

Exercise Technique Manual

LEGS:

Quad Dominant Exercises:

Basic Squat:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. **Trainer Tip: Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity.



Bench Sits/ Bench Taps (Squat over bench): (GREAT for beginners or clients with knee injuries) Stand directly in front of a park bench or chair. Place your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down until your glutes “tap” the bench- try not to put any weight on the chair/bench. Push through your heels back to the starting position. Make sure to keep your back flat, chest out, and your spine neutral. Repeat for the desired number of reps and speed. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat.



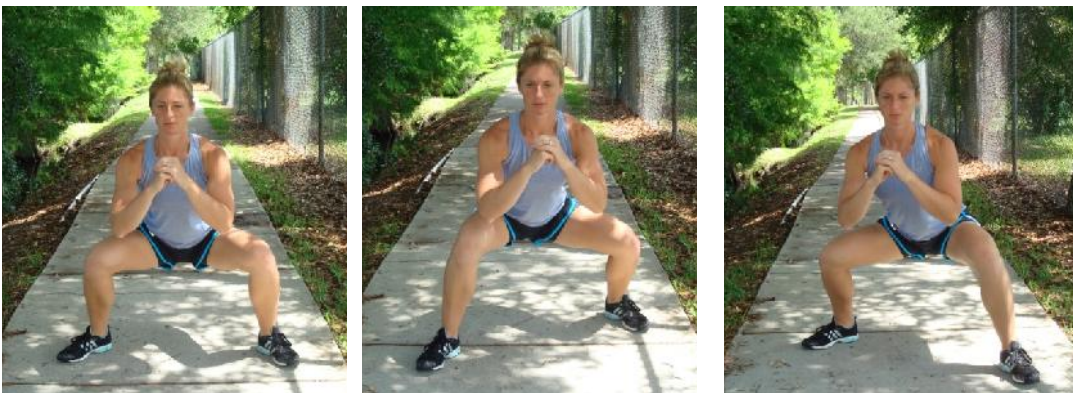
Goblet Squat:

Start with your feet slightly wider than shoulder width apart with your toes slightly turned out. Hold a kettlebell by the horns or a dumbbell next to your chest and pull yourself down by flexing the hips and transferring the weight to your heels. Open your chest and push it forward as you go down. Try to develop a deeper squat position with this exercise. The goal is develop increased hip flexibility (not all fitness levels will be able to do this in the beginning). Keep your elbows vertical as you lower and inside your thighs. Pause at the bottom and press your elbows into the inside of your knees to widen your knees and then return to standing by pushing the floor away with your feet and squeeze your glutes.



Groucho's: (one of our favorites from P90X!)

From the bottom of the Sumo Squat position (see Sumo Squat description for more details,) take small steps (one leg at a time) forward while keeping your body lowered in the squat position. You can perform this by stepping forward or stepping backward. **Trainer Tip: Try *not* letting your group stand up when switching from forward Groucho's to backward Groucho's!



Hindu Squat:

Place feet shoulder-width apart and keep your feet pointing forward. Extend your arms out from your chest parallel to the floor. Keep the back straight, flex at the knees, and push your hips behind you while you lift your heels off the floor and end on the balls of your feet until you are in a squat-like position. Extend your arms down behind you for balance. As you push through the balls of your feet, swing your arms forward to chest level again and end in standing position with heels back on the floor. (Keep back as straight as possible.)



Medicine Ball Pass:

Stand Have your campers form a circle where they stand close to each other. Give them a medicine ball and have them pass it to each while in a squat hold position. Have them continue to hold the squat position for either a specific time period or for a designated number of times around the circle. You can also have them toss it around to each other. Be creative here, this is a fun activity they will enjoy. (Pictures below assume there's someone to the left and right of the participant.)



Overhead Squat (1-arm):

Stand with your feet slightly wider than hip width apart and toes slightly pointed out. Curl a kettlebell or dumbbell in your right hand press it up to an overhead position with your elbow locked and shoulder blades depressed. Look up to at weight in the top hand, keeping a neutral spine. Tighten your core and pull yourself down by pulling your hips back and keeping the weight in your heels. Your torso will turn slightly- but it is very important here to keep your spine neutral. Keep your shoulders back and chest open. Go as low as you can with a goal to get your hip crease below the level of your knees. Hold at the bottom, and then push through your heels back to the standing position, returning to a neutral position. Repeat as desired and then switch to the other side.



Pistol Squat: (advanced and modified version)

Stand up straight with one leg extended out in front and parallel to the floor. Foot should be firmly planted. You can either have your arms in front of you or hold a weight out in front of you. Pull yourself down to the ground by flexing the hips. Lower down to a position, where your support foot is flat and your hamstring/glute is touching your calf. Push through your heel to stand back up to the starting position. Repeat for desired reps.

***This is a very advanced exercise. Make sure your clients are well stretched *before* attempting this.

Beginners should complete this exercise over a bench/chair as demonstrated in the picture.



Pistol Squat (modified) continued...



Prisoner Squat:

Stand with your feet shoulder width apart and point your toes slightly out. Interlace your fingers and place your hands on the back of your head. Keep your arms elevated in this position throughout the entire movement. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position.

****Trainer Tip:** Make sure not to let your knees cross over top your toes at the bottom of the squat.



Split Squat (Lunge with Leg on Bench):

Facing away from a bench, stand with both feet together and place one foot on the top of the bench behind you. Ensure that your hips are square and pointing in front of you. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. Make sure that you are far enough away from the bench so your knee does not cross the toe line during the lunge.



