Pre-Habilitation:

Slaps: (Left over Right, Right over Left)

1. Raise your arms from the side with your palms facing forward, arms can have a slight elbow bend.
2. Then simultaneously move both arms across the body over-lapping one another causing your palms to hit your opposite shoulder.
3. Bring your arms back to the start position, once returned to the start position, repeat, only this time having your arms over-lapping in the opposite way from the time before.
4. EX: (if your first repetition consisted of your left arm over-lapping right arm, then the second repetition could be your right arm over-lapping your left arm.
5. Repeat continuously for 10-15 seconds

Body Weight Squat (BW Squat): This calisthenics exercise is part of the dynamic warm up we do before our athletes start their pre- habilitation and lifting workout here at Wagner. A dynamic warm up increases circulation and heats up the entire body. To begin:

1. Stand with feet shoulder width or slightly wider apart, hands out in front of you at shoulder height to counter balance your weight and help you keep your balance. Feet flat pointing straight ahead or slightly turned out, shoulders back and down, chest out, back tight and core tight.
2. Start the downward phase by breaking at your hips and pushing your butt out behind you and down. Inhale on your way down.
3. Squat down until you have reached the desired depth, normally we want one's quadriceps to be parallel to the floor.
4. Monitor your feet, ankles and knees, ensuring that the feet do not move, the ankles do not collapse in or out and the knees remain stable.
5. Repeat continuously for the amount of repetitions designated

   *Think of it as if you're going to sit on a chair, if you do not push your hips back and you just squat down knees moving over feet, you will miss the chair. Your knees should not move over your toes, if they do this is improper form and you are not keeping your weight back which prevents yourself from getting maximum depth.

6. From the lowered position: Continue to sit back, keeping your weight evenly distributed between the balls and heels of the feet.
7. Upward Phase: While maintaining your back, chest and head -up position, extend the hips and knees by pushing your feet into the floor through your heels. Lead with your head and chest continuing to extend until you reach your starting position.
8. Complete for the designated repetitions

   Primary Muscles:

1. Spine, Gluteus Maximums (glutes), Quadriceps (quads), Hamstrings

Lunges: This calisthenics exercise is part of the dynamic warm up we do before our athletes start their pre- habilitation and lifting workout here at Wagner. A dynamic warm up increases circulation and heats up the entire body. To begin:

1. Using just your body weight, start with an upright posture, shoulders back, and arms at your sides.
2. Take a large step forward with the right (lead) leg and plant the foot flat on the floor. Allow the left knee to bend slightly. Drop your body down to bend the right knee to a 90-degree angle, making sure that the knee is directly over the foot.
3. Your left knee will also bend to a 90-degree angle as your heel rolls off the floor. Do NOT allow your knee to pass your toes.
4. Keep your knee just above the floor and keep your torso upright. Than push off the floor with your lead leg to return to the starting position and then switch your legs and repeat the same process.
5. Once you've completed a lunge on each leg that is a full repetition
6. Repeat exercise for 8-10 repetitions.

Over-head Squat: : This calisthenics exercise is part of the dynamic warm up we do before our athletes start their pre- habilitation and lifting workout here at Wagner. A dynamic warm up increases circulation and heats up the entire body. To begin:

1. Starting with the barbell 4 to 6 inches over top of your head in a standing position with your arms locked out. Your feet should be at about shoulder-width apart – or your normal squatting stance.
2. Then pushing back from the hips with your back slightly arched with your chest up and weight on your heels, being to squat as far as your flexibility will allow. If your back starts to round, this is as low as you can go.
    a. Keep your knees directly over your feet, not collapsing inward or bending outward. As you descend, keep your arms locked out overhead.
    b. The bar should be held so that the weight is above your hips, either just behind your ears or even just behind your head.
3. It is important that once your technique breaks to stop squatting and come back up to a standing position to complete the repetition.
4. Once you begin to reach your lowest point than push upwards with the bar and press your heels into the floor and use your hips and glutes to push up out of the deep squat position and back to a standing position. Keeping your core strong, holding your upper body in position
5. Complete for the designated repetitions

Hip Flips

1. Start out on your knees, with your shoelaces flat on the floor.
2. Then sink your hips and in an aggressive movement (you can rock back your upper body to gain momentum) jump straight up driving your knees upward and out in front of you, bringing your feet allowing them to follow.
3. As you pop your hips bring your feet and knees with you.
4. And finishing by landing on your feet. Then afterwards return to the starting position for the next repetition
5. Complete for the designated repetitions

Goochwalks:

Side Goochwalks:

1. Start out in a body weight squat position.
2. Then begin to take a small lateral step, one foot at a time, with your lead first (the foot closest to the direction your going)
3. Then your follow foot mimicking the lead foot, never letting your feet come closer than shoulder width apart.
4. Maintain hip depth the entire time
5. Complete for the designated repetitions or distance required

Front Goochwalks:

1. Start out in a body weight squat position
2. Then raise up one foot, while leaving the other on the ground to pivot, rotate your body completely at a 45 degree angle inward
3. Then raise up your other foot (the one kept stationary) and rotate back to neutral, with both feet pointing forward.
4. Then raise the foot that you didn't being with while leaving the other foot on the ground to pivot, and rotate your body completely at 45 degree angle inward.
5. Then raise up your other foot (the one kept stationary) and rotate back to neutral, with both feet pointing forward to complete a full repetition.
6. Maintain hip depth the entire time
7. Complete for the designated repetitions or distance required

