

**1**

# Contralateral Supine DB Press OC

**10, 15, 20, 25 REPS**

M – 25 / F – 15

**SQUEEZE GLUTE**

2

# MEDBALL TWIST

4, 6, 8, 10 REPS EACH SIDE

16 LBS

**3**

**Right Leg Side Step Up + Left Arm  
DB Press**

**8, 10, 12, 16 REPS**

M – 30 / F – 15

**SQUEEZE GLUTE**

4

# Contralateral Prone DB Row OC

10, 15, 20, 25 REPS

M – 25 / F – 15

HOLD BREATH

**5**

**Left Leg Side Step Up + Right Arm  
DB Press**

**8, 10, 12, 16 REPS**

M – 30 / F – 15

**SQUEEZE GLUTE**

6

**Right Arm Cuban Press External  
Rev. Band OC**

8, 10, 15, 20 REPS

**ELBOW AT 90°**

**7**

# **Left Crossover Lunge w/ Band on Airex**

**8, 10, 12, 16 REPS**

**SQUEEZE GLUTE / HIPS SQUARE**

**HOLD BREATH**

8

**Left Arm Cuban Press External Rev.  
Band OC**

8, 10, 15, 20 REPS

ELBOW AT 90°



9

# Right Crossover Lunge w/ Band on Airex

8, 10, 12, 16 REPS

SQUEEZE GLUTE / HIPS SQUARE

**10**

**Neck Forward + Right Side**

**10 + 10 REPS**

**CHIN TO CHEST / EAR TO  
SHOULDER**

**11**

**Neck Backward + Left Side**

**10 + 10 REPS**

**CHIN TO CHEST / EAR TO  
SHOULDER**

12

# DB Rear Delt Fly

4, 6, 8, 10 REPS

M – 20 / F – 15

HOLD BREATH

13

# Roman Chair Abs

6, 9, 12, 15 REPS

STRAIGHT LEGS

14

**Dips + Dip Shrug**

6, 8, 10, 12 REPS

+ 6 Reps

**15**

# Roman Chair Abs – Lateral Knee Up

**4, 6, 8, 10 REPS RIGHT**

**4, 6, 8, 10 REPS LEFT**

**16**

# **Kettlebell Sport Squat + Right Arm Row**

**6, 8, 10, 12 REPS**

M – 20kg / F – 18kg

**KNEES FORWARD / HIPS DOWN**

**HOLD BREATH**



**17**

# **Kettlebell Sport Squat + Left Arm Row**

**6, 8, 10, 12 REPS**

M – 20kg / F – 18kg

**KNEES FORWARD / HIPS DOWN**

**18**

**Prone Row OC**

**30 REPS**

M – 30 / F – 20

**“LIGHT SWITCH”**

**19**

**Right Leg Lateral Lunge + Left Arm**

**DB Press on Airex**

**6, 8, 10, 12 REPS**

**M – 25 / F – 15**

**SQUEEZE GLUTE**

**HOLD BREATH**

20

**OH RDL + Press**

6, 8, 10, 12 REPS

M – 10 / F – 5

**SQUEEZE GLUTE / DRIVE  
BIG TOES**

**21**

**Left Leg Lateral Lunge + Right Arm  
DB Press on Airex**

**6, 8, 10, 12 REPS**

M – 25 / F – 15

**SQUEEZE GLUTE**

22

**Bench Dips**

4, 6, 8, 10 REPS

±

**Shrugs**

4, 6, 8, 10 REPS

23

# Pike Swiss Ball Abs

6, 8, 10, 12 REPS

HOLD BREATH

**24**

**Push Up Alphabet Slide - Right Arm**

**A-Z**

**HIPS SQUARE TO GROUND  
/ PROTRACT SHOULDERS**



**25**

**Push Up Alphabet Slide - Left Arm**

**A-Z**

**HIPS SQUARE TO GROUND  
/ PROTRACT SHOULDERS**

**26**

# Overhead Plate Wraps

**3, 4, 5, 6 REPS EACH WAY**

M – 20kg / F – 15kg

**SQUEEZE GLUTE**

27

# Inverted Row + Shrug

3, 4, 5, 6 REPS +

3, 4, 5, 6 REPS

ARMS STRAIGHT ON SHRUG

HOLD BREATH

**28**

# Seated Plate OH Circles - Right

**6, 8, 10, 12 REPS**

M – 20kg / F – 15kg