Step-Ups: (on a bench or chair)

Stand with your body facing the bench. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee until your right foot is on the bench. Step down with the right leg by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time. Variation: Can add a knee raise at the top of the position.



Step-Ups with Lateral Leg Raise: (on a bench or chair)

Stand with your body perpendicular to the bench (left side next to the bench.) Place the left foot on top of the bench. Keep your chest out and push up through the left heel by extending your left hip and knee. Simultaneously extend your right leg out laterally as high possible. Lower your (straight) right leg and step down with the right foot by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time.



Step-Ups with Knee Raise & Overhead Press: (on a bench or chair)

Stand with your body facing the bench with dumbbells in each hand. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee until your right foot is on the bench. From this position, bicep curl up the weight and then perform a shoulder press. Curl the weight back down to your side and step down with the right leg by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time.



Step-Up with Glute Kickback:

Stand with your body facing the bench. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee as you contract the glutes. As you are lifting your body up, extend the hip on the right side and push your right leg (keeping it straight) behind you, and then return to the starting position by stepping down with the right leg by flexing the left hip and knee. Repeat on each side for the desired number of reps/time.



Squat with Calf Raise:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to top of the squat. Once your legs are straight, transfer your weight to the balls of your feet as you lift your heels up as high as possible (keeping your legs straight.) Lower your body to the starting position and repeat. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat.



Squat & Hold:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. **PAUSE** and **HOLD** at the bottom of the squat for *five seconds* before pushing up through your heels to the starting position of each rep. Make sure to keep your back flat, chest out, and your spine neutral. Repeat as necessary. ****Trainer Tip:** Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.



Squat with Lateral Leg Raise:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. As you push through your heels and extend your knees, lift and extend your left leg out laterally by contracting your (left side) abductors. Lower the extended leg back to the starting position and repeat on each side for the desired number of reps. ****Trainer Tip:** Make sure not to let your knees cross over top your toes at the bottom of the squat.



Squat with Overhead Press:

Holding dumbbells/exercise bands in each hand (palms out) up by your shoulders, stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the top of the squat and military/shoulder press the resistance overhead by extending the elbows. Lower the resistance back down to your shoulders and repeat the exercise for the desired number of reps. **Trainer Tip: Keep the weight/tubing right on or next to your shoulders and DO NOT allow the weight to move too far out in front of your chest- this will cause stress on the lower back. Also make sure not to let your knees cross over top your toes at the bottom of the squat.



Squat Pulse/Quick Squats:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels HALF WAY up and then immediately back down. Continue this “pulsing” movement at the bottom range of the squat for the allotted number of reps/time. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.



Sumo Squat:

Take a wide stance (wider than shoulder width) and point your toes out to 30°-45°. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Keep your knees tracking with your toes and DO NOT let them buckle inward. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.



Squat & Twist:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. PAUSE and at the bottom of the squat and turn your torso to the right, back to the center, to the left, and back to the center again BEFORE pushing up through your heels to the starting position of each rep. Make sure to keep your back flat, chest out, and your spine neutral. Repeat as necessary. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.



Wall Sit:

Find a wall or stable flat surface to support your body weight. Sit with your back against the wall with your hips flexed and knees at 90°. Keep your shoulder blades against the wall while putting all of your weight into your heels. Hold this position for the desired amount of time. **Trainer Tip: For added intensity, you can have your clients lift up their toes and put ALL their weight on their heels. You can also have them lift on leg up a few inches off the ground to make it more challenging.



LEGS:

Hamstring Dominant Exercises:

3" Lunges:

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. The starting position is with your front knee directly above, or slightly behind the front heel. Keeping your front upper leg parallel to the ground, shift your body forward about three inches (keeping your upper leg parallel) until your knee is lined up directly over your front toe. Shift back into the starting position and repeat for the desired number of reps on each side.



Elbow Instep Lunge:

Stand with both feet together and take a step forward with the right leg. Lower the body by flexing the knee and dropping the hips until the back left leg is almost touching the floor. Place your right elbow and forearm on the right leg and tap your left hand on the floor. Push off the front foot and return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe).



Fast Pace/ Pulse Lunges:

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Push through the front heel by extending the hip and knee of the front leg (feet still in the planted position) HALF-WAY UP (still keeping the front knee partially flexed) and then lower (pulse) back down to the bottom of the lunge. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Forward Lunge:

Stand with both feet together and take a step forward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Push off the front foot and return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Lateral/ Side Lunge:

Stand with both feet very far apart with your toes pointed out to 45°. Lunge toward one side by flexing the hips and ONE knee while keeping the other knee straight. You may allow the toe of the straight leg to point upward. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



One-Legged Deadlift:

Stand with your feet shoulder width apart and hold dumbbells/ kettlebells at each side. Keep your quads tight, knees straight, and squeeze your scapula together to push your chest out. Make sure to hold this position throughout the exercise. Lift one leg behind you as you balance on the other and bend forward at the hips until you feel a level of tightness in your hamstrings. Extend the hips, lower the back leg, and push through the heel until you are back in the starting position. Repeat. **Trainer Tip: Make sure to keep your hips square throughout the movement.



One-Leg Reaches/ One-Leg Touches:

Stand with your legs shoulder width apart with your hands down by your sides. Raise your left heel back towards your glutes and do not let touch the ground until the rep is complete. Pretend you have something on the floor in front of you that you need to pick up. Flex your right knee and hips to bend over to “touch” the ground, balancing on your right leg. Extend your right knee and hips to return to the starting position.

****Trainer Tip:** Ensure that the knee does not cross over the toe line on the way down. Clients do not have to go all the way down to the ground for this exercise to be effective.



