



FULL BODY Throttle Express

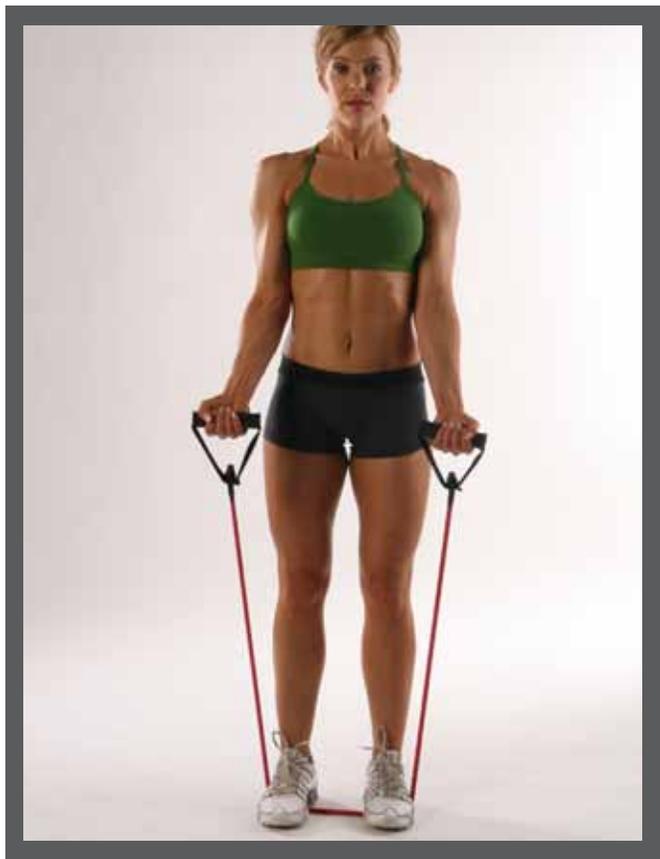


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1

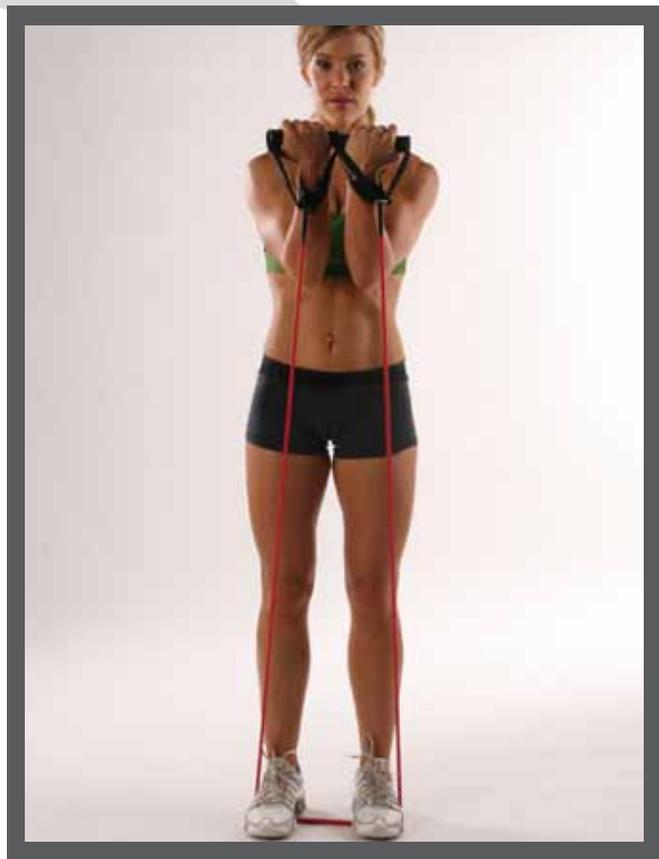
ANTERIOR DELTOID, PECTORALIS MAJOR

Standing on the Band Two-Arm Chest Pec Dec Flies x25 Reps



START

Stand on the Ripcords® with both feet shoulder width apart and grasp one Ripcords® handle in each hand. Extend both arms down towards the ground with the palms facing forward and shoulder width apart.



FINISH

Bring the arms upwards towards the centerline of the body. Focus on bringing the elbows and handles together at chest height and squeezing the pectoral muscles together. Return to starting position and repeat.

2

POSTERIOR DELTOID, RHOMBOIDS, TRAPESIUS

Standing on the Band Reverse Grip Bent-over Flies x15 Reps



START

Stand on the Ripcords® with both feet shoulder width apart. Hold on to the handles with a reverse handle grip (left handle in right hand, right handle in left hand). Stabilize the core muscles and keep your knees bent and your torso slightly tilted forward. The hands should be resting in front of the knees.



FINISH

Raise your arms to the sides until they reach shoulder height. Keep a slight bend in the elbows and focus on pulling the shoulder blades together. Return to starting position and repeat.