Reverse Goochwalks:

1. Start out in a body weight squat position.
2. Reverse goochwalk is the same as front goochwalk except you are going backwards and you're rotating at a 45 degree angle outward.
3. Maintain hip depth the entire time
4. Complete for the designated repetition or distance required







Pushups: This calisthenics exercise is part of the dynamic warm up we do before our athletes start their pre- habilitation and lifting workout here at Wagner. A general warm up increases circulation and heats up the entire body. To begin:

1. Lie chest-down with your hands at should level, palms flat on the floor and slightly more than shoulder-width apart, your feet together and parallel to each other.
2. Look forward and the first contact you make with any part of the face should be with your chin
3. Keep legs straight and your toes tucked under your feet, elbows tucked into your sides
4. Straighten your arms as you push you body up off the floor. Keep your palms fixed at the same position and keep your body straight.
5. Exhale as your arms straighten out, pause for a moment and begin slowly lowering your body
6. Lower your body towards the floor, bend your arm and keep your palms in fixed position, body straight and feet together
7. Lower your body until chest touches the floor. Keep your knees off the floor and inhale as you bend your arms
8. **To isolate your chest more during a push-up, widen the position of your hands a little bit. If you want to work out your triceps more, do the opposite and bring your hands closer together so that they're under your chest.

9. Repeat continuously for the amount of repetitions designated

Muscles involved in performing a Push up:

1. Triceps, Shoulders, Abdominals

Cuban Press: This is part of our pre-hab routine prior to the workout. We perform this movement to strengthen the rotator cuff in our shoulders. To begin:

1. In a standing position use 2.5-10 lbs. plates or dumbbells in each hand at either side of the body raise your elbows straight up until your arms are at a 90 degree angle with your knuckles facing towards the floor.
2. Keeping your arms at a 90 degree angle (keeping your elbow stationary) rotate the elbows towards the floor so that your knuckles face the ceiling. Then press the weights above your head and then lower the weights until your arms are back at the 90 degree angle.
3. Then reverse the motion back to the starting position
4. Repeat continuously for the amount of repetitions designated

Lateral figure 8's (Lat. fig. 8's): This is part of our pre-hab routine prior to the workout. We perform this movement to strengthen the rotator cuff in our shoulders. To begin:

1. Using a 2.5-5.0lb plate or dumbbells in each hand, stand with feet shoulder width apart and hold plates at shoulder level with arms straight out
2. Holding arms directly out to each side with palms facing down (towards the floor), in the shape of the number 8, trace plates or dumbbells in the air to make a figure 8.
3. Repeat continuously for the amount of repetitions designated
4. **If unable to coordinate two arms at a time, alternate arms one at a time
5. Repeat continuously for the amount of repetitions designated

Overhead Figure 8's (OH Fig.8's): This is part of our pre-hab routine prior to the workout. We perform this movement to strengthen the rotator cuff in our shoulders. To begin:

1. Using 2.5-5lb plates or dumbbells in each hand, stand with feet shoulder width apart and hold plates or dumbbells directly straight overhead with palms facing forward (towards the front).
2. Holding arms directly overhead in the shape of the number 8, trace the plates or dumbbells in the air to make a figure 8.
3. Repeat continuously for the amount of repetitions designated

OLYMPIC LIFTS:

Power Shrug: This is called an Olympic lift, which is a movement that develops better power, explosion through triple extension (ankles, knees and hips). It maintains explosion in hips and the lower body to better all our athletes in their specified sport. *This is the beginning movement to the hang clean and power clean. To begin:

1. Grip the loaded barbell with an overhand grip
2. Grip should be slightly wider than shoulder width apart, shoulders relaxed
3. By bending at the waist and knees, allow the loaded barbell to slide down your thighs until it's about two or three inches above your knees.
4. Keep feet flat on the floor and arms locked but turn elbows out
5. Transfer your weight heel to toe, violently (extend) thrusting hips forward into the bar in an upward movement and fully extend your knees, ankles for triple extension (ankle, knee, hip)
6. As your hips and knees approach lockout, keeping the bar close to your body at all times, powerfully shrug the loaded barbell upward
7. When you shrug, be sure to focus on shrugging straight up towards your ears, squeezing your trapezoids and not backwards. Allow your heels to come off the floor
8. Lower the shoulders back to the starting position and repeat as instructed by workout
9. Breathe in before you pull and start to exhale once your shoulders are at the highest point.
10. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Trapeziums (Upper traps)

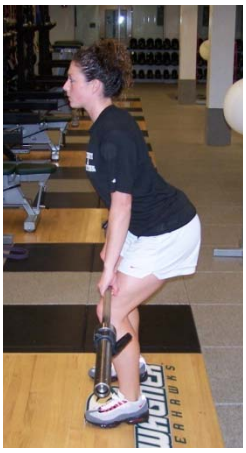


Figure 1: Start in Power Shrug position



Figure 2: Violently shrug shoulders, obtaining triple extension



Figure 3: Overhand Grip

Hang Cleans:

1. Start out with the bar as the same in the starting position of the power shrug position.
2. Then violently shrug the bar with your shoulders towards your ears.
3. As fully extend your legs, transition your momentum into the final pull by flexing the arms with your elbows up and out. At the peak of extension, aggressively pull yourself down, rotating your elbows under the bar as you do so (Allow elbows to break out.)
4. Receive the bar in the catch position. Stand up with the bar.
5. Then lower back down the bar to the starting position
6. Repeat continuously for the amount of repetitions designated



Figure 2: Start in Power Shrug position



Figure 1: Violently shrug shoulders, obtaining triple extension



Figure 3: Pull yourself down and under the bar, rotating your elbows under the bar receiving the bar in the catching position

CORE LIFTS:

Parallel Squat:

Rack Setup – Have the squat rack that you are working in set to these specifications. Have the bar set at a little lower then shoulder height. The safety bar should be set at your hip length.

1. Before starting make sure that your squat rack is set to the specification above.
2. Then when ready walk underneath the bar, position the bar on top of your shoulders/trapezes.
3. Place your hands evenly on the bar so that your body is centered underneath the bar. Make sure that your grip is as tight as it can be with your elbows tight along your side.
4. Feet should be position slightly wider than shoulder width with toes pointed slightly outwards.
5. Then raise the bar off of the rack slowly and carefully, take a full step back and you should be in the center of the rack.
6. Both feet should be parallel to each other. Then when ready slightly tilt your head up slightly. Have a proud chest then stick your butt out and then break at the hips, DO NOT BEND THE KNEES.
7. In a controlled manner sit your hips back and lower them between the heels. Take a deep breath as you go down. Keep the majority of the weight on your heels, while having a proud chest through the entire exercise and remaining flat footed.
8. Lower your hips until the tops of the thighs are parallel with the floor.
9. Once you've reached parallel (the sticking point) slowly start to release air and then leading with your head and chest return to the starting position in the same controlled manor as you came up in, to fully exhale breath. (Repeat for designated repetitions).
10. Once you're done with your repetitions walk the bar back into the squat rack and place the bar on the bar holster.



Figure 1: Un-rack position for Squat



Figure 2: Starting position for Squat



Figure 3: Bottom of Squat, quads & hamstrings parallel to floor

Zercher Squat: This exercise helps build quadriceps mass and upper/lower back strength. Because of the position of the barbell, it forces you to maintain tight abs, an arched back, and proper chest position

1. Place a barbell in a power rack just below your armpits
2. With arms bent walk up to the barbell, un-rack it by holding it in the crook of your arms
3. To hold the bar, either cross your right forearm over your left forearm to help stabilize it or simply keep the bar in the crook of your arms while you keep them bent
4. Keep your head up, back straight, and feet planted firmly on the floor wider than shoulder width apart
5. Squat down until your upper thighs are parallel with the floor. Using the same techniques as squatting, get "deep" keeping your head up, back straight and knees slightly out to the side.
6. Return to starting position and repeat as instructed by workout
7. Tip:*Bring hands with you on your way back up so the barbell does not fall forward bring you with it. Also keep your arms tight to your body
8. Tip: * lead with head and chest upon rising to the starting position

Primary Muscles used:

1. Hips
2. Lower Hip
3. Hamstrings
4. Glutes



Figure 1: Starting position for Zercher Squat



Figure 2: Side view of Zercher Squat

Conventional Dead Lift:

1. Position feet under the bar with feet hip width apart
2. The barbell should be close to your chin
3. Squat down and grasp bar right outside your legs with shoulder width or slightly narrower alternate grip
    a. Alternate grip- with dominate hand on-top with palm facing inward and inferior hand with palm facing out
    b. Position feet at a 45 degree angle outward- this stance is easier on your knees and hips
4. At bottom, keep hips low (above knees and below shoulders)
5. Roll hips out and back, arms straight and back flat
6. From bottom: Push hard through your feet and drive your hips forward. Accelerating the speed of the bar when pulling is important!
7. Pulling barbell with straight arms by extending hips and knees to full extension, until you have reached the lock out position (legs are completely straight) squeezing glutes into the bar. DO not lean back
8. Pull shoulders back at top of lift, you should be in an upright position
9. To lower the bar: Lower the bar safely by reversing the lift, keep your back flat and bar close to your body
10. Repeat continuously for the amount of repetitions designated

Why behind the exercise: The Dead Lift is a compound movement that works all of the major muscles in the body, with most of emphasis on the traps, spinal erectors, hips, glutes, and hamstrings. The remaining muscles are involved in stability control.



Figure 1: Starting position. Legs hip width with barbell close to chins and chest over the bar. Hands outside of body.



