

THE
**HUMAN
TRAINER™**

**ADVANCED
SHRED™**

FEATURING TOMMY EUROPE™





All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

1. One Arm Row

Start



Finish



Start

Stand facing towards the Main Straps.

Begin in a leaning back position with one arm extended forward and the palm facing in.

Finish

Pull the arm back as your body shifts forward.

Focus on keeping your hips level and facing forward.

2. Jump Squats

Start



Finish



Start

Stand hip width facing towards the Main Straps and firmly grasp one handle with each hand. Begin slightly leaning backwards and extend both arms straight at chest height with palms facing inward.

Finish

Press your hips back and down into a squat, drive upward through the heels until both feet jump off the ground, land softly and repeat.

3. One Arm Front Facing Bicep Curl

Start



Finish



Start

Stand hip width facing towards the Main Straps and firmly grip one handle with your right hand. Begin slightly leaning backwards with your right arm extended straight at chest height, palm facing upward and the left arm resting at the side of the body.

Finish

Maintain a straight spine with engaged core muscles as you bend the right arm and bring the handle towards the right shoulder. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the left arm.

4. One Arm Chest Press

Start



Finish



Start

Stand hip width facing away from the Main Straps and firmly grip one handle with your right hand. Extend your right arm forward at chest height, palm facing down.

Finish

Lower the chest and body as your elbow bends to 90 degrees in a push-up motion. Press back up to starting position and maintain body alignment.

5. One Arm Overhead Tricep Press

Start



Finish



Start

Firmly grasp one handle with the left hand and extend the left arm forward at eye level with the palm facing down. With your body facing away from the Main Strap, stand hip width apart and shift your weight forward.

Finish

Maintaining a straight spine with engaged core muscles, press the left hand backward until the left arm is bent and above the head.

6. Forward Lunge and Fly (T/Y/I)

Start



Finish



Finish



Finish



Start

Stand facing away from the Main Straps and firmly grasp one handle with each hand. Begin in a slightly leaned forward position with both arms extended straight at chest level and palms facing inward.

Finish

Take a long lunging step forward until your knee is aligned over the ankle, simultaneously press both arms out towards the side of the body at chest level. Continue alternating lunges and begin with the hands extending to a T position in line with the chest, followed by the hands extending to a Y position and then the hands extend to an I movement above the head.

7. Pushup and Two Knee Tuck

Start



Finish



Start

Place one foot in each of the foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders in a High Plank position.

Finish

Lower the chest and body with the elbows bending 90 degrees to the side, press up to start position, lift the tailbone and draw both knees to the chest.

8. One Arm Extended Plank

Start



Finish



Start

Place both feet in the suspended foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders in a High Plank position.

Finish

Lift your right arm and extend forward keeping both hips level.

Safely return your right hand on the ground and repeat with the left arm extended.

9. Alternating Hamstring Curls

Start



Finish



Start

Begin sitting on the ground facing the straps. Place heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points. Press the heels down into the foot cradles and lift your hips upwards.

Finish

Pull the right leg in towards the body keeping the hips lifted, return to start position.

Continue alternating legs.

10. Air Splits

Start



Finish



Start

Place one foot in each of the suspended foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

Finish

Remain in the high push up plank position with engaged core muscles as you begin to externally rotate and press both legs out towards the sides of the body. Keep a straight spine throughout the movement.

Return to starting position and repeat.

11. One Leg Suspended Split Squat

Start



Finish



Start

Place the left foot in the suspended foot cradle and then walk or hop the left foot forward about 2 feet from the anchor point to prevent the right knee from going past the right toes as you lower. Keep your core muscles engaged with your hands at the side of the body.

Finish

Press the suspended left leg backward as you lower your leg and body. Keep the left foot and knee above the ground, and do not bend the front right knee more than 90 degrees or forward over the right toes.

Return to starting position and repeat until the desired number of repetitions is completed, then repeat with the right leg suspended.

12. One Leg Handstand Hold

Start



Finish



Start

Kneeling on the ground, facing towards the anchor point place the left foot in the suspended foot cradle. Place both hands on the ground and begin to walk the hands away approximately 1-2 feet away from the anchor point. Press firmly into the foot cradle and extend the left leg upward.

Finish

Pressing firmly into the hands and suspended left leg, lift your right leg upward until it reaches the left leg.

For additional stability draw both legs together and keep the core muscles engaged throughout the movement. To safely come out of the movement lower your right leg to the floor and then lower the left leg.

13. One Leg Alternating Squat

Start



Finish



Start

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms forward as you shift your weight backwards. Lift your left leg until it is 4-6 inches off the ground and keep both arms extended straight in front of you.

Finish

Keep your core tight and your chest and head lifted as you press your hips back and squat until your thighs are parallel to the floor. Press back up to the starting position and place your left foot on the floor and lift your right leg. Continue alternating sides until the desired number of repetitions is completed.

14. One Arm Side Facing Bicep Curl

Start



Finish



Start

Firmly grip one handle with your left hand with your palm facing upward. Position your body facing away from the Main Straps. Extend the left arm sideways at shoulder height and keep your right arm resting at the side of your body.

Finish

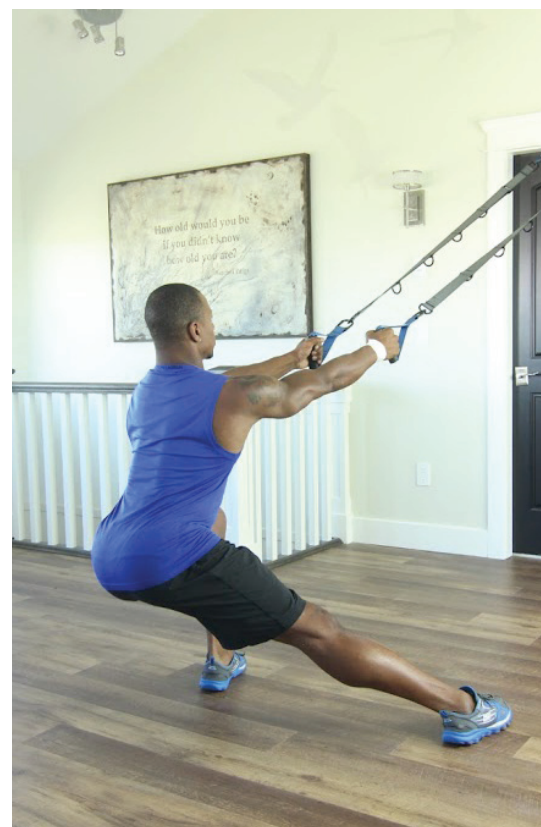
Maintain a straight spine with engaged core muscles as you bend the left arm and bring the handle towards the left shoulder. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right arm.

15. Side to Side Squat

Start



Finish



Start

Stand facing towards the Main Straps in a wide stance. Firmly grasp one handle with each hand and extend both arms straight at chest level with the palms facing inward.

Finish

Press your hips back and down to the right side into a squat. Press up to start position and repeat on the left side.

Keep the head and chest lifted and with your core engaged throughout the movement.