

The Human Trainer Full Body Express Workout

The Human Trainer Full Body Express workout is designed to be performed nearly anywhere. This is a full body workout designed with functional exercises to increase muscle, strength, balance, coordination and core endurance. Every user has total control of the intensity of each exercise and can instantly modify the resistance to make the workout easier or more difficult at anytime during the program. The modular quick clip system allows users to have the quickest possible transitions from one exercise to the next creating the most time-efficient, full-body workout. This full body training routine will take approximately 30 minutes to complete.

LEARNING THE MOVEMENTS

Begin the Full Body Blast workout with a 30 second work interval and a 45 second rest interval. As your strength and conditioning increases using The Human Trainer, progress to a 60 second work interval and a 20 second rest interval.

WARM UP

Always perform a 3-10 minute warm-up to prepare the body for the workout. (Examples: jump rope, jumping jacks, running in the spot, or a Human Trainer based cardio warm-up)

1

Foot Cradle Two Knee Tuck

Start



Finish



TIPS

- 1) Keep chest lifted
- 2) Lift hips slightly

EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles, lift knees up off ground
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Lift the tailbone and draw both knees to chest

2

Foot Cradle Two Arm Plank on Forearm



TIPS

- 1) Keep core engaged
- 2) Lift hips slightly

EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles
- 2) Place both elbows on the ground under the shoulders
- 3) Keep the core engaged and back straight

3

Two Leg Alternating Mountain Climber

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Lift tailbone and bring left knee to outside left elbow
- 4) Return to starting position and continue to alternate legs

4

Standing Two Arm Chest Press

Start



Finish



TIPS

- 1) Avoid rubbing - keep both straps lifted slightly off the arms
- 2) Keep the core engaged and with body properly aligned

EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with both arms extended forwards at chest height with palms facing down
- 3) Lower chest with elbows bending 90 degrees to the sides in a push-up motion
- 4) Press back up and maintain body alignment

5

Two Arm Tricep Press

Start



Finish



TIPS

- 1) Keep body straight and chest lifted
- 2) Keep elbows in line with the shoulders

EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with palms down and both arms extended forward at eye level
- 3) Lower body and head towards the handles
- 4) Maintain body alignment and elbows at shoulder height

6

One Arm Squat and Reach (30 seconds per side)

Start



Finish



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Hold onto one handle with the free hand reaching towards the strap
- 3) Eyes follow the hand as you press back into a squat and reach your hand towards the ground
- 4) Rotate your body with the core engaged and maintaining body alignment
- 5) Return to start position, pressing hips forward and using rotational movement

7

Two Arm Bicep Curls

Start



Finish



TIPS

- 1) Keep elbows in line with the shoulders throughout the movement
- 2) Keep the core engaged maintaining body alignment

EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin with the elbows extended and palms up
- 3) Curl both hands towards eye level, keeping elbows lifted and aligned at shoulder level throughout the movement

8

Alternating Arm Superman

Start



Finish One



Finish Two



EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin in a leaning back position with arms extended straight at shoulder height, palms down
- 3) Pull the straps in opposite direction keeping both arms straight
- 4) One arm is in a frontal raise, opposite arm in a tricep extension

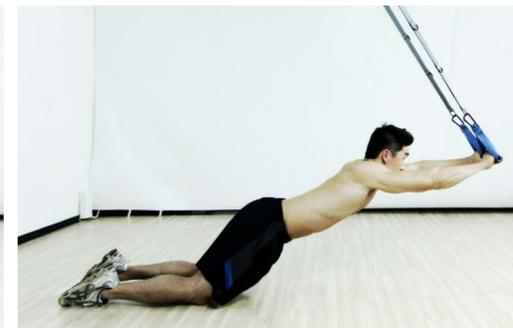
9

Kneeling Two Arm Rollout

Start



Finish



EXERCISE CUES

- 1) Face away from the main straps
- 2) Kneel with both knees under each anchor points
- 3) Begin with both arms extended down, palms facing down
- 4) With control, slowly lean forward keeping arms extended
- 5) Keep the core engaged and back straight

10

Reverse Balance Lunge (30 seconds per leg)

Start



Finish



TIPS

- 1) Use a slight pull with the arms for assistance returning to start position
- 2) Keep the head and chest lifted throughout the movement
- 3) Drop the back knee, don't press back with a straight leg

EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin with the elbows flexed under shoulders and palms facing each other
- 3) Press your right leg back and behind into a reverse lunge, keeping it off the ground while extending elbows
- 4) Press up through your front heel and foot to start position

11a

Rotating Grip Pullups

Start



Finish



EXERCISE CUES

- 1) Stand directly in the middle of both straps and grasp overhead handles with palms facing away
- 2) Pull elbows down towards the chest as your head lifts above handle level
- 3) Rotate hands during the movement 180 degrees. Hands finish facing in towards the body
- 4) Slowly return to starting position

TIPS

- 1) Keep head and chest lifted
- 2) Keep core engaged

11b

Two Arm Rotating Grip Row (Option for 11)

Start



Finish



TIPS

- 1) Keep head and chest lifted
- 2) Keep core engaged and maintain body in straight alignment

EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin leaning back with arms extended and palms facing down
- 3) Pull the arms back towards the chest as you move your body up towards the anchor point
- 4) Rotate hands during the movement 180 degree. Hands finish facing in towards the body

12

Forward Lunge and Chest Fly

Start



Finish



TIPS

- 1) Keep core engaged and maintain body in straight alignment
- 2) Don't arch the low and mid back
- 3) Don't lunge too far forward

EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin slightly leaning forward with arms extended straight at chest level and palms facing in
- 3) Take a long lunging step forward until your knee is directly aligned over ankle
- 4) Reach arms out to sides to a T position
- 5) Press back to starting position and continue to alternate legs

13

One Leg Alternating Squat and Row

Start



Finish One



Finish Two



TIPS

- 1) Keep weight in the heels of the feet
- 2) Both hands pull until elbows reach ribs
- 3) Don't lift back heel
- 4) Should feel like you are sitting back and down

EXERCISE CUES

- 1) Stand facing the main straps, keep arms extended straight at eye level and palms facing in
- 2) Press hips and buttocks towards floor

- 3) Keep head and chest lifted
- 4) Press up through standing leg and pull with both hands up to starting position
- 5) Continue to alternate legs

14

Foot Cradle Sprinter

Start



Finish



TIPS

- 1) Keep the suspended foot close to being under the anchor point
- 2) Lower the front knee to 90 degrees or knee over ankle

EXERCISE CUES

- 1) Stand facing away from the main straps and place one foot in one foot cradle
- 2) Extend forward the opposite arm from the suspended foot with the other arm resting at the side of the body
- 3) Press suspended foot down and back into a reverse lunge as you reach resting arm forward
- 4) Press up through the front foot to return to starting position

Start**Finish One****Finish Two****TIPS**

- 1) Keep the knees in line with the hips
- 2) Press heels firmly into foot cradles for stability

EXERCISE CUES

- 1) Begin sitting on the ground facing the straps
- 2) Place heels in foot cradles and lie down on your back with both legs extended and feet directly under the anchor points
- 3) Press the heels down into the foot cradles and lift your hips upwards
- 4) Press both legs out towards the side, pause and return to center with legs extended
- 5) Pull both heels in towards the body keeping the hips lifted

Cool Down

Always perform a 3-10 minute cool down to lower the heart rate after the workout and help increase muscle recovery time. Perform static stretching and gentle movements with the dual straps.