**STRAIGHT ARMS**

**29**

# Single Leg RDL – Both Sides

**6, 8, 10, 12 REPS**

M: 95-115 / F: 65-75

**SQUEEZE GLUTE / DRIVE  
BIG TOES**

**30**

**Seated Plate OH Circles - Left**

**6, 8, 10, 12 REPS**

M – 20kg / F – 15kg

**STRAIGHT ARMS**

31

## Bent Over Row

6, 8, 10, 12 REPS

M: 115 – 135 / F: 75 – 85

SQUEEZE GLUTE / SQUEEZE SCAPS

HOLD BREATH

32

# Plate Chest Hold RDL

6, 8, 10, 12 REPS

M – 20kg / F – 15kg

**SQUEEZE GLUTE / DRIVE  
BIG TOES / SIT BACK**



33

## Bench Press

8, 10, 12, 15 REPS

M – 135 / F – 65

SQUEEZE GLUTES /  
ELBOWS TIGHT

34

LEFT Leg RDL + LEFT Arm  
Cuban Press

6, 8, 10, 12 REPS

M – 10 / F – 5

HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE

35

# Swiss Ball Groin Squeeze

6, 8, 10, 12 REPS

SQUEEZE BALL

HOLD BREATH

36

RIGHT Leg RDL + RIGHT Arm  
Cuban Press

6, 8, 10, 12 REPS

M – 10 / F – 5

HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE

37

# SL Hip Flexor ISO Prone

3, 4, 5, 6 REPS EACH LEG

3 seconds at bottom on each  
repetition

**38**

**Left Leg Rotational Lunge + Right  
Arm Band Press on Airex**

**6, 8, 10, 12 REPS**

**OPEN HIPS to 90° / MATCH  
UPPERBODY AND SHIN  
ANGLE**

**39**

**Calf Raise w/ Knee Bend**

**15 REPS**

**SOFT KNEE BEND / FULL  
RANGE OF MOTION**

**HOLD BREATH**

**40**

**Right Leg Rotational Lunge + Left  
Arm Band Press on Airex**

**6, 8, 10, 12 REPS**

**OPEN HIPS to 90° / MATCH  
UPPERBODY AND SHIN  
ANGLE**



41

# Left Leg - Leg Press

8, 10, 12, 15 REPS

M – 90 / F – 45

**DRIVE BIG TOE**

42

# Bosu Push Up

8, 10, 12, 15 REPS

SQUEEZE GLUTES /  
ELBOWS TIGHT

43

# Right Leg - Leg Press

8, 10, 12, 15 REPS

M – 90 / F – 45

**DRIVE BIG TOE**

44

# Reverse Grip Bent Over Row

6, 8, 10, 12 REPS

M – 115 / F – 65

HOLD BREATH

**45**

**DB Shrug + Calf Raise**

**8, 10, 12, 16 REPS**

**M – 40 / F – 30**

**SQUEEZE GLUTES / DRIVE  
BIG TOES**

46

# Pit Shark Sport Squat

6, 8, 10, 12 REPS

M – 300 / F – 200

DRIVE BIG TOES / MATCH  
TORSO AND SHIN ANGLE

**47**

# Contralateral External Band Abs Right

*Band on RIGHT arm with LEFT leg forward*

**7, 10, 15, 20 Seconds**

**SQUEEZE GLUTES / STAY  
SQUARE**

**48**

# Contralateral External Band Abs Left

*Band on LEFT arm with RIGHT leg forward*

**7, 10, 15, 20 Seconds**

**HOLD BREATH**



49

# Pit Shark Sport Squat

6, 8, 10, 12 REPS

M – 300 / F – 200

DRIVE BIG TOES / MATCH  
TORSO AND SHIN ANGLE

**50**

# Biceps Band Curl

**8, 10, 12, 16 REPS**

M – Red / F – Orange

**ELBOWS TIGHT**

51

# Triceps Band Press

8, 10, 12, 16 REPS

M – Red / F – Orange

**SQUEEZE GLUTE**

52

# Band Pull Aparts

8, 10, 12, 16 REPS

M – Red / F – Orange

HOLD BREATH

53

# Pit Shark Sport Squat

6, 8, 10, 12 REPS

M – 300 / F – 200

DRIVE BIG TOES / MATCH  
TORSO AND SHIN ANGLE