3

QUADRICEPS, HAMSTRINGS, GLUTEALS

Standing on the Band Hand-over the Shoulders Squat x15 Reps



START

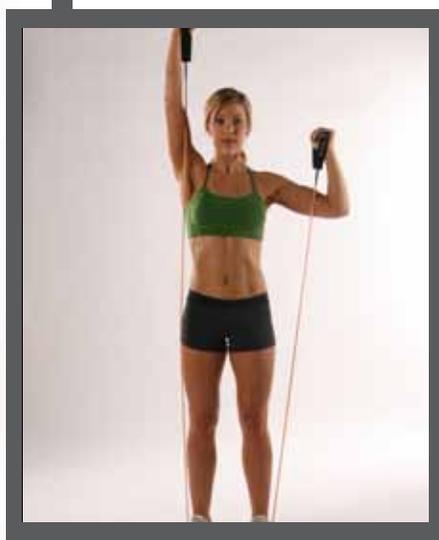
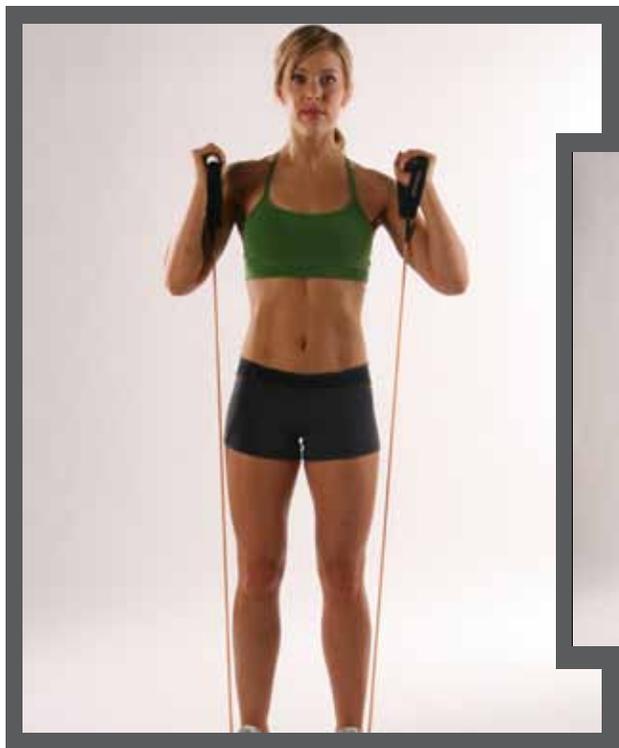
Stand on the Ripcords® with both feet shoulder width apart. Grasp both Ripcords® handles and bring the cord up and over until it is resting on both shoulders with the hands on either side of your head, just above shoulder height.



FINISH

Stabilize your core by tightening your midsection, press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor. Don't let your knees extend past your front toes as you lower. Return to starting position and repeat.

4

*ANTERIOR DELTOID, TRAPEZIUS, LATERAL DELTOID, TRICEPS***Standing on the Band Alternating Overhead Shoulder Press**
x20 Reps**START**

Stand on the Ripcords® with feet shoulder width apart. Grip one Ripcords® handle in each hand and bring your arms in front of your body to chin height. Keep your hands shoulder width apart and hold the Ripcords® on the inside of your arm.

FINISH

Alternating each arm, press upward until the arm is above the head. Be sure not to lock out the arms at the top, focus on keeping a slight bend in the elbows. Continue alternating each arm until the desired number of repetitions is completed and ensure you keep the core muscles tight throughout the exercise.

5

TRICEPS BRACHII

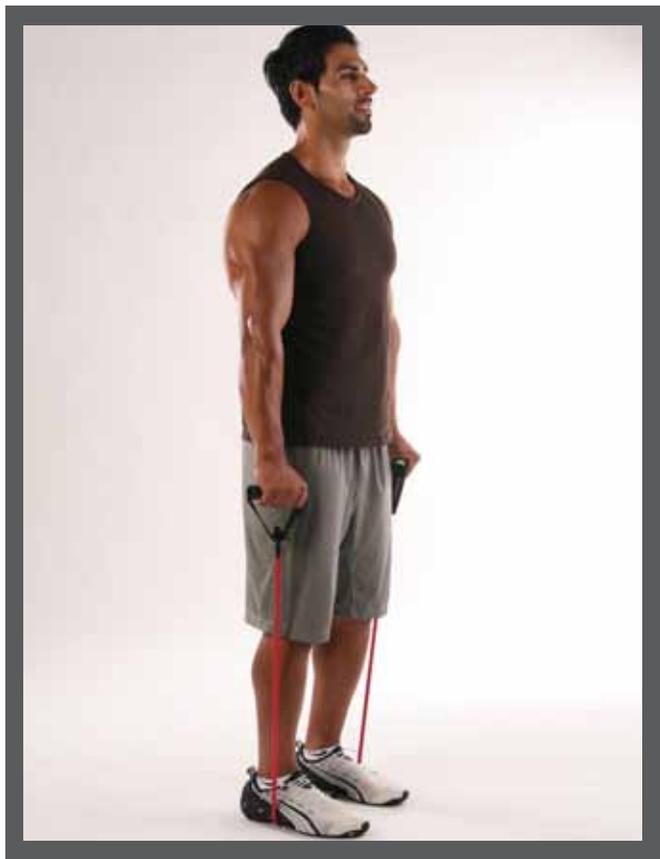
**Standing on the Band Two-Arm Tricep Overhead Extension
x20 Reps****START**

Stand on the Ripcord® with feet shoulder width apart. For less resistance, stand in a split stance and only use one foot to stand on the Ripcord®. Grip one Ripcords® handle in each hand and bring both hands and elbows up behind your head and neck with your elbows pointing upward and your hands pointing down.

**FINISH**

Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders and focus on keeping your elbows pointing upwards throughout the movement. Return to starting position and repeat.

6

*WRIST EXTENSORS, BRACHIORADIALIS, BICEP FLEXORS***Standing on the Band Reverse Grip-Bicep Curls**
x12 Reps**START**

Stand hip width apart on the band and grasp one Ripcords® handle in each hand. Keep both arms straight and extended towards the floor with the palms facing the body.