Reverse/ Backward Lunge:

Stand with both feet together and take a step backward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Stationary Lunge:

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Push through the front heel by extending the hip and knee of the front leg (feet still in the planted position) until the front leg is straight. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Stiff-Legged Deadlifts:

Stand with your feet shoulder width apart and hold dumbbells/ kettlebells at each side. Keep your quads tight, knees straight, and squeeze your scapula together to push your chest out. Make sure to hold this position throughout the exercise. Bend forward at the hips until you feel a level of tightness in your hamstrings. Extend the hips and push through the heels until you are back in the starting position. Repeat.



Sumo Deadlift High-Pull:

Place a kettlebell or dumbbell between your feet. Stand with a wide stance (wider than shoulder width apart) and toes slightly pointing out. Flex your hips and bring your hips back down to a deadlift position, keeping a neutral spine. (keep your arms straight and pick up the kettlebell or dumbbell. Explode through your heels as the power of your lower body pushes the weight up vertically, control the weight through an upright row, ending with the weight just below the chin. (Core is very tight to protect the lower back in this position.) Immediately lower the weight again back towards the ground (between the heels). Keep the weight in your hands the entire time until desired reps are completed. Repeat for the desired amount of reps. This should be a continuous movement. ***This is an advanced exercise and is designed to be explosive in nature. Do not let people with prior shoulder issues perform this exercise.



Walking Lunges:

Stand with both feet together and take a step forward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Transfer your weight to the front leg and extend the hip and knee of the front, stepping forward with the back leg. Lunge forward with the opposite leg and repeat for the desired number of reps. (Do not allow the knee to cross over the front of the toe.)



LEGS:

Other Muscles:

Abduction:

Lie on your left side with your legs extended. Place your left hand under your head for support (or you can rest your head on your left bicep.) Keep your right toe pointed toward the ground, and raise your right leg upwards as high as possible (keep the leg straight). Lower the leg back to the starting position and repeat on each side for the desired number of reps.



Calf Raises:

Stand with your feet parallel to each other. Raise your heels off the ground as high as possible and squeeze. Lower your heels back to the ground slowly. Repeat for time or reps. ****Trainer Tip:** Perform this exercise with your heels extending off a step for a greater range of motion. **Variations:** 1. Place your feet with your toes pointed out in a plie (or “v”) position. 2. Place your feet in a “pigeon-toed” position.

Basic/Parallel:

Plie:

Pigeon Toed:



Donkey Kicks:

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, contract your glutes and kick back one leg straight behind you (keeping your knee flexed.) Lower your leg to the starting position and repeat on each side for desired number of reps/time.



Fire Hydrants:

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, raise one leg out laterally as far as possible at the hip joint by using your abductors. Lower your leg to the starting position and repeat on each side for desired number of reps/time.



Upper Body:

Chest:

Chest Fly:

Lie on your back (supine) with your arms extended out to each side holding dumbbells so your body looks like a “T”. With your palms facing up, bend your elbows slightly and internally rotate your shoulders so your elbows are back. Keep your elbows in a fixed (slightly bent) position as you bring your palms together over your chest. Lower weight in the same fashion to the starting position and repeat for desired number of reps.



Dive Bombers:

From Begin this exercise in the Downward Dog position (see Stretching Manual for details.) Bending at the elbows, “scoop” your chest and head towards the ground, between your planted hands (making sure not to touch the ground), and finish in “cobra” position. Reverse the motion to return to the starting position. Nose and chest will be close to the ground coming back through as well. Repeat for desired reps.



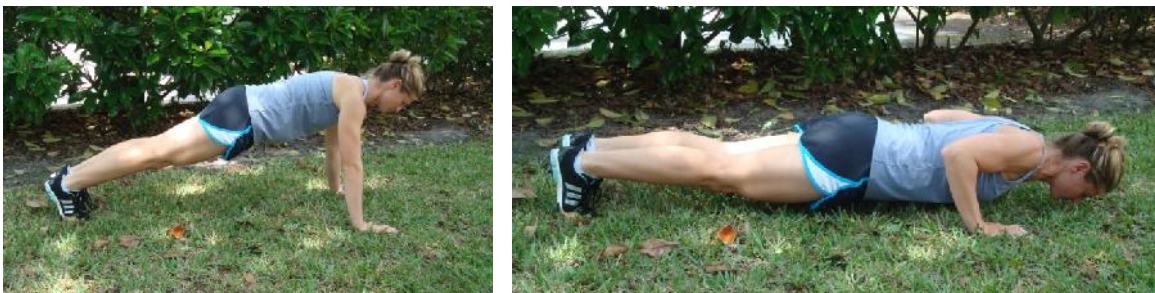
Man-Maker Push-Ups (Boot Camp Style!):

Start in the push-up position with hands on dumbbells and perform a full push up. At the top of the push-up position, perform a dumbbell row with the right arm then place the dumbbell back on the ground and complete another push-up. Then perform a dumbbell row with the left arm then place the dumbbell back on the ground. Make sure to keep your feet shoulder width apart and keep your core tight. Always keep your body square to the ground. A GREAT exercise!



Push-Ups:

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified by having the client doing knee push-ups or doing this movement against a railing or wall.)



Spiderman Push-Ups:

Be sure your shoulders are packed and then perform a push-up. As you lower your body, bring your knee laterally to the outside of your body up to hip level (keeping the knee parallel with the body- bring knee toward elbow). Don't let your hips touch the floor, keep your head and neck in neutral position and keep the core tight. Perform a push-up while bringing your leg back to the starting position. Perform another Spiderman push-up and lift the opposite knee to outside hip. Repeat for desired number of reps or for time.



