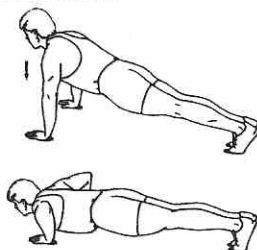


LEGS: QUADS - Ninety / Ninety

Position back against wall so that knee joints form 90° angles. Hold for 20+ secs. Move up to 60, and 45 degree angles as well.



CHEST - Standard Push-Up



From starting position, with hands outside shoulder width and with body straight, lower body until chest touches floor. Complete AS MANY repetitions. FINISH OFF FROM KNEES.

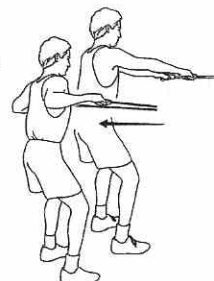
MID BACK - High Row: Standing

Face anchor, feet shoulder width apart. Palms down, pull arms back, squeezing shoulder blades together.

Repeat 15 times per set.

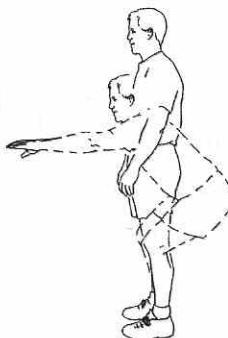
ADD IN SQUAT MOTION. PULL BACK AS YOU ASCEND.

Anchor Height: Chest



LOWER EXTREMITY - Mini Squat: Double Leg

With feet GREATER THAN shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.



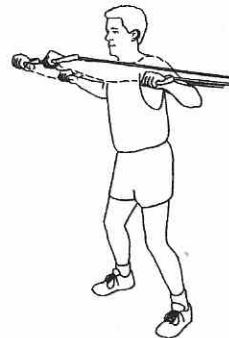
Repeat 15 TIMES.

CHEST - Fly

Face away from anchor in shoulder width stance. SWING ARMS FORWARD WITH ELBOWS BENT IN A FLY MOTION - HUGGING BARRELL.

Repeat 15 times per set.

Anchor Height: Shoulder

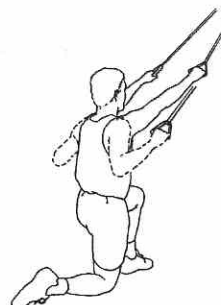


SHOULDER / UPPER BACK - Lat Pull Down: Kneeling

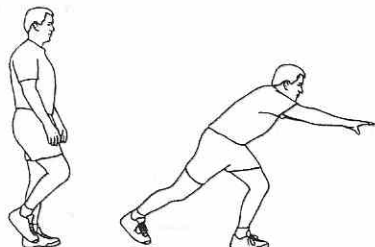
Face anchor, kneeling. Palms down, pull arms down and back, bending elbows.

Repeat 15 times per set.

Anchor Height: Over Head



LOWER EXTREMITY - Squat: Single Leg



Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

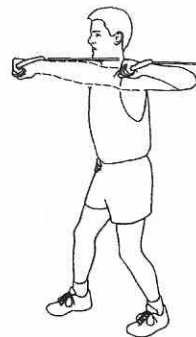
Repeat 10 times. Repeat with other leg for set.

CHEST - Press: (Single Arm)

Face away from anchor in stride stance, leg forward opposite exercising arm. Press arm forward.

VARY ANGLE PUNCH THROWN.

Anchor Height: Chest



SHOULDER / UPPER BACK - Fly: Reverse

Face anchor in stride stance, reaching forward, thumbs up. Pull arms apart and back, squeezing shoulder blades together at end position.

Repeat 15 times per set.

Anchor Height: Chest

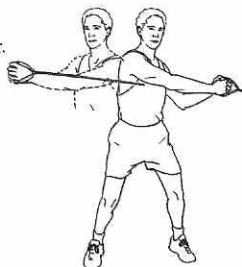


TRUNK - Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat 10 TIMES.

Anchor Height: Chest

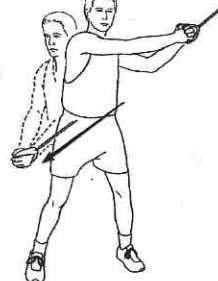


TRUNK - Chop: Standing - Diagonal

Side toward anchor in wide stance, reach up toward anchor. Thumbs up, pull down and away from anchor.

Repeat 10 TIMES.

Anchor Height: Over Head



TRUNK - Pull: Standing - Diagonal

Side toward anchor in wide stance, reach down toward anchor. Thumbs up, arms straight, pull up and away.

Repeat 10 TIMES

Anchor Height: Below Knees