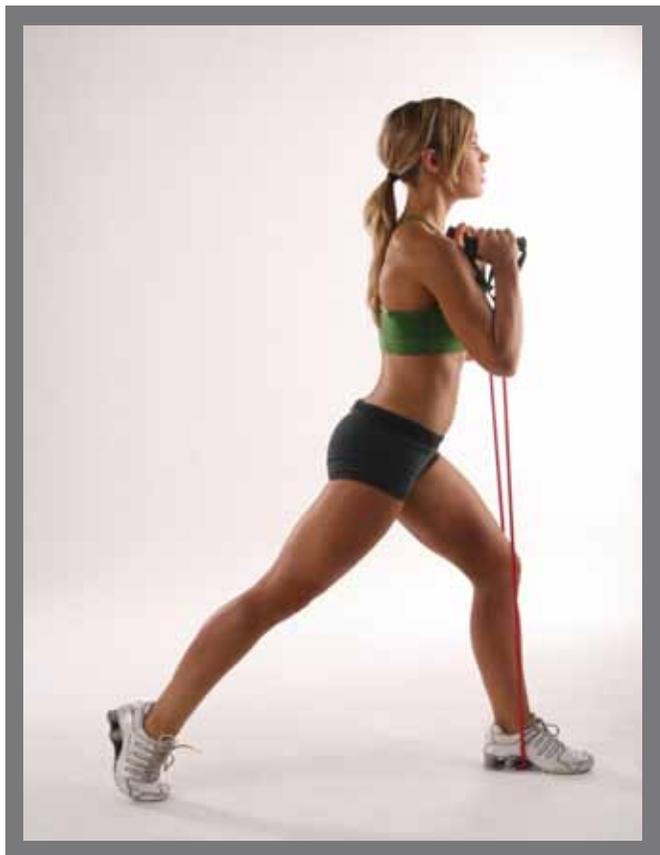
**FINISH**

Lift both forearms and hands upwards until shoulder height. Keep the elbows fixed throughout the exercise. Return to starting position and repeat.

7

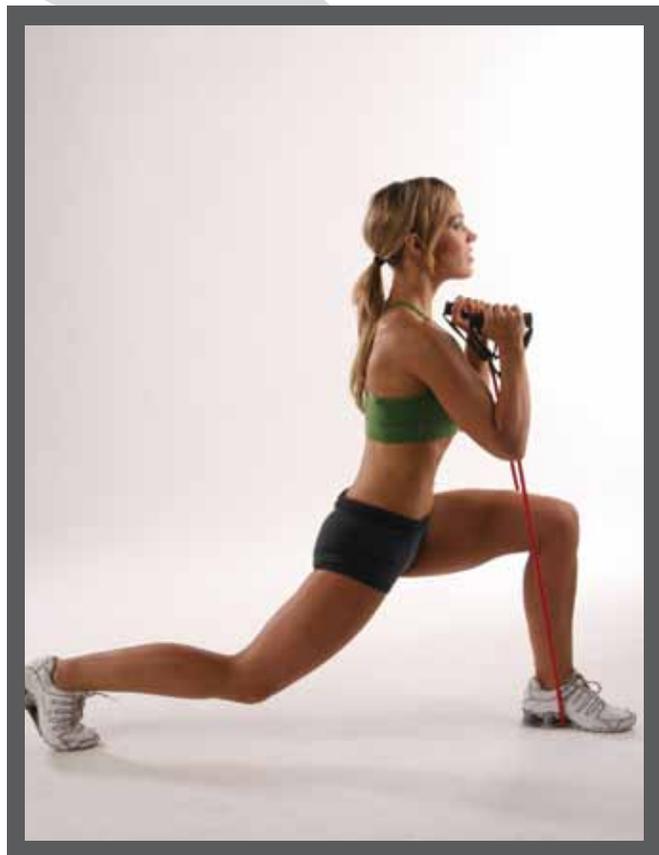
QUADRICEPS, HAMSTRINGS, GLUTEALS

Standing on the Band Hands at the Shoulders Split Squat x15 Reps



START

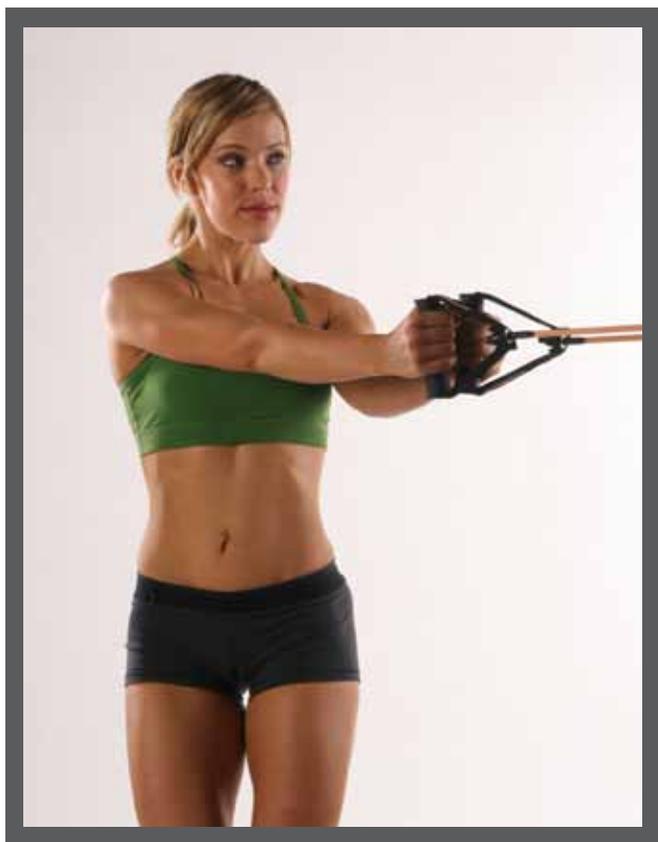
Stand in a split stance and position the front foot on the Ripcords® and back foot one legs length (3-4 feet) behind the body. Hold one Ripcords® handle in each hand and then bring them up and rest them at shoulder height in front of the body.