Figure 2: Top position after completing Dead lift

Sumo Dead lift:

1. Position feet under the bar with feet outside shoulders, angle feet out 45 degrees
2. The barbell should be close to your chins
3. Squat down and grasp bar between legs with shoulder width or slightly narrower alternate grip
    a. Alternate grip- with dominate hand on-top with palm facing inward and inferior hand with palm facing out
    b. Position feet at a 45 degree angle outward- this stance is easier on your knees and hips
4. At bottom, keep hips low (above knees and below shoulders)
5. Roll hips out and back, arms straight and back flat
6. From bottom: Push hard through your feet and drive your hips forward, Accelerating the speed of the bar when pulling is important
7. Pulling barbell with straight arms by extending hips and knees to full extension, until you have reached the lock out position (legs are completely straight) squeezing glutes into the bar. DO not lean back
8. Pull shoulders back at top of lift, you should be in an upright position
9. To lower the bar: Lower the bar safely by reversing the lift, keep your back flat and bar close to your body
10. Repeat continuously for the amount of repetitions designated

Primary Muscles Used:

1. Erector Spine
2. Gluteus Maximus
3. Adductoe Magnus
4. Quadriceps
5. Soleus
6. Hamstring
7. Gastrocnemius
8. Trapezius
9. Scapula
10. Rhomboids
11. Rectus Abdominis
12. Obliques



Figure 1: Starting position for Sumo Dead lift: Stance is wide with an alternate grip inside the legs. Barbell close to chins and chest over bar



Figure 2: Top position of Sumo Dead lift, feet stay wide and hands stay inside your legs

Bench Press

1. After you have adjusted the bench racks to your personal preference you should be able to rack and re-rack the bar
2. Then put the designated weight on the bar, lay down with your back on the bench. Your body should be making *The Five Contact Points,* your feet should be on the floor, and your butt should be on the bench along with your back and your head. Make sure that you have a spotter at all times while performing the exercise.
3. Then place your hands equally on the bar for satiability.
4. Then start by lifting the bar off the rack, make sure that your elbows are slightly inverted and your shoulders are tight.
5. Then in a controlled manner/motion, lower the weight to your nipple line. Once the weight has been lowered squeeze the bar as hard as you can and explosively extend the arms returning the weight to starting position.
6. As you come up with the bar think about pushing your body away from the bar.
7. Make sure that you keep your body in contact with *The Five Points*
8. Repeat continuously for the amount of repetitions designated

Why behind the exercise: Bench press is an exercise of the upper body; it is used to strengthen the pectorals, front deltoids, and triceps

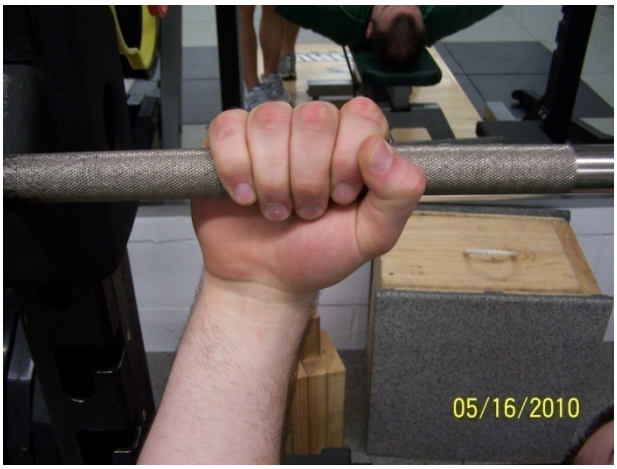


Figure1: Hand Grip for Bench: wrap thumb and squeeze bar, keep wrists locked never bent



Figure 2: Remember to keep the Five points in contact with the bench and floor



Figure 3: Starting position for Bench Press



Figure 4 Ending position for Bench Press. Bar should be at nipple line

Close Grip Bench Press

1. Follow the instructions for Bench press, **except** your hands are at shoulder width or narrower making sure that they are placed equally on the bar Line up index or middle fingers with bar rings if necessary, to ensure hands are placed equally on the bar
2. Repeat continuously for the amount of repetitions designated

Why behind the exercise: Close grip bench press, your chest becomes largely inactive in the lift and the stress shifts to your triceps primarily, with help also from your front deltoids. Close grip bench press still works your chest, but primarily focuses on strengthening your triceps

Incline Bench Press:

1. Raise (incline) bench to a 45 degree angle, making sure to position the eyes directly underneath the bar while it is in the rack
2. Your head and lower back should be flat on the bench and feet flat on the floor to serve as a sturdy base
3. Place hands slightly wider than shoulder width making sure that they are placed equally on the bar (be sure the thumb is wrapped around your hands on the bar)
4. Squeeze the bar to lock wrists and to gain control of the bar
5. Start by lifting the bar off the rack, keeping elbows slightly tucked inward and beneath your wrists, shoulders tight
6. In a controlled manner, lower the weight to the top of the chest
7. Once the weight has been lowered, explosively extend the arms
8. Returning to starting position bring the weight back over the eyes to starting position
9. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Upper Chest
2. Deltoids
3. Triceps

Dumbbell Bench (DB Bench):

1. Grip the dumbbell with a closed grip with palms facing down and slightly turned in (to protect shoulder joint)
2. Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other
3. Using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width
4. At shoulder width, keep elbows tight to your body and rotate your wrists to a 45 degree angle
5. The inside of the dumbbell should have an aiming point directly to the nipple line. Both feet should be flat on the floor, with head, back, lower back and glute lying flat on the bench

