

## PULL

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



week 1: 16-20 reps, 2 sets.

**A D C E B F**      **A D C E B F**

week 2:

week 3:

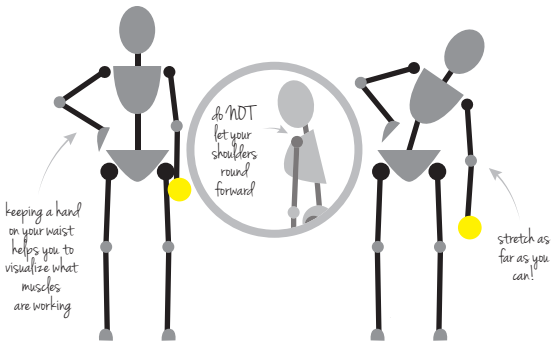
week 4:

week 5:

week 6:

# dumbbell side bend:

A dumbbell side bend is an oblique exercise that challenges your flexibility too!



Set up by standing with your feet under your hips and toes pointed forward. Hold a dumbbell in one hand by your side. Your other hand should rest on your waist.

Lower the dumbbell down, stretching your side as far as you can without rounding forward. Bring the dumbbell back up and repeat for reps.

## modifications:

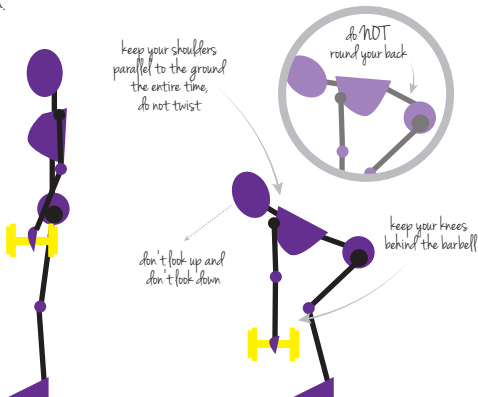
Easier? Lower the weight.

Harder? Increase the weight.

Make sure to watch yourself in a mirror. Between every rep your shoulders should become parallel with the floor. If you do not bring your shoulder all the way up, you're cheating!

# 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.

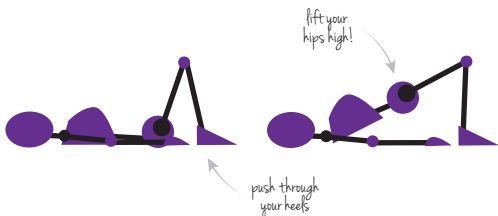
## modifications:

**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!

# glute bridge:

A *glute bridge* is a body weight exercise that works on hip and glute strength.



Start by lying on a mat with your feet flat on the floor and as wide as your hips. Hands are down by your side.

Push through your heels to lift your hips off the ground. Lift until you form a straight line from your shoulders to your knees. Lower and repeat for reps.

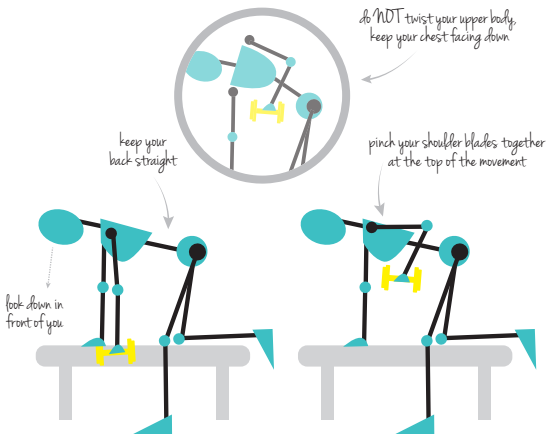
## modifications:

**Easier?** Use your hands and push them into the mat to help lift your hips off the floor.

**Harder?** Flip your hands over so you cannot push into the ground, put your feet on a Bosu ball, or elevate your feet on a bench. If you can master those, try those modifications but with only one foot on the ground. Your other foot reaches up towards the ceiling. Make sure to complete on both sides.

# 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:

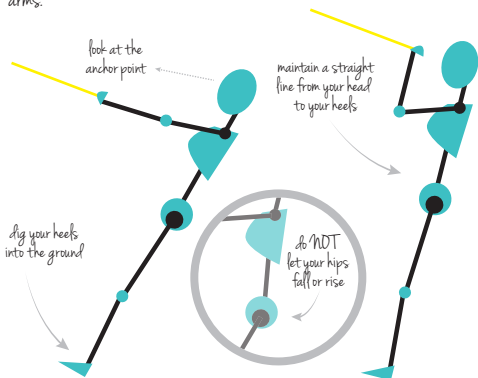
**Easier?** Lighten the weight.

**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.

# TRX biceps curl:

A TRX biceps curl uses a suspension trainer and gravity to strengthen your upper arms.



Start by facing a TRX anchor with a handle in each hand, palms facing up. Let your arms extend out in front of you, towards the anchor.

Pull your hands in towards your face, keeping your elbows stationary if possible. Extend your arms to the starting position and repeat for reps.

## modifications:

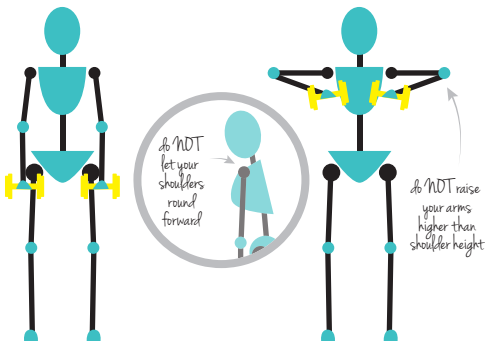
**Easier?** Stand farther away from the anchor point.

**Harder?** Walk your feet closer to the anchor point, stand on a Bosu ball, or try with just one hand if you are daring!

If it is uncomfortable to dig your heels into the ground, you can try keeping your feet flat on the floor.

# upright row:

An upright row uses dumbbells to strengthen your shoulders.



Start by standing with feet under hips, toes pointed forward. Hold a dumbbell in each hand, palms facing your legs.

Bring your elbows up to shoulder height and let the dumbbells hang freely, to the sides of your chest. Lower the dumbbells and repeat for reps.

## modifications:

*Easier?* Lighten the weight.

*Harder?* Increase the weight.

It is easy to rely on momentum for this exercise. Take it slow to avoid doing this!