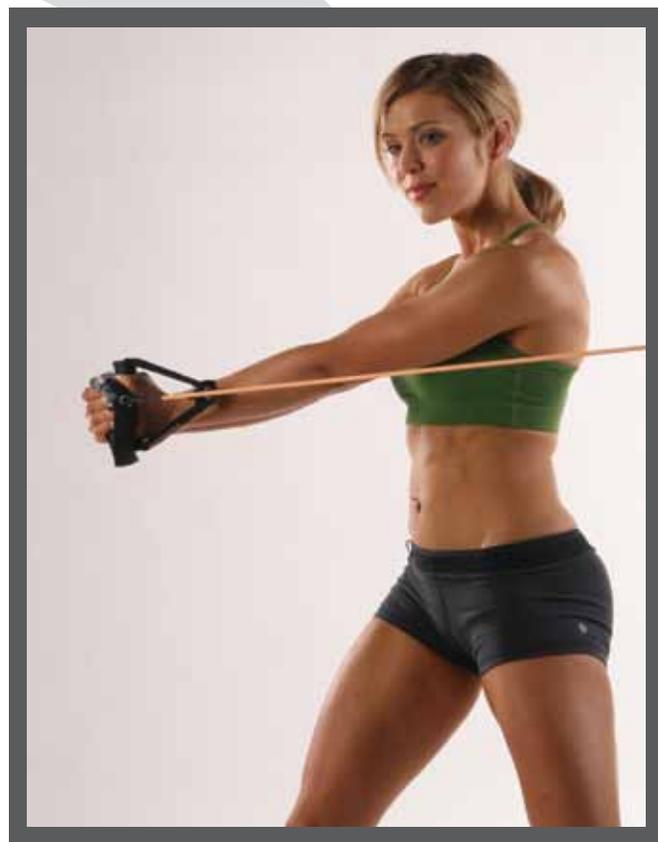
FINISH

Bend both legs and remain on the toe of the back foot as you lower. Keep the back knee above the floor, and do not bend the front knee more than 90 degrees or forward over the toes. Return to the start and repeat.

8

*RECTUS ABDOMINOUS, OBLIQUES***Mid DH Two-Arm Torso Twist
x15 Reps****START**

Attach the Door Hook to the mid position on the door. Grasp both Ripcords® handles together and stand with your left shoulder facing the door and your front body angled away. Extend both arms straight towards the Door Hook and stand hip width apart.

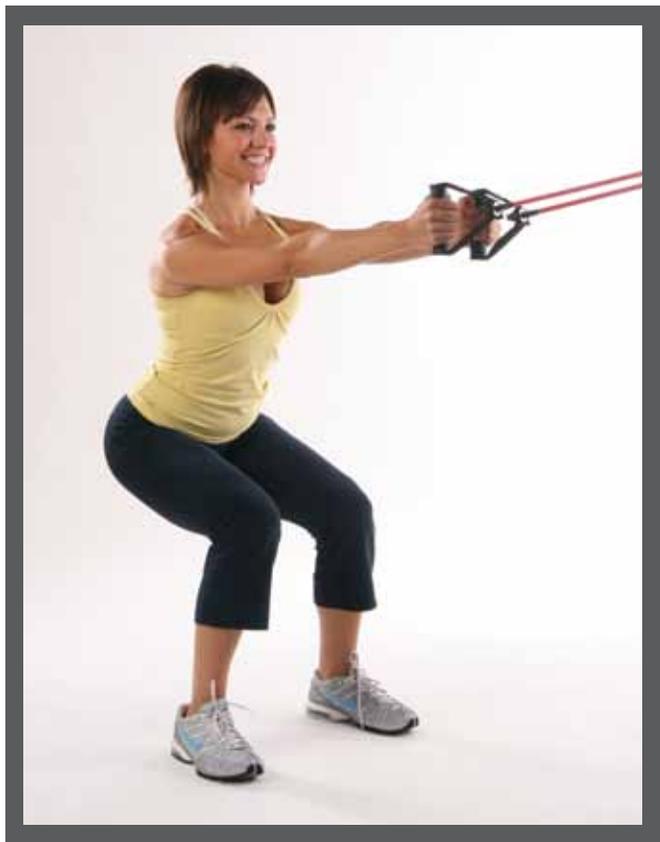
**FINISH**

Stabilize the core muscles and twist your upper torso to the right. Keep your hips and legs stationary throughout the movement to isolate the oblique muscles. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

9

RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID/QUADRICEPS

Mid DH Two-Arm Squatting Row x25 Reps



START

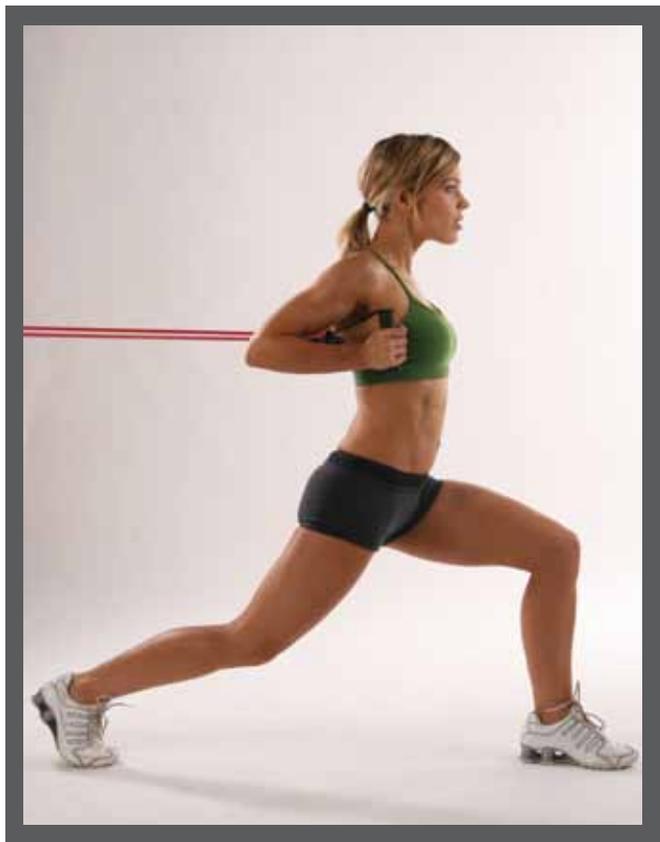
Attach the Door Hook to the mid-position on the door. Facing the door, grasp one Ripcords® handle in each hand and stand with your feet shoulder width apart and approximately 3 to 4 feet away from the door. Press your hips back and squat until your thighs are parallel to the floor.



FINISH

Pull both arms backwards towards the body until your hands reach the ribs and remain in a squat position throughout the entire exercise. Keep the elbows tight to your body and focus on a full range of motion. Return to starting position and repeat.