6. To start: Breath out and press the dumbbell up and away from the body until the arms are locked and fully extended
7. Keep the elbow directly inline underneath the wrists
8. Once at the top, follow the same path downward until the dumbbell is returned to the starting position
9. Repeat continuously for the amount of repetitions designated
10. Tip* Once the sets are completed, sit back up and bring DB to things and place down. DO NOT dump the DB's to the side of the bench while you are laying down

Primary Muscles used:

1. Pectoral Major (Chest)

Secondary Muscles used:

1. Anterior Deltoid
2. Triceps Brachii









AUXILIARY LIFTS:

UPPER BODY:

Military Press/Shoulder Press: DB or Barbell, Standing or Seated

1. Grip the dumbbell/barbell with a closed grip with palms facing up and slightly turned in The inside of the dumbbell should have an aiming point directly to the shoulder
2. Both feet flat on the floor and chest out for good posture
3. Position your arms at a 90 degree angle, with elbows at 45 degrees in front of your face. The DB should be kept in your vision (*For barbell, from the rack, place barbell in front of face to a position that is comfortable for shoulder)
4. Press the dumbbell away from the body until the arms are fully extended, keeping the elbows directly inline underneath the wrists. :* For barbell, as you press up, clear and push your head forward behind the barbell. The barbell should be directly overhead
5. Once at the top, follow the same path downward until the dumbbell is at starting position
6. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Shoulders
2. Back
3. Triceps
4. Abs

Inverted row:

1. Lie back on the floor inside your squat rack with the bar at arm's length away.
2. Then pull yourself up until your chest touches the bar. Use an overhand grip with your palms facing out.
3. Then Grip the bar slightly narrower than on the bench press. Have your elbows tucked to your side. Not parallel to your torso. As you pull yourself up lead with your chest not with your stomach or head. Keep your chin tucked, chest forward and shoulder-blades back & down.
4. Touch your chest with the bar as you pull yourself up. Make sure that you squeeze your shoulder-blades together as you come up and lead with your chest, keeping your shoulder-blades back & down, tighten your upper-back at the top.
5. Then in the same movement coming up, lower yourself back down to complete the repetition. Make sure that you tighten your core as you go through the entire repetition
6. Repeat continuously for the amount of repetitions designated
7. **To make the exercise more difficult straighten out your legs. To make it less difficult bring your feet closer to your hips.

Why behind the exercise: Inverted Rows work your upper-back, lats & traps. They also work your biceps muscles and several small muscles in your back.



Figure 1: Starting Position for Inverted Row: Squeeze traps so they are touching



Figure2: Keep chin tucked and touch your chest to the bar

Curl Press:

1. Have a dumbbell in each hand at your sides in the standing, upright position.
2. Then regular curl both dumbbells simultaneously all the way up to with you're the top of your shoulder with the inside of your wrist facing towards your body.
3. Then simultaneously rotate your wrist so that the inside of your wrist are facing outward. Weight still at the top of your shoulder.
4. Then press the weight over top of your head at the same time to a full shoulder press. Make sure that you pop your head through as you come up with the weight. Once you've full extended your arms into a full press, lower the weight back down to the start of the press position. Then simultaneously turn both of your wrists so they are facing back to your body. Then lower the weight back down (bending at the elbows) back to your sides for the completion of the repetition
5. Repeat continuously for the amount of repetitions designated

Why behind the exercise: The curl press activates your biceps, shoulders, front deltoids, and your trapezoids.

Hammer Curl:

1. Position two dumbbells to the sides of your body, palms facing in, arms straight
2. With elbows to the sides of your body, raise one dumbbell until forearm is vertical and thumb faces shoulder
3. Lower to original position and repeat with alternative arm
4. Always make sure core it tight, shoulders are back and chest out
5. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Biceps Brachii

Reverse Curl:

1. Grasp barbell with shoulder width over hand grip with palms facing down, thumb wrapped around your hand
2. Stand straight and relax your shoulders
3. With elbows to side, curl the bar upwards towards your chest in a steady, controlled motion.
4. Squeeze your biceps when you reach the top of the barbell curl, pausing briefly
5. Lower the barbell slowly to its starting position to complete one barbell reverse curl
6. * Don't allow your wrist to break, if they do, squeeze the bar
7. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Biceps

Secondary Muscles used:

1. Anterior Deltoid
2. Trapeziums
3. Scapula

21's: This is a variation to the bicep curl

1. Grasp bar with an over hand grip, palms up and wrap thumbs around bar
2. Allow your arms to hand straight down with elbows tucked
3. Keeping your arms tight to your body the whole time, curl your arms halfway up so they are at a 90 degree angle- 7 repetitions
4. Second movement- Start your arms at the 90 degree angle and curl all the up so you flex your biceps
5. Lower back down to 90 degrees and repeat for 7 repetitions
6. Third movement- This is a complete bicep curl
    a. Position two dumbbells to the sides of your body, palms facing in, arms straight
    b. With elbows to the sides of your body, raise dumbbells and rotate forearm until forearm is vertical and palms faces shoulder
    c. Lower to original position and repeat 7 repetitions
7. 7+7+7=21
8. Repeat continuously for the amount of repetitions designated

Primary Muscles Used:

1. Biceps

Secondary Muscles used:

1. Deltoid

2. Trapezius
3. Scapulae
4. Wrist Flexors

Dips on Bench:

1. For this exercise you will need to place a bench behind your back
2. With the bench perpendicular to your body, and while looking away from it, hold on to the bench on its edge with the hands fully extended, separated at shoulder width
3. Your legs will be extended forward, hips bent at the waist and perpendicular to your torso, this is your starting position
4. Slowly lower your body as you inhale by bending at the elbows until you lower yourself far enough to where there is an angle slightly smaller than 90 degrees between the upper arm and the forearm Tip: Keep the elbows as close as possible throughout the movement.
5. Using your triceps to bring your torso up again, lift yourself back to the starting position
6. **You can place your legs on top of another flat bench in front of you in order to make the exercise more challenging. If that variation also becomes easy, then you can have a partner place plates on top of your lap.
7. Repeat continuously for the amount of repetitions designated

Primary Muscles Used:

1. Triceps

Secondary Muscles Used:

1. Chest
2. Shoulders









Cable Face Pull:

1. Position yourself in front of the cable machine with the rope tied to the high pulley
2. Keens are slightly bent and feet are at shoulder width keeping your back straight
3. Hold the rope slightly above shoulder height with your arms extended
4. Your grip is pronated (palms facing down)
5. Start by pulling the rope towards the aiming point-eyebrows while keeping your elbows flared out and higher than your hands
6. The movement should only be complete when your arms are horizontal and your elbows are as far back as possible. The rope should be aligned with your chin.
7. Bring the rope back to its starting position
8. Repeat continuously for the amount of repetitions designated

** Keep your back straight throughout the whole exercise. Also bend your knees slightly and push your hips back as if you were sitting

Primary Muscles used:

1. Shoulders
2. Triceps
3. Back

Triceps Pushdown-(with cable machine)

1. Standing with your feet shoulder width apart, remembering to always keep your chest up and your shoulders back. Make sure also that you keep your head in line with your spine (look straight ahead).
2. Then grip the cable bar with a closed grip and your palms facing down. Tuck your elbows into your side and keep your arms in.
3. Then press your hands down toward your waist and fully extend at your elbow joint. Main point – keep your elbows completely stationary and your head level the entire time.
4. The return bar to starting position to complete rep
5. Repeat continuously for the amount of repetitions designated

Why behind the exercise: Triceps pushdowns target and strengthen primarily your triceps muscle

Low Row (Cable row machine):

1. With chest up and shoulders back grab the row attachment and then extend the legs until there is a slight bend in the knee. The back should be straight,. There should be no lean in the upper body
2. Pull the elbows back and squeeze the shoulder blades together until the attachment meets the navel (belly button)
3. Return to starting position
4. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Back (latissiums dorsi, trapezius and rhomboids and posterior deltoids)

Secondary Muscles used:

1. Biceps

Lat Pull Down:

1. Grab the lat bar just after the bend on either side and then assume the seated position
2. Once seated, assume a tight flat back with a slight lean so that the bar is not directly above your head but directly above your chest
3. Pull the bar to the top of your chest by bringing the elbows down and together and squeezing your shoulder blades
4. Pause for a second and return to starting position
5. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Latimiss Dorsi

Secondary Muscles used:

1. Upper trapius
2. Deltoid muscles
3. Biceps
4. Rhomboids

Forearm Curl:

1. Sit and grasp dumbbell/barbell with underhand grip approximately three inches apart
2. Rest forearm on thigh with wrists just beyond the knee
3. Allow the dumbbell/barbell to roll out of palms down to fingers
4. Raise dumbbell/barbell back up by gripping and curing the weight towards your body until your forearms are fully flexed
5. Pause briefly and then lower the weight down as far as you can
6. **Keep elbow approximately wrist height to maintain resistance through full range of motion
7. **Hand may be placed under wrists to offer stability and to maintain horizontal orientation of forearm.
8. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Forearm

Upright Row:

1. Stand with feet shoulder width apart, griping the bar with an overhand grip slightly less than shoulder width
2. Hang bar at waist, making sure chest is up and shoulder back to maintain core stability
3. Let breath out slowly to pull the bar directly under the chin, keeping it close to the body
4. Drive elbows up, always keeping them higher than then hands
5. Keeping your torso stationary pause for a second
6. Inhale and follow the same path downward returning the bar to waist and staring position
7. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Shoulders
2. Deltoids
3. Upper trapeziums



Figure 1: Starting position for Upright Row



Figure 2: Pull the barbell up to your chin, keeping the barbell close to the body and always keeping elbows above hands.