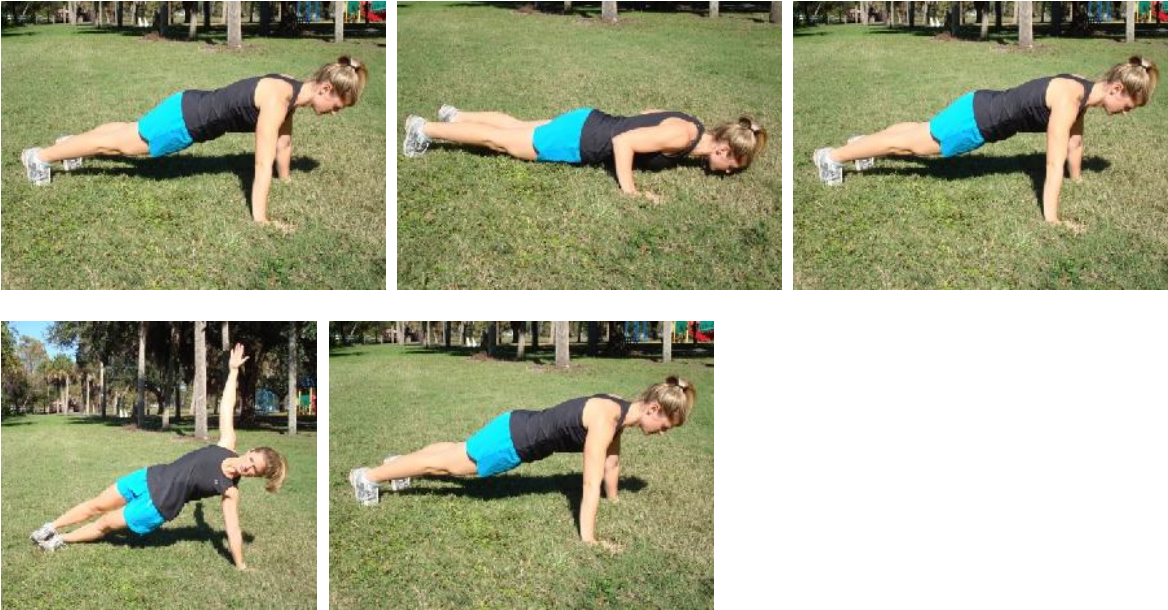
Suicide Push-Ups:

From the top of a plank position (elbows extended), place your hands slightly wider than shoulder width apart. Keep your body straight and drop your left forearm on the ground (like you are going into a plank position) and follow by dropping your right forearm on the ground until you are in a strong plank position. Extend your elbows one at a time to return to the starting position. Make sure give each side equal work. Repeat for the desired number of reps. (Can be modified by having the client perform this on their knees.)



T Push-Ups:

Start in the top of a push-up position with your feet hip width apart (your body is in neutral alignment) and supported by a tight core. Perform a complete push-up. Then, at the top, rotate to a side plank (supported by the left arm) while removing the right hand from the floor placing it on the right hip. Heels should be stacked and core tight. Hold this position and then lower back to the starting push up position. Repeat on the opposite side and repeat for the desired number of reps or for time.



Tricep Push-Ups:

From the top of a plank position, place your hands slightly wider than shoulder width apart with your elbows pointed directly behind you. Lower your body to the ground until your chest hits the floor, keeping your elbows next to the side of your body as you perform the exercise. Extend your elbows to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified by having the client doing knee push-ups or doing this movement against a railing or wall.)



Upper Body: Triceps

Bench/ Chair Dips:

Sit on a bench with your feet on the ground with your legs either straight out (more challenging) or knees bent to 90° (less challenging). Place your hands on either side of your hips (right next to the side of your body.) Keeping your elbows pointed behind you, move your hips slightly off the bench and allow your body to lower directly to the ground by flexing your elbows to 90°. Keep your chest out and back flat (not allowing your shoulders to collapse in.) Press firmly through your palms to extend your arms back up to the starting position with your hips off the bench. Repeat for desired rep count or time interval. ****Trainer Tip:** You can increase/decrease the intensity by placing more/less body weight in the feet. **Variation:** Lift up one leg as you perform the movement.



Tricep Kickbacks:

Either kneel over a bench or bend at the hips creating a flat back as parallel to the floor as possible. Grasp a dumbbell or exercise band and position your elbow at 90° with your upper arm close to your body and parallel to the ground. Keep your spine neutral. Extend your elbow (keeping your upper arm by your side) until your arm is straight. Lower your forearm back to the starting position and repeat. Make sure to work both sides equally.



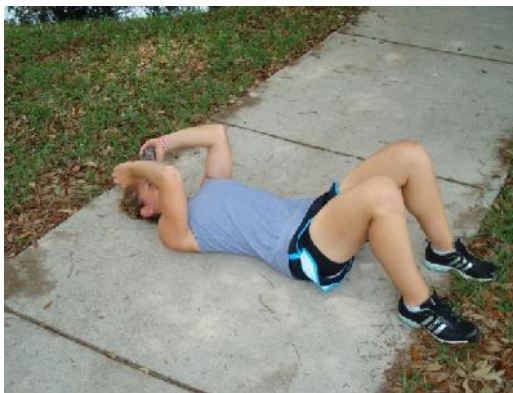
Lying Triceps Extension: (another great exercise from P90x!)

