

FULL BODY

Here's your moves. Just six, that's it. You've got this!

front
plank

A

suitcase
deadlift

B

static
lunge

C

sumo
squat

D

bent over
DB row

E

chest
fly

F

week 1: 16-20 reps, 2 sets.

A

C

E

B

F

D

A

C

E

B

F

D

week 2:

week 3:

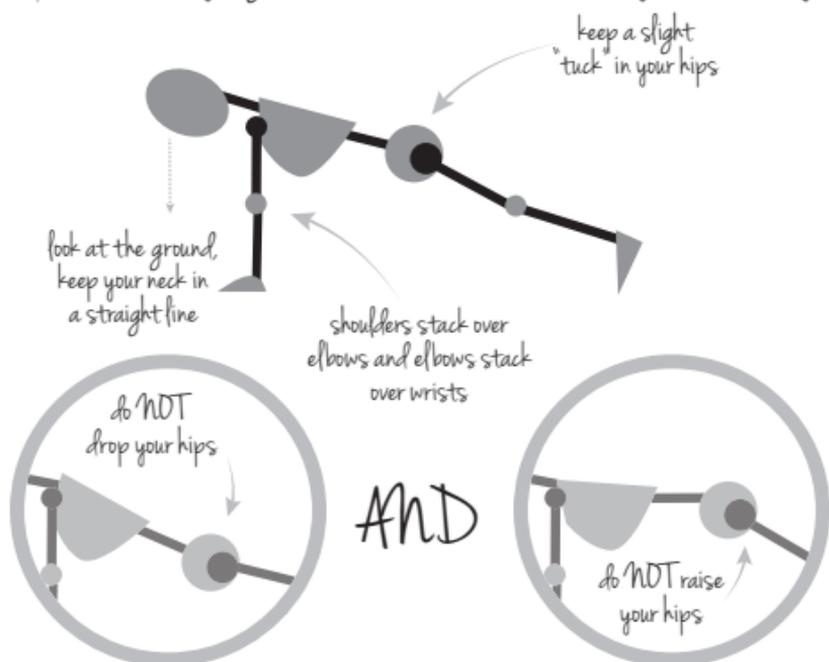
week 4:

week 5:

week 6:

front plank:

A front plank is an bodyweight, isometric exercise that works your entire body.



Set up for plank by getting into "hands and knees" position. Make sure your fingers are spread wide and your hands are directly under your shoulders and your knees are directly under your hips.

Extend one leg back without changing the position of your upper body. Then extend the other leg back and hold for prescribed time.

notes on time:

- 2 sets: hold for at least 90 sec
- 3 sets: hold for 60-90 sec
- 4 sets: hold for 30-60 sec
- 5 sets: hold for 15-30 sec

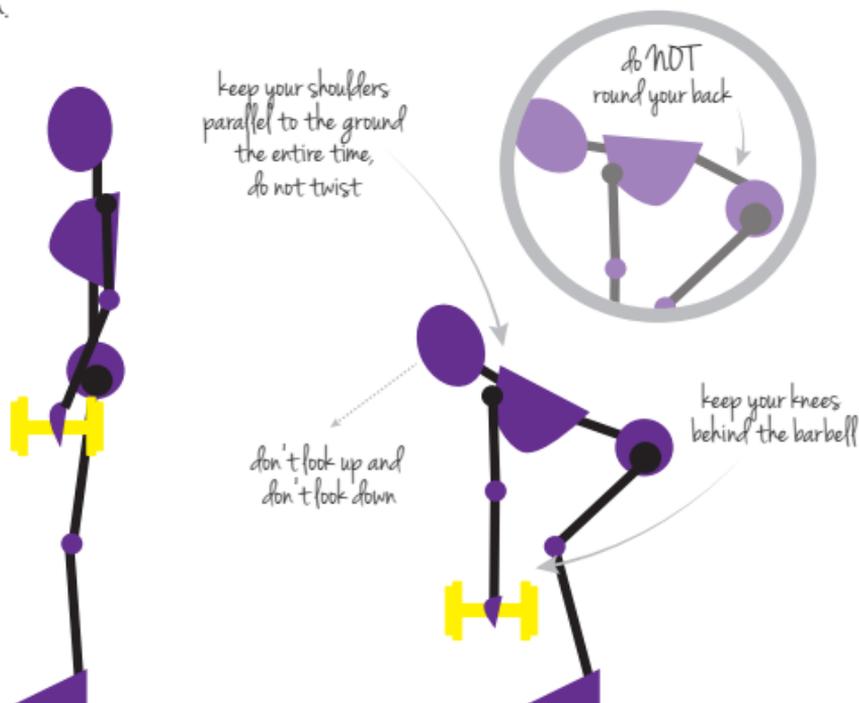
modifications:

Easier? If you can't plank from the ground for your prescribed time, hold plank with your hands on a counter or bench. Another option is to hold plank from your knees.