10

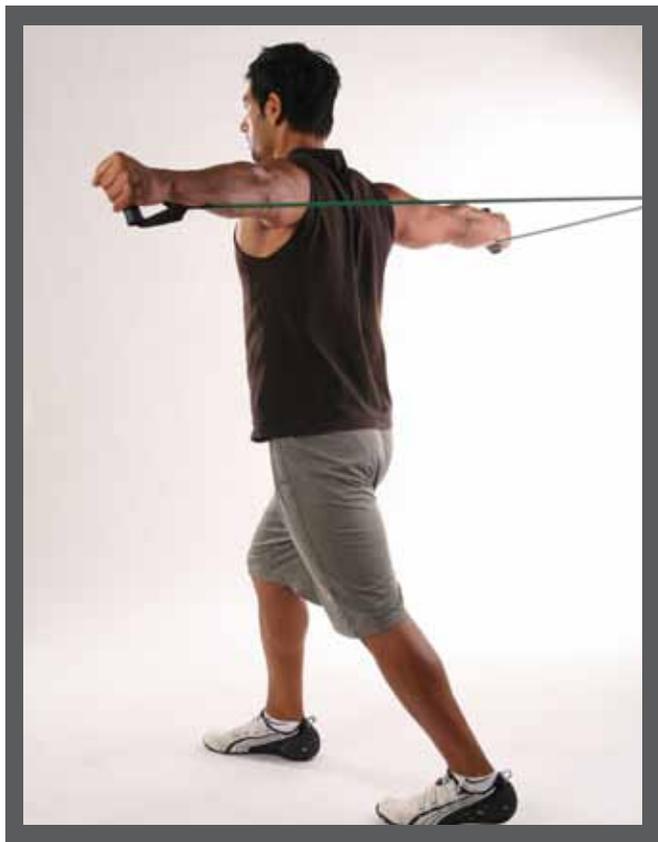
*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Mid DH Two-Arm Chest Press**
x25 Reps**START**

Attach the Door Hook to the mid-position on the Door. Grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body with your back facing the door and one foot in front of the other in a split stance.

**FINISH**

Slightly leaning forward, press both hands forward until the arms are extended and the handles meet in front of the body at chest height. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

11

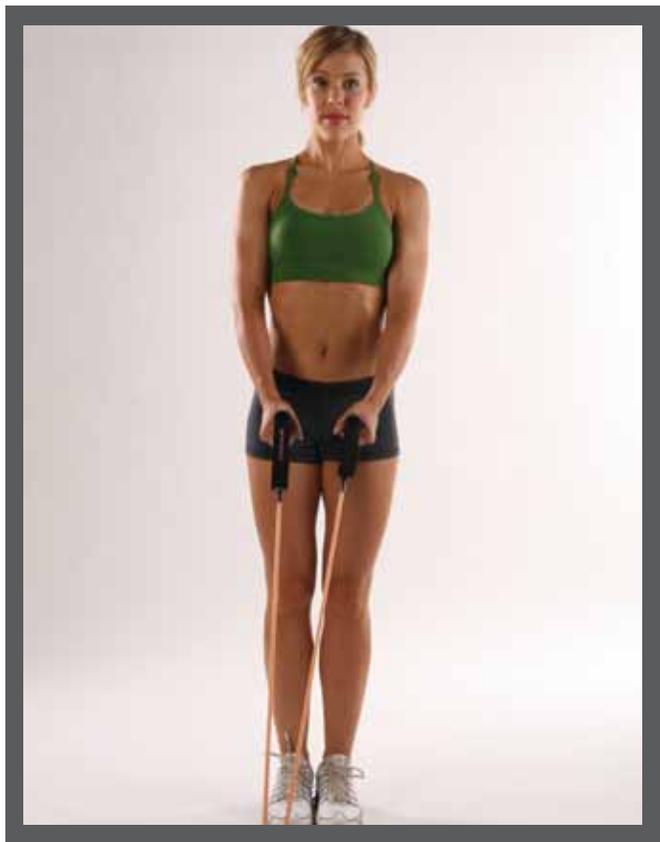
*ANTERIOR DELTOID, PECTORALIS MAJOR***Mid DH Two-Arm Chest Flies**
x25 Reps**START**

Attach the Door Hook to the mid-position on the door. Grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body. Keep both arms extended to the sides with a slight bend in the elbows and your back facing the door with one foot in front of the other.

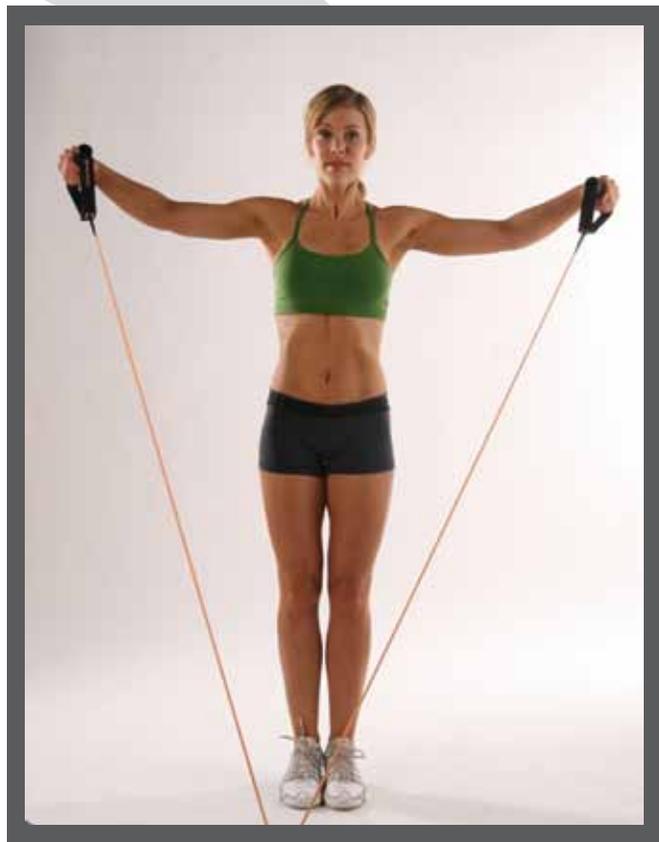
FINISH

Slightly leaning forward, bring both arms forward until the arms are extended and the handles meet in front of the body at chest height. Keep the core muscles tight and the arms extended with a slight bend in the elbows throughout the exercise. Return to starting position and repeat.

