



## Full Body

Exercise		Sets	Reps	Weight
<p><b><u>Seated Dumbbell Shoulder Press</u></b></p> <p>1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.</p> <p>2. Start position: Position DB's to ear level with an overhand grip (palms facing forward).</p> <p>3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.</p> <p>4. Return to start position.</p> <p>5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.</p> <p><b>Trainer's comments:</b> A1</p>		1	12	
		2	12	
		3	12	
<p><b><u>Split Squat with dumbbells</u></b></p> <p>1. Start by holding dumbbells at your side and standing in a split leg position.</p> <p>2. Slowly lower yourself to the ground by bending your front knee and dropping your back knee to the ground.</p> <p>3. Once you reach the bottom extend your legs and stand back up.</p> <p>4. Repeat for the prescribed repetitions and then repeat with the other leg.</p> <p><b>Trainer's comments:</b> A2 Place your front foot up on a 12 inch box or step. Complete in a superset with A1.</p>		1	12 ea	
		2	12 ea	
		3	12 ea	
<p><b><u>Standing Bent Over Row (barbell)</u></b></p> <p>1) Stand with feet hip width and knees slightly bent.</p>		Sets	Reps	Weight

2) Start position: Bend at hips with back straight. Hold BB shoulder width apart with overhand grip (palms toward body) and let arms straight down (perpendicular to floor).

3) Pull BB up to chest region squeeze shoulder blades together at top of movement.

4) Return to start position. Keep elbows close to body from start to finish.

Remember to keep back and head straight - hyperextension or flexion may cause injury.

**Trainer's comments:**



1	12
2	12
3	12

**Supine hamsring curl with bridge**

1. Lie on your back on the floor and place your feet on top of a stability ball.

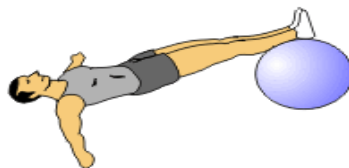
2. Raise your hips up off the ground by pushing your feet into the ball. Keep your legs straight.

3. Maintaining that bridge position curl your feet in towards your butt and then return to the starting position.

4. Repeat according to the prescribed repetitions and keep your hips elevated off the ground.

**Trainer's comments:**

Point toes inward during exercise. Complete in a superset with B1



Sets	Reps	Weight
1	12	
2	12	
3	12	

**Cable Kneeling Crunch**

Starting Position: Start on your knees and hold a cable bar next to or behind your head.

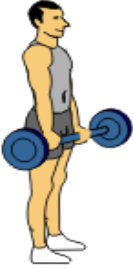


Lean forward slightly and crunch your midsection towards the floor pulling the cable down.

Return to starting position.



Sets	Reps	Weight
1	15	
2	15	
3	15	

**Trainer's comments:**

<p><b><u>Barbell RDL</u></b></p> <ol style="list-style-type: none"> <li>1. Start by holding a barbell in front of you.</li> <li>2. Lean forward keeping your back flat and legs straight. Think of trying to push your hips straight back behind you but not down.</li> <li>3. Return to the starting position keeping your back flat and repeat for the required number of repetitions.</li> </ol> <p><b>Trainer's comments:</b></p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>15</td> <td></td> </tr> <tr> <td>2</td> <td>15</td> <td></td> </tr> <tr> <td>3</td> <td>15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight	1	15		2	15		3	15	
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2	15													
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<p><b><u>Lateral Flexion on ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by laying across a stability ball so that the ball is placed under your hip.</li> <li>2. Laterally flex your body and raise your upper body up towards the ceiling. Keep your body parallel the entire time.</li> <li>3. Repeat for the prescribed repetitions and then repeat with the other side.</li> </ol> <p><b>Trainer's comments:</b></p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>15 ea</td> <td></td> </tr> <tr> <td>2</td> <td>15 ea</td> <td></td> </tr> <tr> <td>3</td> <td>15 ea</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight	1	15 ea		2	15 ea		3	15 ea	
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<p><b><u>Standing Dumbbell Rear Lateral Raise</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor). Bend forward at about a 45 degree angle.</li> <li>2. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.</li> <li>3. Return to start position.</li> <li>4. Remember to keep head in a neutral position.</li> </ol>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>15</td> <td></td> </tr> <tr> <td>2</td> <td>15</td> <td></td> </tr> <tr> <td>3</td> <td>15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight	1	15		2	15		3	15	
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