**54**

# Right Arm External Rotation

**8, 10, 12, 16 REPS**

**ELBOW AT SIDE /  
SHOULDER BLADE IN  
BACK POCKET**

**55**

# **Right Leg RDL + Left Arm Band Press**

**8, 10, 12, 16 REPS**

**HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE**

56

# Left Arm External Rotation

8, 10, 12, 16 REPS

HOLD BREATH



**57**

# **Left Leg RDL + Right Arm Band Press**

**8, 10, 12, 16 REPS**

**HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE**

**58**

# Neutral Grip Pull Ups

**5, 6, 7, 8 REPS**

**SET SCAPS / FULL RANGE  
OF MOTION**

**59**

# **Right Thor's Hammer**

**8, 10, 12, 16 REPS**

**Silver Rod**

**ELBOW AT SIDE / FULL  
RANGE OF MOTION**

**60**

# Hex Bar Deadlift + Shrug

**4, 6, 8, 10 REPS**

M – 60kg / F – 40kg

**SQUEEZE GLUTES /  
NEUTRAL SPINE**

61

# Left Thor's Hammer

8, 10, 12, 16 REPS

Silver Rod

HOLD BREATH

**62**

**FFE Left Leg Reverse Lunge +  
Right Arm DB Curl to Press**

**8, 10, 12, 16 REPS**

**M – 25 / F – 15**

**SQUEEZE GLUTES / FULL  
RANGE OF MOTION**

**63**

# **Bottom Half Push Up on Boxes**

**15, 18, 20, 25 REPS**

**ELBOWS TIGHT**

64

# Cable Crossover Reverse Fly

6, 8, 10, 12 REPS

M – 20 / F – 12

SQUEEZE SCAPS /  
STRAIGHT ARMS



**65**

**FFE Right Leg Reverse Lunge +  
Left Arm DB Curl to Press**

**8, 10, 12, 16 REPS**

**M – 25 / F – 15**

**SQUEEZE GLUTES / FULL  
RANGE OF MOTION**

66

# Left Arm Lat Pulldown

6, 9, 12, 15 REPS

M – 40 / F – 20

HOLD BREATH

**67**

**Left Leg Step Up + Right Arm Band  
Press**

**8, 10, 12, 16 REPS**

M – 25 / F – 15

**SQUEEZE GLUTE / FULL  
EXTENSION AT TOP**

**68**

# Right Arm Lat Pulldown

**6, 9, 12, 15 REPS**

M – 40 / F – 20

**LEFT LEG IN / RIGHT LEG  
OUT**

69

**Right Leg Step Up + Left Arm Band  
Press**

8, 10, 12, 16 REPS

M – 25 / F – 15

**SQUEEZE GLUTE / FULL  
EXTENSION AT TOP**

**70**

# **Band Assisted Nordic Hamstring Curl**

**5, 6, 7, 8 REPS**

**Double Purple Band**

**EXTEND KNEES AT END /  
SQUEEZE GLUTES**

71

# Cable Face Pull

8, 10, 12, 16 REPS

M – 50 / F – 30

HOLD BREATH

**72**

**Banded Ant Tib - Left**

**25 REPS**

Purple Band

**SPREAD TOES**



**73**

**Gripper**

**20 REPS**

M – 135 / F – 90

**74**

**Right SL RDL + Left Arm DB Row**

**8, 10, 12, 16 REPS**

M – 40 / F – 25

**HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE**

**75**

**Standing Cuban Press F8**

**6 REPS**

M – 10 / F – 5

**SHOULDERS IN BACK  
POCKET**

**76**

**Banded Ant Tib - Right**

**25 REPS**

Purple Band

**HOLD BREATH**

77

**Left SL RDL + Right Arm DB Row**

8, 10, 12, 16 REPS

M – 40 / F – 25

**HINGE HIPS / STRAIGHT  
LINE FROM HEAD TO TOE**

**78**

**Gripper**

**20 REPS**

M – 135 / F – 90

79

# Glute Ham Hyper

8, 10, 12, 16 REPS

FULL RANGE OF MOTION /  
USE GLUTES TO PULL  
BACK TO PARALLEL