Lie on left side with your body in a straight line. Place your right arm across your chest and position your right hand under the chest of the left side. Take your left arm and move it across your body (over the right arm), holding on to your right shoulder. Keeping your core tight and torso straight, extend the elbow on your right side until straight. Your torso will come off the ground. Lower your body in a controlled movement and repeat for the desired number of reps. Repeat on the opposite side for equal time.



Skull Crushers:

Place a kettlebell/dumbbell behind your head and lie on your back with your knees bent to 45° (keep your tailbone tucked under to create a flat back.) Grasp the kettlebell or dumbbells with a narrow grip, and keeping your elbows parallel, extend your elbows (keeping your upper arms perpendicular to the ground.) Keep your upper arms in a fixed position and lower the weight near the top of your forehead. When finished, lower the weight safely to the ground. Repeat for the desired number of reps/ time interval.



Upper Body: Deltoids

Arnold Press:

With a dumbbell in each hand, bring your arms to the top of a bicep curl with your palms facing in and your elbows directly under your wrists. Externally rotate your shoulders and press the weights up over-head until your arms are straight. Lower the weight in a controlled manner in reverse and repeat for the desired number of reps.



Arm Circles:

Stand with your arms extended out laterally, (parallel to the ground,) with your palms facing the ground. Make small arm circles forward. Without allowing your arms to drop by your side, reverse the motion to make backward arm circles. ****Trainer Tip:** This may seem simple, but your campers will LOVE it! We personally like to use 60 seconds forward and 60 seconds backwards during an upper body workout.



Lumber Jacks:

Stand with feet shoulder width apart. Grasp one dumbbell with both hands and rest the weight on one shoulder. Move the dumbbell overhead side-to-side shoulder to shoulder locking out at the top in the center.



Pike Push-Up:

Start in a Downward Dog position (see Stretching Manual for details on Down Dog). Your hands should be on the ground slightly wider than shoulder width apart and heels may be slightly lifted to accommodate level of flexibility. Have your fingers spread out for stability. Your body will be in a pike position with the hips about 90 degrees. Lower your body down like a shoulder press touching your forehead to the ground (or as close as possible) between your hands and then press yourself (push through the palms) back up to the starting position. Repeat for desired reps/time.



Upright Rows:

Use a kettlebell or dumbbell(s) for this exercise. Stand with your feet shoulder width apart, placing your arms in front of your body (arms are straight and the weight is resting on the top of the upper thighs) with an overhand grip with your kettlebell/dumbbells. Lift the weight up vertically (as you exhale), keeping the weight close to your body. Lift until the weight moves to just below the chin (around shoulder height). Be careful for any previous shoulder issues. Lower slowly (as you inhale) to the starting position and repeat for the desired amount of reps.



Upper Body: Biceps

Bicep Curl:

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms out* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.



Bicep 32's:

Stand with feet shoulder width apart and perform 8 full bicep curls. Without stopping, slowly raise the dumbbells halfway until the dumbbells are parallel to the floor and perform another 8 reps (Only coming as high as parallel to the floor.) Without stopping, bring the dumbbells all the way up and lower halfway until the dumbbells are parallel with the floor and perform 8 reps in this range of motion. Without stopping still, finish off with 8 reps of full biceps.



Hammer Curl:

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms facing each other* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.



Lateral Bicep Curl:

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms out* and elbows in, flex your elbows by contracting your biceps to **LATERALLY** bring the weight up towards your shoulder (*on each side of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.



Upper Body: Back

Bench Row (aka Kettlebell/Dumbbell Row):

Have your campers place their right hand on the bench directly under the shoulder and their right knee directly under their hip on a bench or elevated surface. Be sure they keep a neutral (or slightly arched) back and neutral neck. Allow a slight bend in the supporting elbow. Extend their left arm straight down hanging toward the ground with the kettlebell or dumbbell in hand. Do not let the left shoulder relax- keep the shoulder blade retracted. Left leg is slightly bent and the foot is planted into the ground. Lift the weight straight up, leading with the elbow and keeping the arm close to the body. Slowly lower arm back down to the starting position and repeat for desired reps. Switch and repeat on the other side.



Bent-Over Rows:

Grasp 2 dumbbells/exercise band and stand with your feet shoulder width apart with your knees slightly bent. Push your hips back and lower your torso to just above parallel to the ground. Allow your arms to lower perpendicular to the ground. Lead with the elbows and pull your upper arms up until it is just beyond parallel to the ground. Keep your chest out and back flat during the movement, and ensure that your arms stay close to your body and do not flair out to the sides. Lower the weight back to the starting position and repeat.



Dumbbell Seated Row: (Boot Camp Style- also works delts)

From a seated position with your legs out in front (slightly bent,) grasp 2 lighter dumbbells or an exercise band and simulate a seated row at the gym. Keep your shoulders pulled back and your chest out. Extend your arms out in front of you, and then pull your elbows back behind you (opening up your chest) and keeping your forearms parallel to each other. Great shoulder workout. Repeat for the desired number of reps.



Pull-Overs:

Grasp Position a kettlebell or dumbbell on the ground and lie on your back (supine position) on the ground or on a bench with the weight behind you. Slightly bend your knees to protect the lower back. Place the weight at arms length (slight bend in the elbows) Grasp the weight with both hands and use your posterior (back) muscles to lift the weight over your chest (keeping your elbows slightly bent). Lower the weight slowly back to the starting position behind your head until upper arms are parallel to the ground. Repeat for desired reps.



Pull-Up:

Reach up to a bar and grasp with a wide overhand grip. Depress the shoulder blades to pack the shoulder. Pull-up your body by engaging the lats and stabilizing your core until your head reaches over the bar. Control your body back to the starting position and repeat for the desired number of reps. ***Modifications on this exercise can include bands or performing this with a bench underneath the bar to use for support.



