

# 1

## Chest Press

### Start



### Finish



### TIPS

- 1) Keep the body in a straight alignment with core engaged
- 2) Keep the weight on the toes

### EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing down
- 3) Lower chest and body with arms reaching out to the sides
- 4) Press back up and maintain body alignment

# 2

## Reverse Fly

### Start



### Finish



### TIPS

- 1) Keep the core engaged and back aligned with the spine
- 2) To decrease the level of difficulty stand in an offset position

### EXERCISE CUES

- 1) Stand facing towards the main straps
- 2) Begin leaning back with arms extended straight at shoulder height, palms facing in
- 3) Pull the straps out to each side of the body keeping both arms straight creating a T shape

# 3

## One Leg Squat

### Start



### Finish



### TIPS

- 1) Keep weight in the stationary foot
- 2) Don't lift back heel off the ground
- 3) Should feel like you are sitting back and down
- 4) Pull your arms towards the chest for assistance when returning to standing position

### EXERCISE CUES

- |   |  |
|---|--|
| 1) Stand facing the main straps, keep arms extended straight at eye level and palms facing in | 3) Press hips and buttocks back and down towards floor |
| 2) Lift one leg off the ground and extend forward   | 4) Press up through standing leg to starting position  |

# 4

## Alternating 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   | 3) Curl right hand towards eye level keeping elbows lifted, extend left arm downward |
| 2) Begin leaning back with arms extended straight at shoulder height, palms facing up | 4) Continue alternating sides  |

# 5

## Two Leg Squat and Alternating 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 heels off the ground throughout the movement
- 4) Should feel like your sitting back and down

### EXERCISE CUES

- 1) Stand hip width, facing towards the main straps
- 2) Begin leaning back slightly with arms extended forward and palms facing in

- 3) Keep the heels on the ground and press the hips back and down into a squat
- 4) Press up to standing with both legs as you pull the left arm back towards the chest
- 5) Repeat and continue alternating sides

# 6

## Straight Arm Chest Twist

### Start



### Finish



### TIPS

- 1) Keep the core engaged
- 2) Keep the weight on the toes throughout the movement

### EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing in

- 3) Lower chest and body as you extend your left arm forward and down and your right arm rotates upward directly above the body
- 4) Pull your right arm down and forward as your left arm rotates upward to the left directly above the body
- 5) Continue alternating sides

## 7

## Alternating Tricep Press

## Start



## Finish



## TIPS

- 1) Maintain body alignment and elbows at shoulder height
- 2) Keep body straight with engaged core

## EXERCISE CUES

- 1) Stand facing away from the main straps
- 2) Begin with palms down and both arms extended forward at eye level
- 3) Bend right hand toward the right ear, extend right arm forward as you bend the left hand toward the left ear.
- 4) Continue alternating sides

## 8

## Two Leg Squat and Alternating Straight Arm Twist

## Start



## Finish One



## Finish Two



## TIPS

- 1) Keep weight in the heels of the feet
- 2) Keep rotating arm straight throughout the twist movement

## EXERCISE CUES

- 1) Stand hip width, facing towards the main straps
- 2) Begin leaning back slightly with arms extended straight forward and palms facing in
- 3) Keep the heels on the ground and press the hips back and down into a squat
- 4) Press up to standing with both legs as you twist your torso and extend your right arm to your right side
- 5) Repeat and continue alternating sides

## 9

## Two Leg Hamstring Curl

## Start



## Finish



## 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) Pull both heels in towards the body keeping the hips lifted

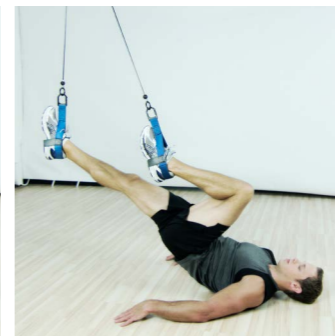
## 10

## Two Leg Alternating Hamstring Curl

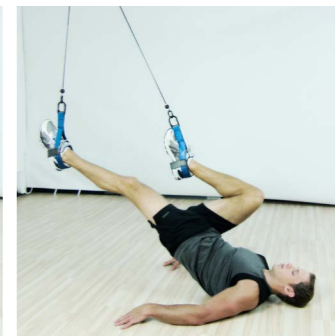
## Start



## 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) Pull the right leg in towards the body keeping the hips lifted, return to start position and pull the left leg in towards the body
- 5) Continue alternating legs

# 11

## Two Leg Alternating Scissor (Face Down)

### Start



### Finish



### TIPS

- 1) Press firmly into foot cradles for stability
- 2) Keep the head and chest lifted throughout the movement

### EXERCISE CUES

- 1) Place both feet (toes down) in foot cradles, directly under the anchor point
- 2) Begin in High Plank with both hands directly under shoulders
- 3) Press the right leg down as your left leg lifts upward
- 4) Keeping the hips lifted, press your left leg down as your right leg lifts upward
- 5) Continue alternating legs

# 12

## Two Leg Alternating Scissor (Face Up)

### Start



### Finish



### TIPS

- 1) Keep the core engaged
- 2) Keep the weight on the toes throughout the movement

### EXERCISE CUES

- 1) Begin sitting on the ground facing the straps
- 2) Place both 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 the right leg down as your left leg lifts upward
- 5) Keeping the hips lifted, press your left leg down as your right leg lifts upward
- 6) Continue alternating legs

# 13

## Foot Cradle Push Up

**Start**



**Finish**



### TIPS

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

### EXERCISE CUES

- |   |  |
|---|--|
| 1) Place both feet (toes down) in foot cradles, directly under the anchor point | 3) Lower the chest and body with the elbows bending 90 degrees to the side |
| 2) Begin in High Plank with both hands directly under shoulders                 | 4) Press upward to starting position                                       |

# 14

## Standing Frontal Straight Arm Swing

**Start**



**Finish One**



**Finish Two**



### TIPS

- 1) Keep the body in a straight alignment with core engaged
- 2) Keep the weight on the toes throughout the movement

### EXERCISE CUES

- |  |   |
|--|---|
| 1) Stand facing away from the main straps  | 3) Lift your right arm upward as your left arm presses down               |
| 2) Begin leaning forward slightly with the arms extended straight at chest height, palms facing down | 4) Press your right arm down and lift your left arm upward above the head |
|  | 5) Continue alternating sides   |