Harder? Place either your hands or feet on a Bosu ball, raise your feet onto a bench, or lift one/two extremities off the ground at a time.

suitcase deadlift:

A *suitcase deadlift* is simply the motion of picking something up off the floor with one hand. This movement requires you to really focus on your glutes and grip strength.



Start by standing with your feet as wide as your shoulders, toes facing forward. Hold a dumbbell in your left hand and let it hang by your hip. Send your hips back in space while lowering the dumbbell to shin height.

Keep your back straight, your butt out and chest lifted as you lower down. Push through your heels (especially the left) to bring yourself back to standing. Repeat for reps and complete on right side.

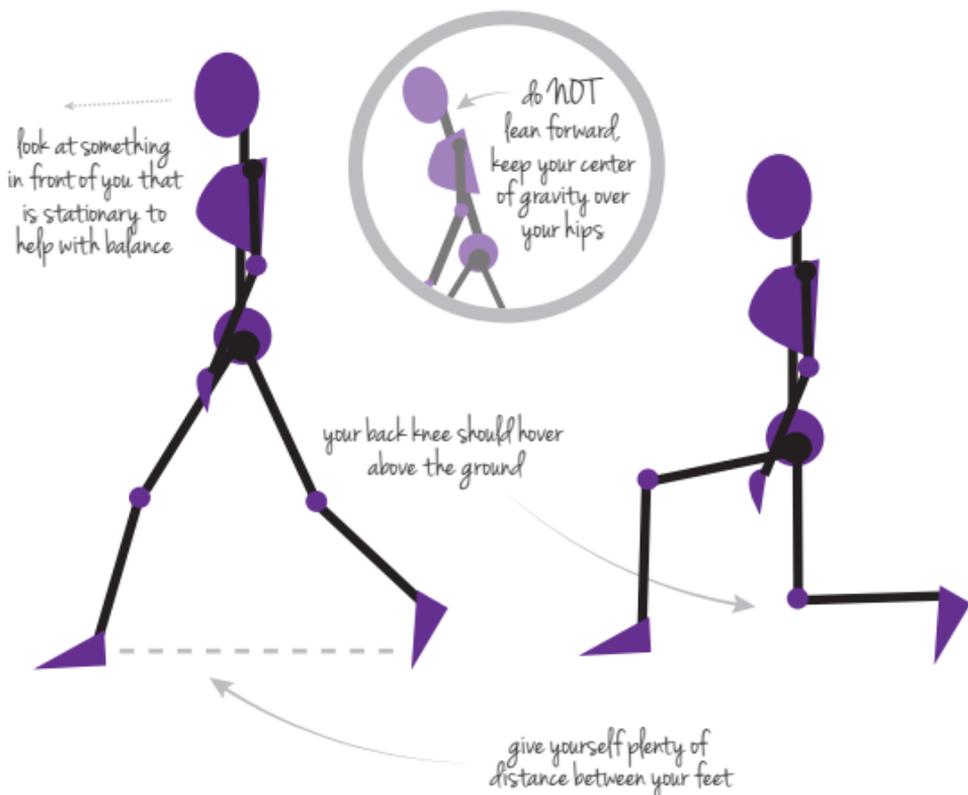
modifications:

Easier? Start with a small dumbbell to get the hang of it. Do NOT progress if you cannot keep your back straight.

Harder? Increase your weight!

static lunge:

A *static lunge* is a movement when your feet are staggered and knees bend at the same time to move your body up and down in space. Static means that your feet stay in the same place throughout the movement.



Start by standing with one foot in front of the other, feet as wide as your shoulders and toes facing forward. Rise up onto the toes of your back foot and keep your front foot planted.

