

Notes :

1 Supported straight leg deadlift



Stand with your body weight on your working leg, with the knee slightly bent. Place your other leg behind you for balance, using only your tip toe. Lean forward, bending at the hip joint (you should feel this in the back of your hamstrings). Be careful not to bend through your back: you should maintain a neutral spine through out the exercise. Return to a standing position, by pulling up through your hamstrings and glutes.

2 Single leg deadlift



Stand on one leg. Hinging at the hips while keeping your spine neutral, bend forward-bend the support knee as you hinge forward. Your hips should be facing forward and aligned for the entire duration of the exercise. Return to the standing position using your glutes and hamstrings to lift you up.

3 Deadlift



STARTING POSITION:
 Place your shins approximately 1 inch (3 cm) behind the bar and your feet hip to shoulder-width apart with your toes pointed slightly outward. Place your hands slightly wider than shoulder-width apart, grabbing the bar with an overhand or mixed grip. Keep your back flat with your chest up and out. Keep your head in line with your spine, your heels down, and shoulders over the bar.
MOVEMENT:
 Extend your hips and knees to lift the bar off the floor. Keep your torso-to-floor angle constant (until the bar meets your knees) and shoulders over bar. Do not let your hips rise before your shoulders. As the bar rises just above your knees, push your hips forward to move your knees under the bar. Continue to extend your hips and knees until your body reaches a fully erect torso position.

4 Pike press



Start in a pike position (on your feet and hands with your hips elevated and knees straight). Bend your elbows to bring your head closer to the floor. Push back up.

5 DB shoulder press



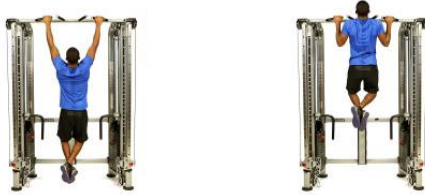
Stand with dumbbells over your shoulders. Press the dumbbells all the way over your head and lower under control back to the starting position. Squeeze your glutes and avoid over extending through your back

6 Bulgarian split squat DB



Grab the dumbbells and put the the back foot on a bench or box. Bring the back knee toward the ground to initiate the movement and lower as much as you can without the lower back going in extension. Keep the torso upright at all time. Avoid knee movement (prevent it from collapsing in)

7 Pull-up



Hang on a fixed bar with hands in pronation. Retract and lower your shoulder blades and pull with the arms to raise your chin above the bar. Lower under control and repeat. Make sure to pull first with your shoulder blades.

8 Cable straight arm pulldown



Set the pulley in a high position. Keep the body straight and hold the bar attachment slightly wider than shoulder width. Keeping the arms straight pull the bar toward your thighs.

9 Lateral step up



Stand to the side of your bench. Place the closest foot on top of the bench. Step up onto bench and bring opposite foot to "touch" - do not transfer your weight. Step back down in a slow, controlled motion. Repeat for the required sets and reps. Then repeat bilaterally.

10 Rotation side plank



Laying down on your side, bend your knees to 90 degrees and place your legs in line with your body. Place your elbow on the ground right underneath your shoulder. Lift your pelvis from the ground and separate your knees. With your arm pointed in the air, rotate your arm underneath your body as far as possible.

1 Side Pallof press



Hold an elastic band in your hands and attach it on the side at chest height. With tension in the elastic, extend your arms forward and bring back the hands near the body. Your body must not rotate as you resist the pull of the elastic.

Notes :



1 Supported straight leg deadlif

GEN224063



2 Single leg deadlift

GEN212770



3 Deadlift

REN9281



4 Pike press

REN193501



5 DB shoulder press

REN41199



6 Bulgarian split squat DB

REN39937



7 Pull-up

REN100744



8 Cable straight arm pulldown

REN101223



9 Lateral step up

GEN101485



10 Rotation side plank

XGEN1685



11 Side Pallof press

REN22797