 seconds, breathing deeply.
- 6. Inhale and come back to the center before repeating on the other side.

TIPS:

- 1. Keep your core engaged.
- 2. Spine aligned with neck and
- 3. Knees slightly bent



UPWARD FACING DOG

INSTRUCTIONS:

- From Dolphin pose, lower onto your stomach and rest the palms at chest level. Stack your wrists beneath the shoulders, hugging the elbows as close as possible to your torso.
- 2. Inhale, push your palms into the floor, straighten the elbows, and lift your head and torso off the floor. Simultaneously, lift your thighs and knees a couple of inches off the floor.
- Pressing the tailbone towards your pubis, lift your pubis up allowing it to come closer to the navel. Squeeze your glutes.
- 4. Roll your shoulders back and tilt your neck backward to gaze towards the ceiling.
- 5. Aligning the wrists and shoulders, hold the posture for 60 seconds.
- 6. Exhale and slowly lower back to the floor. Repeat once more for 60 seconds.

TIPS:

- 1. Draw your shoulders down.
- 2. Lift torso & hips off the ground.
 3. Engage core & glutes.



IIPWARD FACING PLANK

INSTRUCTIONS:

- With the final exhalation in Boat Pose, release your legs and place the palms just behind your buttocks with fingertips facing you
- 2. Inhale, press the palms and lift your torso off the mat, relaxing your head
- 3. Keep your legs stretched out, extending the toes forward
- 4. Tuck your chin slightly and keep the core and glutes engaged
- 5. Breathe deeply and hold the posture for ninety seconds

TIPS:

- 1. Bend knees if too difficult
- 2. Push hips open
- 3. Maintain a neutral Neck



WHFFI PNSF

INSTRUCTIONS

- 1. Lie down on your back. Bend the knees and rest the soles of your feet on the mat as close to the glutes as possible.
- 2. Rest the palms under your shoulders, fingertips facing you.
- 3. Inhale and press down into the palms as you lift the hips up off the floor.
- On the next inhale, lift your torso and crown of the head off the floor, straightening your arms and keeping the leas parallel.
- 5. Hold the posture, relaxing your neck and staring at your hands, for 30 seconds.
- 6. Exhale and release slowly. Repeat once more.

TIPS:

- 1. Open your shoulders.
- 2. Breathe throughout the pose. 3. Avoid if you get back pain.

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