12

*LATERAL DELTOID, POSTERIOR DELTOID, TRAPEZIUS***Low DH 2-Arm Side Raise**
x15 Reps**START**

Attach the Door Hook to the low position on the Door. Facing the Door, hold one Ripcords handle in each hand with the palms of the hands facing the outside of your thighs and position the arms at the side of the body

**FINISH**

Bring both arms up and away from the sides of the body to shoulder height. Keep the elbows slightly bent throughout the motion. Return to starting position and repeat.

13

QUADRICEPS, HAMSTRINGS, GLUTEALS, TRAPEZIUS, POSTERIOR DELTOID

Low DH Jockey Row (Back & Legs) x15 Reps



START

Attach the Door Hook to the low-position on the door. Grasp one Ripcords® handle in each hand, stand with your feet hip width apart, facing towards the door with both arms extended down towards the door hook. Stabilize your core by tightening your midsection, press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor to strengthen the leg muscles. Keep the arms extended towards the door hook as you lower.



FINISH

Press your hips forward to a straight standing position as your pull both your arms towards your ribs to strengthen your mid and upper back muscles. Return to starting position and repeat.

14

ANTERIOR DELTOID

**Low DH 2-Arm Frontal Raise
x12 Reps****START**

Attach the Door Hook to the low-position on the Door. Stand with feet hip width apart, facing the door. Grip one Ripcords® handle in each hand and extend the arms down towards the Door Hook with the palms facing towards the body.

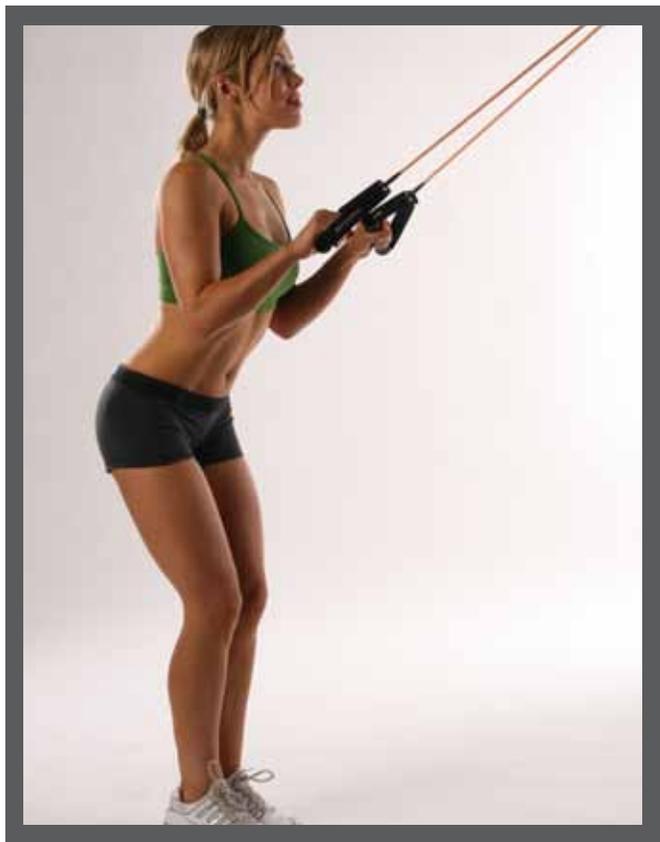
**FINISH**

Lift both arms upward in front of the body to shoulder height. Don't bend the arms or elbows throughout the movement. Keep the core muscles engaged and spine straight. Return to starting position and repeat.

15

TRICEPS BRACHII

High DH Triceps Press down x25 Reps



START

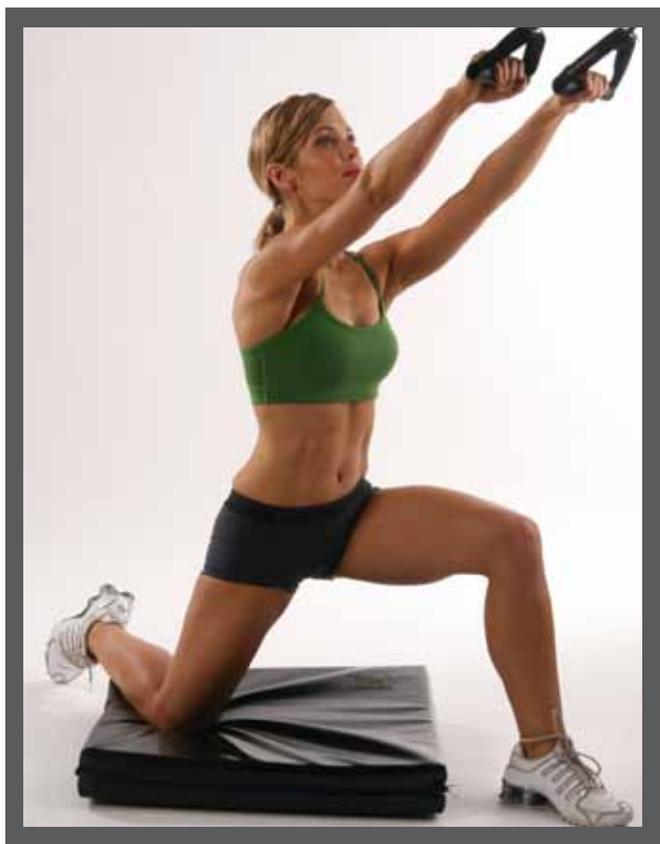
Attach the Door Hook to the high-position on the Door. Facing the door, grasp one Ripcords handle in each hand, the palms facing downward, and slightly bend forward from the hips towards the door. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.



