

FITTER, STRONGER, FASTER CHALLENGE

EXERCISE GUIDE



LANDMINE SQUAT TO PRESS

From a standing position, with feet slightly wider than shoulder width, hold the end of the barbell close to the chest. Squat down, then as you return to standing, push the barbell upward with both hands. Keep your body and core tight the entire time. The main difference between a landmine squat and a regular squat is that in a landmine squat the center of gravity moves toward the bar so that in the standing phase of this exercise, the body is leaning forward toward the bar. This exercise targets the thighs, glutes and anterior delts.



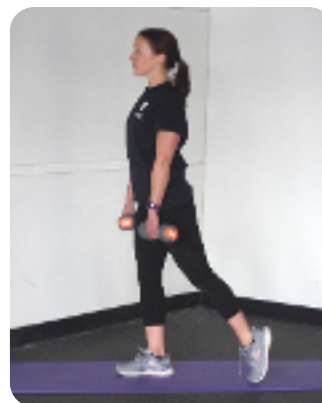
PUSH-UPS

Starting on the ground in a quadruped position, place your hands on the floor slightly wider than your shoulders. Extend your legs back into a straight arm plank position. Check that your spine is neutral and your core is engaged. From here, bend your elbows and lower your body down toward the floor; pause and push yourself back up to the straight arm position. As you fatigue, be especially mindful of your form and avoid allowing your hips to sag or your forehead to drop. If you are not yet able to do full push-ups, you can modify by doing a push-up at an incline (this will reduce the load on the upper body) or you can do push-ups from your knees. To add additional challenge to the push-up, add an element of instability — push-ups on one leg or push-ups utilizing a BOSU ball or stability ball. This exercise targets the chest, triceps and anterior delts as well as the core.



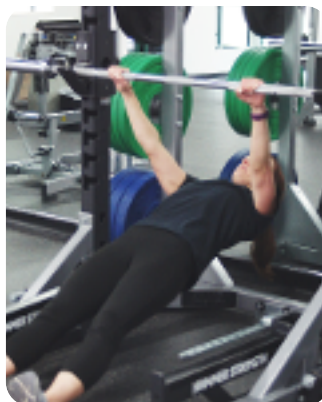
STRAIGHT LEG DEAD LIFT

Grab a barbell with an overhand grip and hands placed just outside the thighs. Arms should be straight and relaxed. Initiate the movement by hinging at the hips until the back is almost parallel to the ground; pause and then rise back up into a standing position. Keep the spine neutral and core braced through out this exercise. There should be minimal movement at the knee. Make sure to keep the work in the hips and do not lift out of this exercise by arching or rounding through the spine. To get the feel of this exercise, it can be helpful to practice without using any weight. Substitute dumbbells for a barbell if you prefer. This exercise targets the hamstrings, glutes and lower back muscles.



INVERTED ROW

Grab the bar in an overhand grip with hands a little wider than shoulder width. Arms and wrists should be straight. Begin the movement by pulling the shoulder blades back; continue to pull with the arms, bending at the elbows and retracting through the shoulder blades as you lift the chest to the bar. Pause at the top and then slowly your body back to the starting position. For this exercise you can substitute TRX straps for a bar. This exercise targets the lats, upper back muscles, posterior delts, biceps and core.



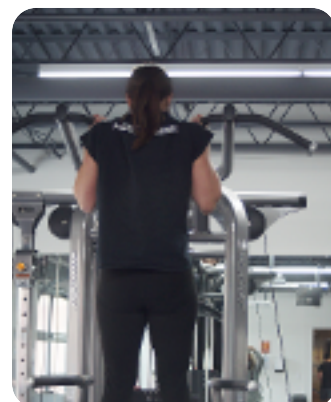
WALKING LUNGES

Hold a pair of dumbbells by your side with arms relaxed and palms facing in. Step forward with your right leg and slowly lower your body until your front thigh is about parallel to the floor and the front knee is about 90 degrees. Pause at the bottom, then shift your weight to your right foot as you stand up and step forward into a lunge with the left leg. To get the feel for this exercise, start with only using body weight and then progress to using dumbbells or a barbell. This exercise targets the quads, glutes, calves and hamstrings. This exercise also promotes good balance.



PULL-UPS

Grab the bar with a shoulder width, underhand grip. Hang at arm's length. Keeping the spine neutral, pull your chest up towards the bar. Pause at the top and slowly lower back down to the start position. For assistance with this exercise, use bands or a weight machine with a weight stack that counterweights your body weight. This exercise strengthens the lats, shoulders, biceps and core.



SHOULDER TAPS

Get into a high plank position with your hands underneath your shoulders. Keeping your body still, lift your left hand off the floor and tap your right shoulder, return to the starting position, and then lift your right hand and tap your left shoulder. Continue to alternate back and forth. Keep your spine neutral and brace your core. Resist the tendency to rotate your hips. Try to keep your hips parallel to the ground through out this exercise. To make this exercise a little easier, do the plank from your knees. This exercise strengthens the core and shoulders.



SIDE PLANK

Lying on your left side, prop your body up on your left forearm with elbow directly beneath shoulder and legs with legs straight. Brace your core and raise your hips, keeping your body straight from shoulders to ankles. Try to take full breaths throughout the exercise and keep the head inline with the body. If this exercise is too difficult, keep the knees bent for modified plank. For additional challenge, from the full side plank position – lift your top leg. This exercise strengthens the core and shoulders.



