


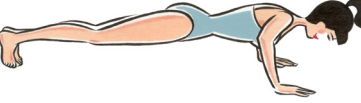



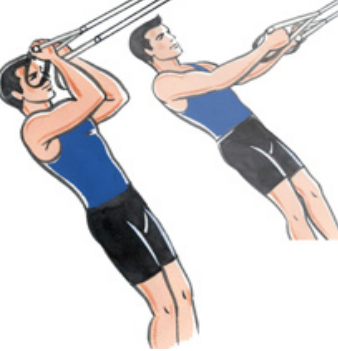

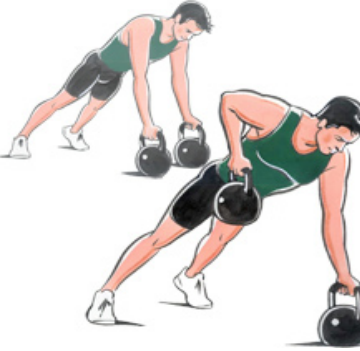




Free/Bodyweight Program

Free/Bodyweight Training is great for toning and increasing your overall strength for daily life.

Rest Between Sets: 0-30sec, Sets: 1-2, Repetitions: 12-20, Frequency: 3 times a week

<p>D/B Squat</p>  <p>Stand tall. Feet hip width. Brace abdominals. Chest lifted. Bend at hip. Sit bottom back. Lower D/B beside ankles. Knees track over toes.</p>	<p>KB Sgle Lunge</p>  <p>Stand tall. Split stance. KB at shoulder. Brace abdominals. Back heel lifted. Lower hips to floor. Front knee over heel. Push back up to start..</p>	<p>Chins (Front)</p>  <p>O/hand or U/hand. Grip shoulder width. Brace abdominals. Pull body upward. Chest lifted. Release slowly without locking elbows</p>	<p>Push Ups</p>  <p>Hands under shoulders. Torso off the floor. Body rigid. Lower chest. Elbows out. Shoulders between wrists. Press up. Inter = on knees..</p>	<p>Strap Supine Row</p>  <p>Arms extended. Body off floor. Knees bent. Hips lifted. Brace abdominals. Pull chest up to hands. Keep body straight. Slow release.</p>
<p>KB 2 Arm Swing</p>  <p>Start at bottom of squat. Long back. Brace abdominals. Use leg thrust to swing KB out and up to eye level. Let KB fall back to start.</p>	<p>Strap Tricep Extn</p>  <p>O/hand grip. Arms extended. Brace abdominals. Lower body forward. Body aligned. Hands in front of forehead. Upper arms still. Press back.</p>	<p>Strap Bicep Curl</p>  <p>Brace abdominals. Lean back. Arms extended. Elbows high. Pull body toward handles. Upper arms still. Keep body aligned. Release slowly.</p>	<p>Bench Rev Press</p>  <p>Legs extended up over hips. Brace abdominals. Curl hips up off bench toward chest. Press feet up toward ceiling. Slowly lower hips down.</p>	<p>KB Prone Rows</p>  <p>Push up position. Hands on KB's. Brace abdominals. Row arm up to side. Squeeze back. Hips face floor. Body rigid. Return. Other side.</p>

Exercise Program

www.xercisepro.com

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