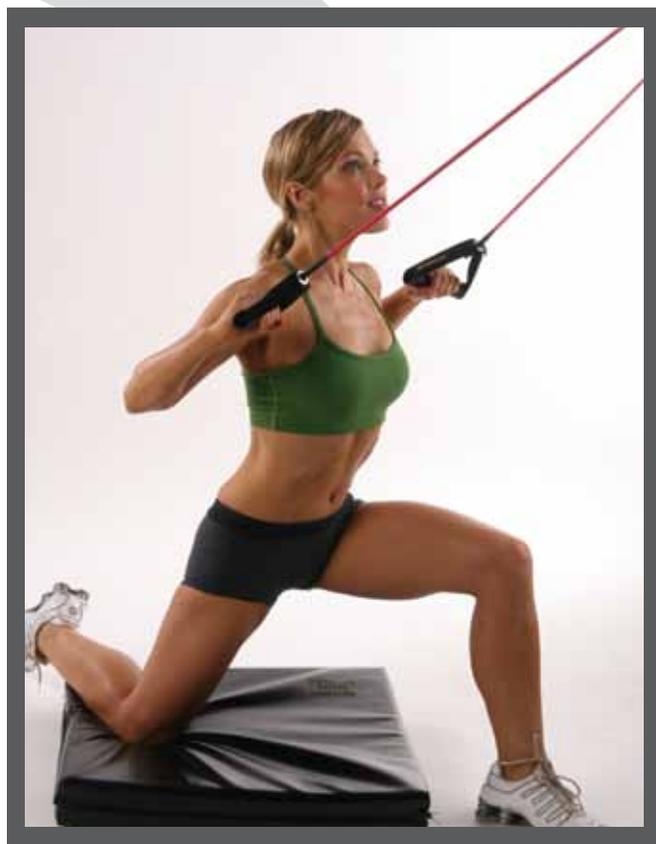
FINISH

Press downward with both arms until the hands reach the upper front thighs. Keep the elbows at the sides of the body throughout the movement and focus on feeling the muscles at the back of the arms. Return to starting position and repeat.

16

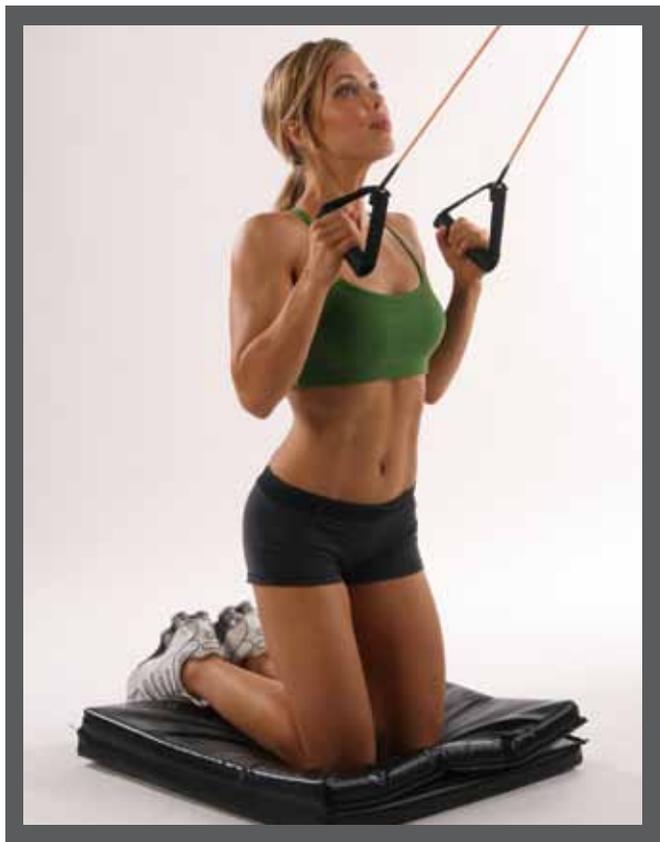
*LATISSIMUS DORSI, TRAPEZIUS, POSTERIOR DELTOID***High DH Kneeling Lat Pulldowns**
x25 Reps**START**

Attach the Door Hook to the top-position on the door. Kneel down on one knee, slightly lean back, keep your chest up and head straight. Facing the door, grasp one Ripcords® handle in each hand while keeping both arms extended upwards towards the door.

**FINISH**

Pull both arms backwards, bending at the elbow. Focus on pulling your shoulder blades together and keeping the elbows up at shoulder height. Return to starting position and repeat.

17

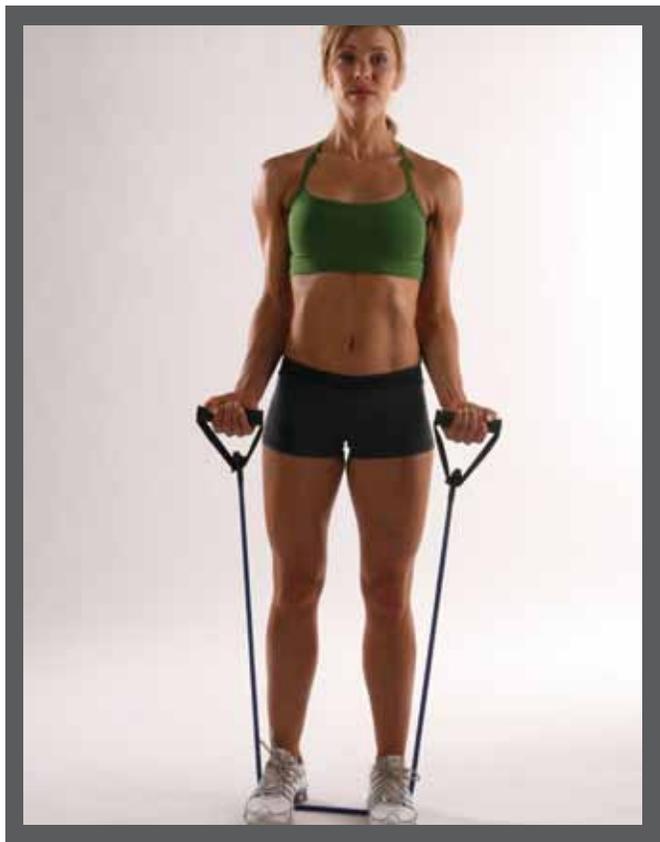
*RECTUS ABDOMINUS***High DH Kneeling Ab Crunch
x20 Reps****START**

Attach the Door Hook to the top position on the door. Kneel down on the ground facing the Door Hook approximately 2-3 feet away from the door. Grasp one Ripcords® handle in each hand and pull the hands down until they are resting on the shoulders.