Renegade Rows: (with or without weight)

Grasp 2 dumbbells (or no weight at all) and move into a straight-arm plank position. Keep your core tight and hips square to the ground. Alternate pulling each weight up (leading with the elbow) so your upper arm is just past parallel to the ground. Lower the weight/ hand back to the ground and repeat for the desired number of reps or timed interval.



Reverse Flys:

Grasp 2 dumbbells/exercise band and stand with your feet shoulder width apart with your knees slightly bent. Push your hips back and lower your torso to just above parallel to the ground. Allow your arms to lower perpendicular to the ground. Raise your arms out laterally from your body until they are near parallel to the ground, keeping your elbows slightly bent. Keep your chest out and back flat during the movement.. Lower the weight back to the starting position and repeat.



Core:

Around the World:

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Basic Crunch:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist to raise your upper torso a few inches off the ground. Make sure to keep your lower back on the ground. Control the movement back down to the ground and repeat for the desired number of reps.



Back Extension/ Superman:

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Lower arms and legs back to the ground. Variations: Opposite arm with opposite leg, arms only, legs only.



Bench Crunch:

Sitting in a “V” with your knees bent to 90° and your hands placed behind your body to help support your weight, simultaneously extend your knees and lower your legs to the ground (keeping your heels off the ground,) while lowering your torso to the ground (keeping your shoulders off the ground.) Keeping your core tight, simultaneously “crunch” back up to bring your knees in to your torso (back to the starting position.) Make sure to keep your chest out, core tight, and back flat throughout the movement. Repeat.



Bicycles:

Sitting in a “V” with your knees bent to 90° and your hands placed behind your body to help support your weight, raise your legs in the air and simulate riding a bicycle with your legs. Make sure to keep your chest out and your core tight. Perform this exercise pedaling both forward and backward for the desired number or reps or timed interval.



Bicycle Crunches:

Lie on your back with your elbows bent and your hands on either side of your head. Simultaneously bring your right knee in towards your chest while crunching up and rotating your torso to the right attempting to touch your left elbow to the right knee. Keeping your core tight, extend your right leg while bringing in your left knee and crunching and rotating to touch it to your right elbow. Keep both feet off the ground for the duration of the exercise. Continue alternating sides for the desired number of reps or time.



Coffin:

Lay flat on your back with your legs straight out in front of you. Reach your hands straight behind your head, and in one motion, flex the hips to 90° as you sit straight up, keeping your legs extended. Return to the starting position and repeat for the desired number of reps.



Deck Squat:

From a standing position, bring your hips back and squat down towards the floor keeping your back flat. Lean back slightly until your butt reaches the floor and extend your body (make sure to keep your back flat) until you're on your back with your legs extended out and your arms extended behind your head. In one quick motion, crunch up and while simultaneously bringing your heels in towards your pelvis. (Make sure to keep a flat back) Propel your body to stand back up into the starting position. Your core needs to be tight throughout this entire motion. **Trainer Tip: This is a more advanced exercise and is not suitable for all clients. It may also be a little easier to stand up if you hold a light weight in your hands.



Farmers Walk:

Safely deadlift 2 dumbbells/kettlebells (1 in each hand.) Keeping your core tight, chest out, and a neutral spine, walk the prescribed distance in the workout. Safely deadlift the weight back to the ground when finished.



Figure 8's:

Use a kettlebell or dumbbell for this exercise. Start with your feet wider than shoulder width apart and toes should be pointed towards 10 and 2 to stabilize your torso. Sit back into your hips as you lower into a squat position; most of your weight should be in your heels. Keep your chest open (pull your shoulders back) and do not hunch your back. Start with the weight in your left hand and begin moving the weight between your legs, transferring the weight to your right hand. Continue to smoothly circle the weight behind and around your right leg. Transfer the weight back to your left hand where you circle the weight between your legs again and behind and around your left leg. Continue to smoothly form "FIGURE 8's" around your legs in the squat position, switching hands for the desired number or reps or time. Tip: Keep the core tight and keep the elbows straight.



Floor Wipers:

Use a kettlebell or two dumbbells for this exercise. Lie on your back (supine position) and press the weights up as if you were bench pressing them. Hold them over your chest (NOT your face). Keep your arms straight and steady and keep your core tight. Flex the hips by lifting your legs up vertically, keeping them straight, and bring your feet directly over your hips. Hold, then begin lowering back down but don't let your heels hit in order to keep the tension on the core. ***Another variation of the Floor Wiper is to bring your legs up at an angle, forming a "V". Always return the legs out directly in front of you. This is a more advanced version and is typically used with a heavier weight. Repeat for desired reps.



Flutter Kicks:

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Keeping your legs straight, "scissor" your legs *up and down* for the desired number of reps or time. Lower your legs to the ground when finished.



Hip Bridges:

Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder width apart. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together. Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.



Hip Bridges (1-legged variation):

Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder width apart. Lift one leg off the ground with a slight bend in it. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together. Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.



Hot Potato:

Use a kettlebell or medicine ball for this exercise. Stand with your feet about shoulder width apart, abs tight, and glutes pinched. Place the kettlebell in your left palm (horns facing downward) or place a medicine ball in the palm of one hand. Hold both elbows snug to the sides of the body. Pass the kettlebell/medicine ball back and forth hand to hand keeping everything tight and elbows in. Deceptively challenging!