Bend both knees to lower your body to the ground. Try to achieve 90 degree angles with your knees. Push through front heel and back toes to raise up to the starting stance. Repeat for reps and complete on the other side.

modifications:

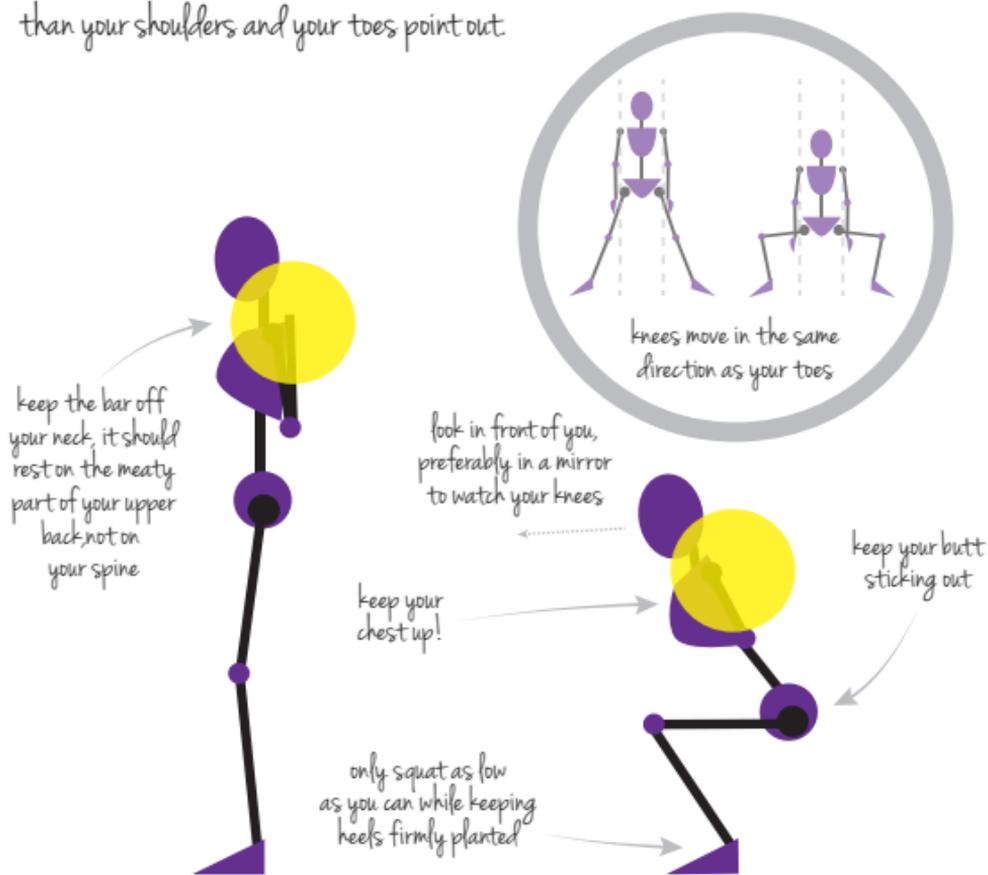
Easier? Hold on to TRX straps to help keep your balance.

Harder? Add dumbbells, one to each hand.

Do not rush lunges. The faster you do them, the less time you give for your body to compensate for your center of gravity moving.

sumo squat:

A *sumo squat* uses a sumo stance. This means that your heels are placed farther than your shoulders and your toes point out.



Start by standing with a barbell racked on your back (if you are able to). Your heels should be wider than your shoulders and your toes turned out to match the direction your knees travel.

Start the movement by bending your knees and flexing your hips at the same time. Sink your hips back, as if you are sitting in a chair. Keep your butt out and your chest high. Push back up through your heels and repeat for reps.

modifications:

Easier? Start without weight, if you need more help you can hold on to TRX straps throughout the movement. Practice with a broomstick before adding a barbell.

