

Notes :

1 Free squat



Stand tall you can have your arms on your hips or out in front of you. Place your body weight on the outside of your feet and heel exaggerating your foot arches, keeping knees pushed outwards. Initiate the squat by pushing your hips back, as if you were sitting on a chair. Continue the movement by bending the knees, keeping middle of knee over middle of feet. Lower yourself until the thighs are about parallel to the ground or to the point where you begin to lose the neutral spine by rounding your lower back. Lift back up pushing through heels of feet. Make sure to keep the spine neutral and knees pushed out at all times.

2 Single leg squat



Lower your body by bending the knee, keeping the knee cap aligned with the second toe. Return to the starting position and repeat. Keep your knee stable (avoid any lateral movements) during the exercise.

3 Push-ups



Put your feet together and place your hands slightly outside of your shoulders. Once again think of yourself as a plank of wood (does not bend or twist). Lower yourself all the way down so your chest almost makes contact with the ground and push back up. Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times. Do not let your chin move forward. Keep your head in line with your spine. Can do from knees

4 DB press



Bring the dumbbells over your chest with your arms in extension, hands in pronation, then lower the dumbbells in line with your chest. Go as low as your flexibility allow and keep your buttocks on the bench.

5 Bilateral glute bridge



Lie on your back with your knees bent. Turn on TA/PF and continue to breathe. Squeeze your buttocks together and lift them off the ground to make a straight line with your body. (flatten back - posterior tilt) Hold for 3 seconds. Slowly lower your body. Your head, shoulders and feet are the points of contact on the ground in the high position. Either have your feet completely on the ground or only your heels.

6 Unilateral bridge



Lie on your back with your knees bent and your feet flat on the floor, maintaining a neutral spine.
Lift your buttocks off the floor and straighten one knee without letting your pelvis drop or roll.
Hold your knee straight and lower your body slowly.

7 Hip thrust



Sit down on the floor with your upper back on a bench as a pivot point.
Push the hips up by squeezing the glutes so your thighs are in line with the torso.
At the high point, your knees should be at 90°.
Can add weight across hips

8 Inverted row



Position yourself hanging under the bar so your body clears the ground.
Pull your chest to the bar.
Keep the head in line with the spine and do not sag from the hips or use momentum to assist the movement.

9 1 arm DB row



Support yourself on a bench with your leg and arm and have your torso parallel to the ground.
Pull the dumbbell toward your waist without rotating the trunk while the weight is lowered as low as possible in the bottom portion of the movement.

10 Lateral lunges



Take one step sideways and drop into a lateral lunge.
Keep your foot in the same place as you change sides.
Keep the heel on the ground by pushing the hips back and balancing yourself with the hands.
Keep the chest up and toes pointing forward or slightly outward.
The knee should be constantly aligned with the foot.
Do not round the back or shoulders.
Can add weight in hands

Russian twist



Sit down on the floor with your legs bent and feet on the floor.
Raise your feet off the floor and hold this position for the duration of the exercise.
Alternately touch the floor on each side with your fingers.
Can add weight/ball to hands

Notes :



1 Free squat

GEN39260



2 Single leg squat

XGEN2148



3 Push-ups

REN10177



4 DB press

REN39860



5 Bilateral glute bridge

GEN42122



6 Unilateral bridge

XGEN1649



7 Hip thrust

REN39947



8 Inverted row

REN9339



9 1 arm DB row

REN87371



10 Lateral lunges

ECH41368



11 Russian twist

PED305608