

THE
**HUMAN
TRAINER™**

TOTAL BODY
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. Squat and Row

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Start



Finish



Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand.

Begin slightly leaning backwards with feet hip width, both arms extended straight at chest level and palms facing inward.

Finish

Press the hips back and down into a squat, press up to standing as you pull both arms back towards the chest.

2. Supermans

Start



Finish



Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand. Begin leaning back slightly with your palms facing down and both arms extended forward.

Finish

Pull the straps in opposite direction keeping both arms straight.

One arm is performing a frontal raise movement, opposite arm in a triceps extension.

3. Squat and One Arm Reach

Start



Finish



Start

Stand facing towards the Main Straps and firmly grasp one handle with the left hand, keep the right hand reaching towards the strap.

Finish

Press the hips back and down into a squat and reach your right hand towards the ground. The eyes follow the hand as you press back into a squat.

Rotate your body with the core engaged, then return to starting position pressing the hips forward and reaching the right arm towards the strap.

4. Foot Cradle Pushup

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Start



Finish



Start

Place one foot in each of the suspended foot cradles, toes down. Walk your hands forward until they are directly under your shoulders. Keep your hands placed firmly on the ground in a push up plank position. Keep 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. Keeping a straight spine and engaged core, press back up to the top of the push up plank position and repeat.

5. Foot Cradle Plank

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Start

Place one foot in each of the suspended foot cradles, toes down. Walk your hands forward until they are directly under the shoulders, bring both forearms on the ground with your head directly over your hands.

Finish

Keep the core engaged and back straight.

Note: Option to perform with both hands under the shoulder in a high pushup position.

6. Foot Cradle Sprinter

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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

Keeping your core engaged and the arms in a high plank position, pull the right knee in towards the right elbow. Return to starting position as you pull your left knee in towards the left elbow. Continue alternating legs until the desired number of repetitions is completed.

7. Hamstring Curls

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Start



Finish



Start

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

Finish

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain the position with your hips and low back off the floor as you pull your feet in towards the body.

Return to starting position and repeat.

8. Foot Cradle Crunches

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Start



Finish



Start

Sit facing the Main Straps, place both heels in the suspended foot cradles and lie on your back with both legs extended directly under the anchor point.

Finish

Place both hands at the ears and press both heels firmly into the foot cradles as you lift your upper body in a sit-up movement.

Avoid over-rounding the back throughout the movement.

9. 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 legs and start with the T fly, followed by the Y and then the I movement on both sides.

10. Chest Press

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Start



Finish



Start

Firmly grasp one handle with each hand and keep your palms facing down. Extend both arms forward with your body facing away from the Main Straps and shift your weight forward.

Finish

Keep a straight spine with engaged core muscles as you lower the chest and body with elbows bending 90 degrees to the side.

Return to starting position and repeat.

11. Overhead Triceps Press

Start



Finish



Start

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

Finish

Maintaining a straight spine with engaged core muscles, press both hands backward until the arms are bent and both handles meet above the head.

Return to starting position and repeat.

12. Bicep Curls

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Start



Finish



Start

Firmly grasp one handle with each hand with your feet hip width apart and keep your palms facing up. Position your body facing towards the Main Straps and extend both arms forward as you shift your weight backwards.

Finish

Maintain a straight spine with engaged core muscles as you bend both arms and bring the handles towards the shoulders.

Return to the starting position and repeat.

13. Reverse Flies

Start



Finish



Start

Firmly grip one handle in each hand with your body facing towards the Main Straps. Leaning backward, extend both arms straight with palms facing in towards each other.

Finish

Maintain a straight spine with engaged core muscles as you pull both arms out towards the sides at chest height. Focus on retracting the upper back muscles together and keeping tension in the straps at all times.

Return to starting position and repeat.

14. Reverse Cross Lunge

Start



Finish



Start

Stand 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. Lift your right leg 4-6 inches off the ground and extend it behind the body.

Finish

Press your right leg back and behind to the left side of the body keeping it off the ground. Press up through the heel of the left leg to the start position.

Repeat on the opposite side.

15. Straight Arm Squat

Start



Finish



Start

Firmly grasp one handle with each hand. Facing the Main Straps with your feet hip width, extend both arms forward as you shift your weight backwards.

Finish

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Keep your chest and head lifted throughout the exercise.

Return to the start and repeat.