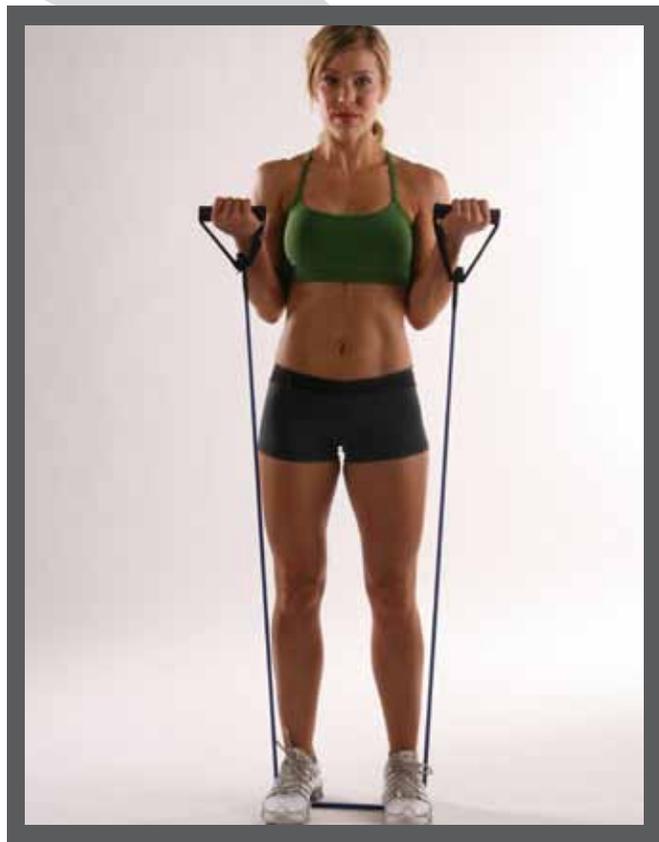
**FINISH**

Keep the hands resting at the shoulders as you bend your upper torso forward and down towards the floor. Return to starting position and repeat.

18

*BICEPS, BRACHIALIS***Standing on the band 2-Arm Bicep Curls**
x20 Reps**START**

Stand on the Ripcords® with feet shoulder width apart. Grip one Ripcords® handle in each hand and position the arms to the sides of the body.

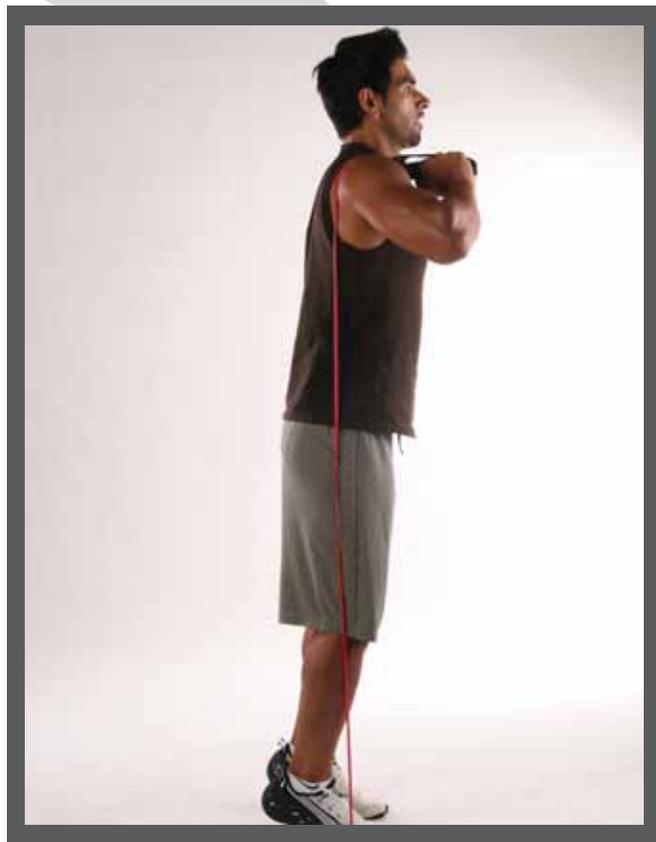
**FINISH**

Bend both the elbows and arms at the same time and bring the hands in front of the body to shoulder height. Keep the wrists firm and elbows fixed at your sides. Return to the starting position and repeat.

19

*BICEPS, BRACHIALIS***Standing on the band over the shoulder Calf Raise
x20 Reps****START**

Place the Ripcords® under the balls of your feet and stand with both legs shoulder width apart. Grasp both Ripcords® handles and bring the cord up and over until it is resting on both shoulders with the hands on either side of your head, just above shoulder height, or bring the hands in front of the body and resting at shoulder height.

**FINISH**

Press upward until all your weight is on the balls of the feet and your heels are off the ground. Ensure the Ripcord® is fully secured under the balls of both feet. Return to starting position and repeat.

20

*LATERAL DELTOID, TRAPEZIUS***Standing One Handle One-Arm Side Raise
x12 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Hold both Ripcords® handles in your right hand with the palm of the right hand facing the outside of the right thigh and position the arm at the side of the body.

**FINISH**

Bring your right arm up and away from the side of the body to shoulder height. Keep the elbow slightly bent throughout the motion. When finished the set on your right side, return to starting position and repeat on the left side.



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