

**THE
HUMAN
TRAINER™**

ULTRA ADVANCED WORKOUT



www.thehumantrainer.com

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.

Looking for a routine you can do anywhere using portable fitness equipment? With the Human Trainer Advanced Workout E-book, you can achieve a full body workout with extreme tension and movements

Designed to push your body to it's limits, the Advanced Workout e-book will increase your muscle mass, while improving your cardio and stamina.



1

Burpees

Repetitions: 10 per leg

1)



2)



3)



4)



5)



6)



START

Place your right foot (toes down) in foot cradle

Begin standing upright with hands resting at sides

Bend your left leg as you extend your right leg behind the body and lower your upper body towards the ground

Place both hands on the ground under the shoulders

FINISH

Press your left leg behind the body parallel to your right leg and keep it suspended

Lower the chest and body with the elbows bending 90 degrees to the side performing a pushup

Press upward and step your left foot forward under the shoulders and press up to standing

Return to starting position and repeat

2

Rotating Grip Pull-ups

Repetitions: 12



START

Stand directly in the middle of both straps and grab overhead handles with palms facing away

Pull elbows down towards the chest as your head lifts above handle level

FINISH

Rotate hands during the movement 180 degrees. Hands finish facing in towards the body

Slowly return to starting position

3

Supermans

Repetitions: 20



START

Stand facing towards the main straps.
Begin with palms down and both arms bent with hands above the head.

FINISH

Pull the straps in opposite direction keeping both arms straight
One arm is in a frontal raise, opposite arm in a tricep extension

4

Pushup with One Leg Suspended Over & Under

Repetitions: 10



START

Begin in a high plank with both hands directly under shoulders.

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to the floor, then press back up to the top of the plank position.

FINISH

Turn your torso and shoulders to the right as you press your left leg under the body and out to the right side

Return to starting position and repeat

5

Reverse Side to Side Cross Jump

Repetitions: 15 per leg



START

Stand facing towards the main straps, arms extended forward, palms facing in

Press your right leg back and behind into a reverse lunge, keeping it off the ground

FINISH

Press up through your front heel to start position.

Repeat on the opposite side.

6

One Arm Row

Repetitions: 12 per arm



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

7

Foot Cradle One Arm Push-ups

Repetitions: 6 per arm



START

Place both feet (toes down) in foot cradles, directly under the anchor point

Begin in high plank with the left arm under the left shoulder, opposite arm resting on the low back

FINISH

Lower the chest and body with the left elbow bending 90 degrees to the side

Repeat on other side

8

One Leg Alternating Squat

Repetitions: 12 per leg



START

Stand facing the main straps, lift one leg off the ground and extend forward, keep arms extended straight, palms facing in

Press hips and buttocks back and down towards floor

FINISH

Press up through standing leg and pull with both hands up towards the chest

9

Foot Cradle Two Knee Side to Side Tuck

Repetitions: 20 per side



START

Place both feet (toes down) in foot cradles, lift knees up off ground

Begin in High Plank with both hands directly under shoulders

FINISH

Lift the tailbone and draw both knees towards the left elbow

Press back to the start position and begin to alternate sides

10

Foot Cradle Alternating Hamstring Curl

Repetitions: 20 per side



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

11

Foot Cradle One Arm Extended Plank

Repetitions: 20 seconds per arm



START

Place both feet (toes down) in foot cradles

Begin in High Plank with both hands directly under shoulders

FINISH

Lift your left arm and extend forward keeping both hips level

Place your hand on the ground and repeat on the other side

12

One Arm Bicep Curl

Repetitions: 12**START**

Firmly grasp one handle with one hand and keep your palm facing upward. Facing the Main Straps, extend your arm forward at chest height as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you keep your arm straight and lift your hand and handle upward until they reach above the head. Return to starting position and repeat with your other hand.

13

Overhead Triceps Press



START

Firmly grasp one handle with each hand and extend both arms above the head with your palms facing down. With your body facing away from the Main Straps, stand hip width apart and shift your weight forward.

FINISH

Maintaining a straight spine with engaged core muscles, press both hands backward until the arms are bent and both handles meet in front of the head. Return to starting position and repeat.

14

Foot Cradle Push ups w/ 1 arm twist



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, with your core engaged.

FINISH

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor, then press back up to the top of the push up plank position as you lift and rotate your right arm, head and body off the floor and to the right. Continue rotating and lifting your arm until it is directly over the body. Return to starting position and repeat on left side.