Inchworm:

From a standing position, bend at the hips and place your hands directly in front of you on the floor. Walk your hands out in front of you (keeping your feet planted) until you are in the top of a straight arm plank position. Once you are stable, you can either walk your hands back to your feet and stand up to the starting position OR walk your feet to your planted hands and then stand up. **Tip: Increase the intensity by adding a push-up at the bottom.



Jack-Knife:

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor. This is a boot camp FAVORITE!



Knees-to-Elbows:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Bring your right knee under your body and try to touch it to your left elbow. Do not let your foot drag on the ground. Bring your foot back to the starting position and repeat for the desired number of reps, making sure to work each side of the body equally.



Oblique Crunch:

Lie on your upper back in a supine position with your knees and hips bent. Lower your legs to the left side at a 90° angle in the hip. Flex your waist to raise your upper torso a few inches off the ground while focusing your attention on the right oblique. Control the movement back down to the ground and repeat for the desired number of reps. Repeat on the right side.



Opposite Hand- Opposite Leg:

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your left leg (keeping your right leg on the floor) while crunching up from your waist and reach out to touch your left leg with your right hand (keep both legs straight.) Keep your left hand behind your head to support your neck. Lower your body in a controlled movement to the starting position and repeat. You can alternate or perform specific rep counts on each side before switching.



Partner Leg-Pulls:

Partner #1 lies on their back with their hips flexed and their knees bent. Knees should be directly over their hips. Partner #2 safely kneels by Partner #1's feet, grabs the underside of Partner #1's ankles and pulls backwards (away from partner #1) to provide an EVEN resistance. Partner #1 should still be able to maintain their knees over their hips with the new resistance. Partner #1 crunches up to the sky (not a full sit-up) while trying to continuously pull their knees in over their hips, and then crunches slowly back to the ground. This is a great core exercise and is fun to do in camp! (Just make sure Partner #2 is not pulling too hard.) Complete for the desired number of reps or for time and then switch partners.



Partner Leg Throws:

Partner #1 lies on their back (hands underneath their glutes or grabbing their partners ankles) and bring their legs straight up in the air (keeping their core tight). Partner #2 gently pushes Partner #1 legs down toward the ground. Partner #1 let their heels briefly touch the ground (try not to let them rest on the bottom) and brings their legs (as straight as possible) back up to the starting position. Complete for desired amount of reps or time and then the partners switch.



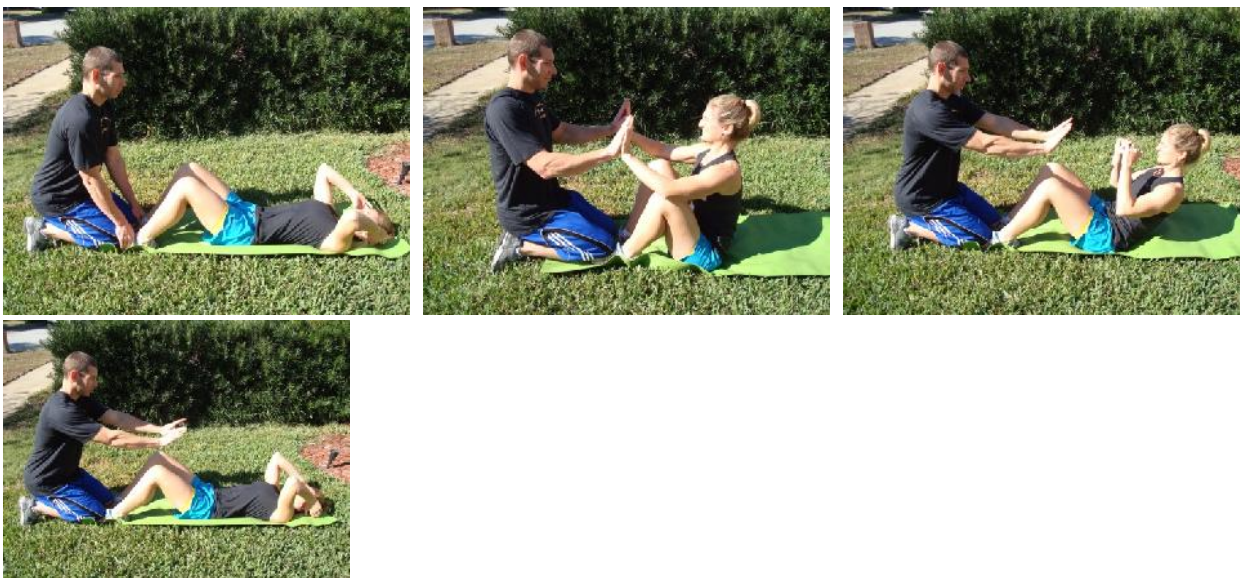
Partner Sit-Ups:

Partners face each other lying on their backs (supine) with either their feet touching or their knees interlocked with the hips slightly flexed. Each partner will perform a full sit-up, lifting towards their partner. At the top, they clap each other hands and then control the movement back down to the ground. Repeat for the desired number of reps or for time.



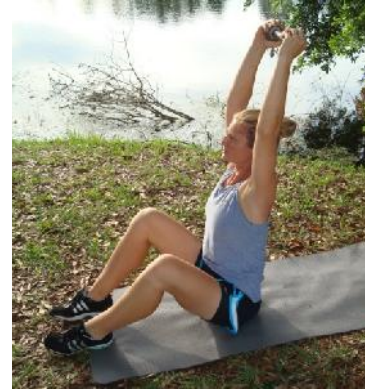
Partner Sit-Ups & Push-Downs:

Partner #1 lies on their back (hands straight behind their heads). Partner #2 kneels down on Partner #1's laces (holding their feet down and in place). Partner #1 performs a full sit up and brings their arms in front of them, keeping strong and slightly bent elbows. Partner #2 gently pushes Partner #1 hands back towards the ground while Partner #1 tries to slightly resist the push, moving down to the ground slowly. Partner #1 brings their arms back behind their head to the starting position and repeats for desired amount of reps. Partners switch. This exercise is GREAT for boot camp!