DB Row:

1. Stand in an athletic stance, knees slightly bent, back arched with core tight
2. Bend over at the waist at a 45 degree angle
3. Grip the dumbbell in an overhand grip down to your side
4. Bend the elbows and pull the weights up until the elbows are level with the torso in a rowing motion

5. Keep shoulder relaxed, back arched and core tight
6. Lower to starting position
7. Repeat continuously for the amount of repetitions designated
8. ** Keep torso parallel to ground, do not twist

Or

1. Start by grabbing a flat bench and positioning yourself on the left hand side of the bench with your right knee and right hand resting on the bench
2. Your back should be flat and your hip and shoulder be aligned
3. Grab a dumbbell with an overhand grip in your left hand
4. Pull your shoulder blades back while keeping your arm straight down
5. Slowly pull the dumbbell up as far as possible
6. Keep your arm close to your body throughout the exercise and drive elbow to the sky
7. Pause and squeeze your shoulder blades together
8. Slowly lower the dumbbell back to the starting position
9. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Latissimus Dorsi
2. Rhomboids
3. Teres Major
4. Biceps Brachii

Dumbbell Bent-over fly

1. Grip the dumbbells with a closed grip with your palms facing down, have a slight bend in your knee, push the hips back and bend at your waist until your chest is facing the floor.
2. Then raise the dumbbell from the hanging position out to the side so that your arms form a straight line with your upper back, all while keeping a flat back and your chest facing the floor.
3. Then lower dumbbells in the same movement just downward to complete the repetition.
4. Repeat continuously for the amount of repetitions designated

Why behind the exercise: Bent-over flies work primarily your deltoid muscles



Figure 1: Starting position, slight bend in knees, hips back and bend at your waist until chest is facing the floor, arms hanging



Figure 2: Front View

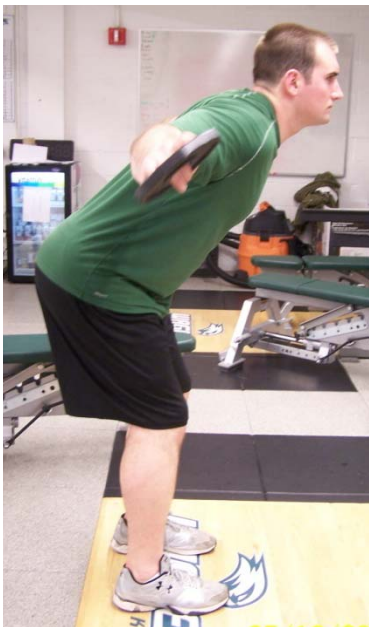


Figure 3: Starting Position, Side View

Figure 4: Ending position for Reverse Fly, Side View



Barbell/Dumbbell Shrugs:

1. Stand erect with a dumbbell in each hand (palms facing torso)
2. Lift the dumbbells by elevating the shoulder to your ears while you breath out slowly
3. Hold the contraction at the top for a second **The arms should remain extended at all times, only the shoulders should be moving up and down. You should not lean back
4. Lower the dumbbells back to the original position
5. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

LOWER BODY:

RDL (Romanian Dead lift):

1. Have your barbell placed on the floor with the designated weight on it, then grip the bar making sure your hands are outside of your knees, with a closed grip, meaning palms down.
2. Than raise the bar up so it's hanging at your waist, then make sure that you're standing completely upright only with a slight bend of the knee (keep this same bend in your knees throughout the entire repetition).
3. Make sure your feet are slightly outside your shoulder width. Then keep your chest up and shoulders back to maintain core stability (keep this the same throughout the entire repetition).
4. Then start by pushing your hips back while keeping the weight distribution on the heels. As the bar begins to slide down the leg, keep it close to your body the entire time to avoid stressing the low back.

5. Once hips are back, begin to bend at the waist to lower the bar past the knee to finish at mid shin. Then follow the same path back up to the upright position by driving your hips back toward the bar to complete the repetition. Make sure that you do not allow your hips to drop the entire exercise.
6. Repeat continuously for the amount of repetitions designated

Why behind the exercise: The RDL targets the glutes, hamstrings and low back (additional work is done by the upper back and gripping muscles).



Figure 1: Starting position for RDL, knees slightly bent, hips back, chest out, back arched and barbell 2-3 inches above knee



Figure 2: bend at waist, lowering the barbell to id chin but keeping it close to your body the whole time. Your back should be parallel with the floor and flat, head up

Single-Leg RDL:

Follow the same technique as far as the regular RDL, only with one leg at a time though. Balance the weight onto a single leg while maintaining a slight bend in the knee.

1. Bend your torso forward, not allowing your torso to rotate
2. Then kick your leg that is not being used for counter balance to support, keeping both your stationary leg and your moving leg to remain as straight as possible.
3. As your body and extended leg become parallel with the ground, reach downward to about mid-shin.
4. Then stand back up to a normal stance and step forward to perform the reach again while being supported on the opposite leg.** FOR EACH LEG**
5. Repeat continuously for the amount of repetitions designated

Why behind the exercise: The same as the RDL, the single leg RDL targets the glutes, hamstrings and low back as well. (Additional work is done by the upper back and gripping muscles).



Figure 1: Starting position for SL RDL



Figure2: Kick leg straight back, bending at your waist and lowering the barbell down your body to mid chin. Keep your back flat and parallel to the floor.