ROWING

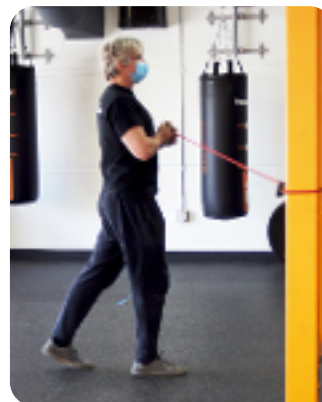
"For this exercise, start slowly until you are comfortable with the movement. After positioning the feet into the foot plate, grab the handle with an overhand grip. Sitting up tall, with knees bent, position the arms straight in front of you. Keep your spine neutral and hinge forward from the hips. Heels will likely lift a bit as you come into this bent knee hip hinge position. Next, push through the feet and straighten the legs as you push back. As you push into this position, slightly hinge back while continuing to maintain neutral spine. Here, the arms should begin to pull straight back and you will finish the arm pull just below your ribs.

From here, begin to straighten your arms and bend your knees and hinge from your hips as you slide back toward the flywheel. Repeat. This exercise promotes good cardiorespiratory conditioning, calorie burning and all over body strengthening and coordination.



CABLE CORE PRESS

With hand-over-hand grip, grab a handle positioned at waist height on a pulley machine. Stand with your right side facing the weight stack with your feet spread shoulder width apart and knees slightly bent. Step away from the weight stack so the cable is taut. Hold the handle to your chest and brace your abs. Slowly press your arms in front of you until completely straight, pause for a second and bring the arms back to starting position. While performing this exercise, the objective is to resist rotation. As the cable pulls you to the right, you must use your core muscles to resist and keep your body centered. Do all of your reps, then turn around and work your other side. Use a band as a substitute for a cable machine. This exercise strengthens the core and shoulders.



STANDING CABLE ROW

Attach a stir-up to a cable machine about waist height. Stand in a staggered stance, with spine upright and neutral. Grab the stir-up with a neutral grip (thumb up, palm facing inward). Without moving the torso, pull the arm back by your side; pause, and slowly lower back to the start position. Complete assigned reps and then repeat on the other side. A band can be substituted for a cable machine. This exercise strengthens the lats and upper back. It is an excellent exercise for promoting good posture.



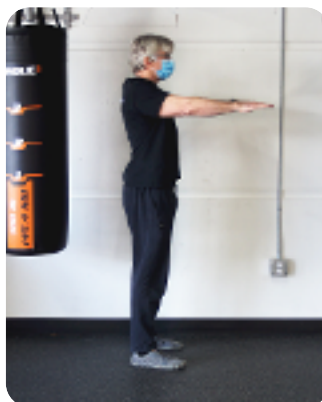
SHOULDER PRESS

Grab dumbbells with an overhand grip slightly wider than shoulder width apart. Hold the bar at the collarbone level and stand with your feet shoulder-width apart. Push the dumbbells overhead toward the ceiling as you straighten your arms; pause, then slowly lower the bar back down to the start position. Make sure to brace your core and stabilize your spine in neutral throughout this exercise. You can substitute a barbell for dumbbells. This exercise strengthens shoulders, triceps and core.



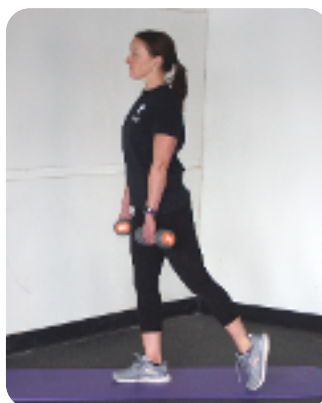
SQUAT

Stand with your feet shoulder width apart, toes pointed slightly out. While bracing your core and keeping your spine neutral, slowly lower down as far you can bending at your hips, knees and ankles. When you get to the bottom range, pause and then press back up to your start position. You can add weight to this exercise by using a barbell on your back for a back squat or by holding a barbell in front for a front squat. Another option would be to hold dumbbells at your side, near shoulders or hold a single dumbbell at chest height. This exercise targets glutes, quads, hamstrings and calves.



SINGLE LEG DEADLIFT

Grab a pair of dumbbells with an overhand grip and hold them at arm's length in front of your thighs. While standing on one leg, with your knee slightly bent, hinge at the hips and lower your torso until it's almost parallel to the floor. Keep your hips level and spine straight. Pause at the bottom range of motion and then, using your hips, raise your torso back to the starting position. You can use a barbell as a substitute for dumbbells. Arms should stay straight and relaxed. This exercise targets glutes and hamstrings.



HIP BRIDGE

Lie faceup on the floor with knees bent and feet flat on the floor. Keeping your spine neutral, raise your hips up; pause at the top and slowly lower down. To make this harder, you can raise and lower with one leg for assigned reps and then repeat on other side. This exercise targets glutes and hamstrings.



MOUNTAIN CLIMBER

Assume a straight arm plank position. Lift your right foot off the floor and slowly raise your knee as close to your chest as you can. Touch the floor with your right foot. Return to the starting position. Repeat with your left leg. Alternate back and forth for assigned reps. You can make this exercise easier by putting your hands on a bench (elevating the upper body). Or, make this exercise more difficult by adding instability — for example, hands on a medicine ball or BOSU ball or by using gliders. This exercise strengthens core, hip flexors and shoulders.