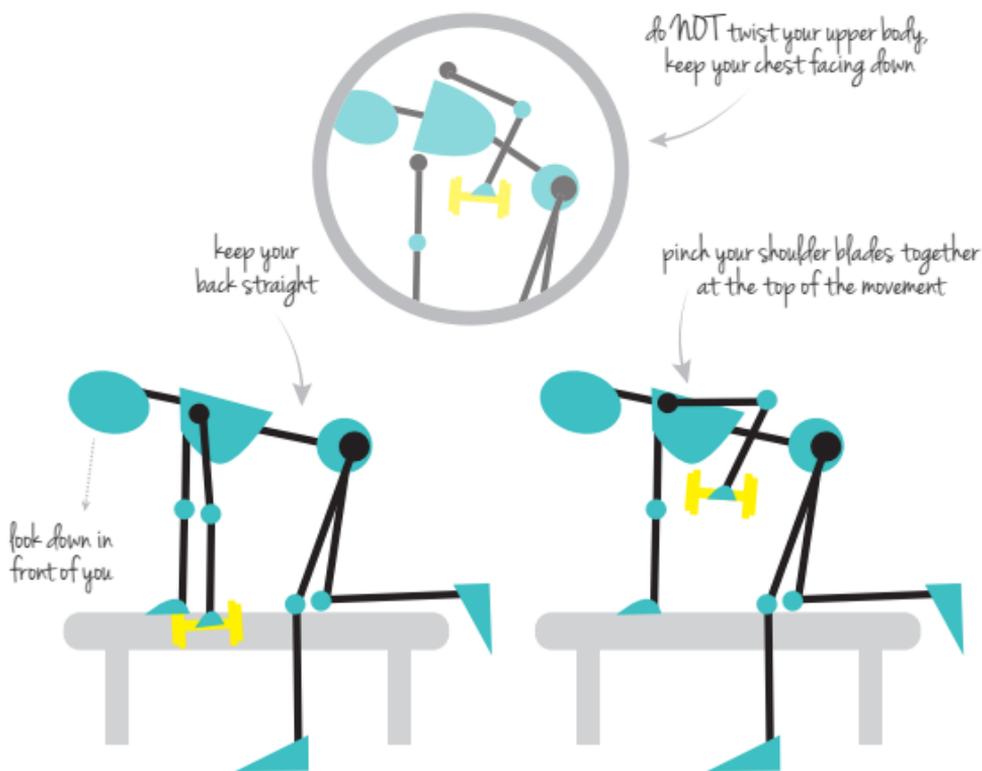
Harder? Add a barbell and increase weight as needed.

Stretch your calves before starting if you have trouble keeping your heels down.

bent over dumbbell row:



A bent over dumbbell row uses a bench and dumbbell to strengthen your back. You work your core as well by resisting rotation of your upper body.



Start with your left hand and left knee on a bench. Your right foot is planted on the floor and your right hand holds a dumbbell. Flatten out your back, stick your butt out. Keep your shoulders parallel with the bench.

Pull the dumbbell back towards your you, far enough back that your elbow passes by your spine. Contract your shoulder blades. Let the dumbbell down, and repeat for reps. Repeat on other side.

modifications:

Easier? Lighten the weight.

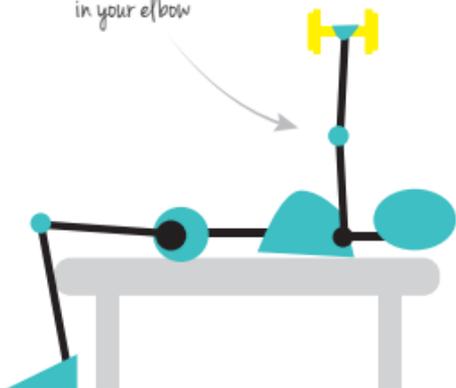
Harder? Increase the weight.

Having trouble contracting your shoulder blades? Visualize bringing your ELBDW back in space rather than your hand. You can also try gripping the dumbbell without your thumb so only your fingers are wrapped around the handle.

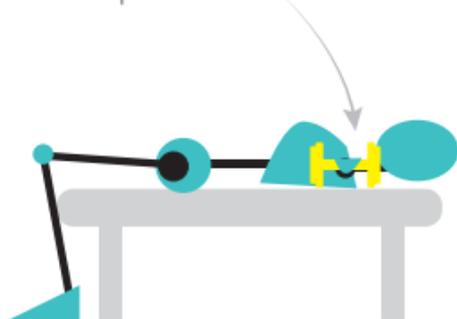
dumbbell chest fly:

A *chest fly* is a movement when you lie on a bench and use dumbbells to strengthen your chest.

do NOT lock out your arms,
keep a gentle bend
in your elbow



do not drop your hands
past the bench



Start by laying on a flat bench with a dumbbell in each hand. Firmly plant your feet on the floor. Raise the dumbbells over your chest, palms facing each other.

Slowly lower the dumbbells out to your sides, not reaching past the height of the bench. Slowly bring the dumbbells back up to starting position and repeat for reps.

modifications:

Easier? Lighten the weight.

Harder? Increase the weight, or lower only one arm at a time.

Lower back gapping with your feet on the floor? That's ok, try planting your heels on the bench to eliminate any gap between your bench and lower back.