Glute Ham:

1. Once you have full mounted and are in the glute ham machine a few reminders: make sure that your knees are in the front padding of the machine. Also have a spotter to assist you in accomplishing all of your designated repetitions.
2. Then once you've adjust the machine to specific requirement, go into the starting position which is having your torso straight up and your knees bent at 90 degrees.
3. Then bend at your knees allowing your body to go down to the parallel position, make sure that you keep your back straight and don't bend at the waist.
4. Then once you've reached the parallel, keeping your back locked out, squeeze your glutes to raise back up to the full position or starting position to complete the full repetition
5. Repeat continuously for the amount of repetitions designated

Why behind the exercise: The glute ham machine focuses primary on strengthen your hamstring muscles, which intern will allow you to run faster

Step Down:

1. Start on top of a bench or platform
2. Chest out, back tight and core tight
3. Starting with your right foot, flex your hamstrings and glute to slowly and in a controlled manner, lower yourself to the floor
4. Touch the floor with your **heel** and push back up with the drive leg that is on the bench
5. *Do not allow your upper body to lean over your knee on the way down
6. Switch legs. *Do not lean over your knee allowing it to move over toes
7. Repeat continuously for the amount of repetitions designated

Primary Muscles Used:

1. Hamstrings
2. Quads
3. Core



Figure 1: Start by standing on-top of a bench



Figure2: Contract your glute and hamstring and in a controlled manner lower yourself down keeping your chest out but not over your toes



Figure 3: At the bottom, touch with your heel and push back up with the opposite leg that is on the bench



Step Up:

1. Stand up straight with right foot on the elevated bench or platform.
2. Step on the platform by extending the hip and the knee of the lead leg. Ensure knee does not go over toes and shin is perpendicular to the floor.
3. Use the heel mainly to lift the rest of your body up and place the foot of the left leg on the platform. Try to not push off the floor
4. Breath out as you execute the force required to come up
5. Step down with the following leg by flexing the hip and knee of the lead leg as you inhale
6. Return to the original standing position
7. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Quadriceps

Secondary Muscles used:

1. Calves
2. Glutes
3. Hamstrings

Superman: this is a variation of hyper back extension

1. Lie face down on the floor, legs together and straight, arms straight and extend above your head
2. Keep your head/neck in a neutral position
3. Keep limbs straight but not locked and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form a gentle curve in your body
4. Squeeze your lower back and glutes hold for 2 seconds ** Slowly breath out during this movement
5. Inhale and slowly lower you limbs to the floor
6. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Lower back

Secondary Muscles used:

1. Hamstring

Lunge: This can be used with a barbell on your back, dumbbells to your side, or a Kettle bell or dumbbell above your head in one hand and switch hands according to repetitions.

1. Stand with your torso upright (holding two dumbbells in your hands to your side or a barbell on your back)

2. Step forward with one leg and lower your body down, with about two to two and a half feet between your feet
3. Go down until your bottom knee almost touches the ground and think about sitting back
4. Do not allow your knee to go forward beyond your toes as you come down, keeping your front shin perpendicular to the ground
5. Push up and back to starting position
6. Repeat continuously for the amount of repetitions designated

** The farther you step, the more glutes and hamstring you will use

**It is important to keep your upper body vertical

** Your feet should be staggered one in front of the other, not in a straight line

Primary Muscles used:

1. Gluteus Maxiums
2. Quadriceps
3. Hamstrings

Secondary Muscles used:

1. Calves

Lateral Lunge: This can be done onto a BOSU ball

1. Begin by standing with your feet shoulder width apart, hand on your hips or to your side
2. Inhale, step out to the right and shift your body weight over your right leg squatting to a 90 degree angle at the right knee. Keep the post leg (the leg you are not bending) straight
3. Try to sit down with your glute, keeping your back as upright as possible with core tight and weight on your heels
4. Do not let your knees go over the pane of your toes
5. Slowly breath out and push off and bring your right leg back to center to complete one repetition
6. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Quadriceps
2. Gluteus Maxiums
3. Inner thigh

Physio ball Leg Curl:

1. Lying face up with hands wider for stability and as perfected, bring hands closer to your body, legs straight and heels on physio ball
2. Contract your glutes to raise your hips. Your body should be in a straight line from your shoulders to ankles
3. Bend your legs and pull heels toward your glute rolling the ball towards you
4. Keep your hips up throughout the exercise and do not let you hips drop as the ball comes toward you
5. Extend your legs back to starting position
   ** Initiate the movement by firing your glutes, and keep them contracted at the top of the movement
6. Repeat continuously for the amount of repetitions designated

Primary Muscles used:

1. Gluteus Maxiums
1. Hamstring
2. Lower Back



Figure1: Lie with hands out, heels on PB ball



Figure 2: Contract your glutes to raise your hips, your body should be straight from shoulders to ankles



Figure 3: Bend your legs and pull the ball towards you with your heels. Always keep your hips up.

Hyper Back Extension:

1. Position thighs on large pad and lower legs under padded brace. Hold weight (if desired) to chest
2. Lower your body be bending your waist until fully flexed
3. Raise or extend waist until torso is parallel to legs
4. **Adjust lower leg brace so pressure is evenly distributed on thigh pad. Do not pause or bounce at bottom of lift. Do NOT hyper extend
5. Repeat continuously for the amount of repetitions designated

Primary muscles used:

1. Lower Back

Secondary Muscles used:

1. Gluteus Maximus
2. Hamstrings
3. Adductor Magnus

Pull up grips:



Figure 1: Overhand grip: wrap thumb around hand



Figure 2 Normal grip for pull up



Figure3: Wide grip pull up



Figure 4: Grip for Chin up