Pull-Over Sit-Up:

Lie on your back (supine) with your knees and hips bent. Arms should be extended behind you holding your desired weight/kettlebell. Keeping your elbows slightly bent, perform a pull-over by bringing the weight over your chest. Simultaneously flex your waist and hips to bring your chest up towards your knees. Final position should be holding the weight above your head at the top of the sit-up. Reverse the movement back down to the ground and repeat for the desired number of reps. **Trainer Tip: This make s a great partner exercise if you have another camper kneel on the participants laces.



Quadruped:

Hands and knees on the ground (both shoulder width apart) keeping your core tight and spine neutral throughout the position. Simultaneously raise your right arm and left leg so they are parallel to the ground. Lower both arm and leg in a controlled motion and repeat. Perform this exercise equally on both sides.

**Trainer Tip: Have your clients push out strong through their shoulders to help stabilize the back.



Reverse Crunches:

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.



Russian Twists:

Sit in a “V” with your knees bent to 90°, back flat, chest out, and heels on the ground. Rotate your torso slowly to the right, keeping your chest out and shoulders pulled back. Make sure to keep your neck neutral. Once all the way to the right, rotate in the opposite direction (to the left.) Repeat this rotation from side to side for the desired number of reps or for time. **Trainer Tip: To increase the intensity, have your clients add weight and/or lift their heels off the ground.



Scissor Kicks:

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Separate your legs (still keeping them straight) and “scissor” them from *side to side* for the desired number of reps or time. Lower your legs to the ground when finished.



Sea Turtles:

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Keeping your arms and legs off the ground, move them both out laterally to about 45° and then return them to the starting position (don't allow arms or legs to hit the ground until the set is over.) Repeat for the desired number of reps.



Seated Side Punches:

Sit down on the floor. Sit up tall using your abs to maintain good posture. Position legs about a 45 degree angle in front of you. Keep your abs contracted and rotate to the right and punch (jab) and rotate to the left punch (jab). Keep your glutes and legs flat on the floor and move fast from side-to-side.



Sit-Ups:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps. **Trainer Tip: This makes a great partner exercise if you have another camper kneel on the participants laces.



Toe Touches:

Lie on your back keeping your arms with your hips flexed to a 90° angle. Flex the quads to keep your legs completely straight up toward the sky. Flex your waist to crunch up and try to reach your toes with your hands. Control the movement in reverse to return to the starting position. Repeat for the desired number of reps.



V-Ups:

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your legs and torso (keeping your legs straight) simultaneously and reach your arms toward your feet. Lower your body in a controlled movement to the starting position and repeat.



Windmill:

Stand with your feet shoulder width apart with your right hand up above your head and your left down (palm out) by your side. Turn both feet to the left side, keeping your foot width the same. Looking up at the top hand, push back your hips and bend at the hips (keeping your back flat) and trace your hand down your left leg touching your instep with your left hand. Keep the legs as straight as possible. Extend the hips and return to the starting position. Repeat, making sure to work both sides equally.



Wood Chops:

Stand with feet shoulder width apart and grasp a dumbbell in front of you in both hands. Tighten your abs and squat rotating the weight down toward your right foot and bring it up toward your left shoulder. Keep your body weight over your heels and don't let knees go past your toes. Repeat for desired number of reps and then switch sides.



Plank Exercises: (for the core & stabilization)

Body Saw Plank:

Lie on your stomach in a prone position with your legs extended out. Place your *hands* (should be parallel) on the ground and move into a position similar to the top of a “push-up” so you are in a straight arm plank position. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Rock your body slowly from front to back in a controlled manner. Keep your core tight, back flat, and your tailbone tucked. Repeat for the desired number of reps or time.



Plank:

Lie on your stomach in a prone position with your legs extended out. Place your *forearms* (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.



Plank with Butt Kicks:

Lie on your stomach in a prone position with your legs extended out. Place your forearms (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Start with your feet together push out strong through your heels and strong into the ground through your shoulders. Alternate flexing at the knees reaching your heels close to your glutes. Lift one leg at a time. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.



Plank with Kickbacks: (with or without weight)

Grasp one dumbbell in your left hand if using weight. From a straight arm-plank position, raise your elbow up to your side. Keep your core tight and hips squared to the ground. Raise your left elbow up so your upper arm is parallel to your body. Perform repetitive kickbacks by extending the elbow and raising arm to parallel to the ground. Lower the arm without touching the ground and repeat for the desired time interval. Repeat on the right side for equal time.



Plank (One-legged variation):

Lie on your stomach in a prone position with your legs extended out. Place your forearms (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Lift one leg off the ground and have the other leg push out strong through the heel while pushing strong into the ground through your shoulders (do not let shoulders sink in). Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time and then switch legs.



Side Plank:

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank and hold. Keep your core tight, back flat, and your tailbone tucked. Hold for the allotted time. Repeat on the right side for the desired amount of time.

(Variations can include: 1. Placing your right foot in front to support some of your weight. 2. Raise your right leg straight up about 45 degrees to increase the intensity.)



Side Plank with a Dip:

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank keeping your feet stacked. From this position, lower your hips to the ground and raise them back up to the top of the side plank. Repeat this motion for the desired number of reps. Keep your core tight, back flat, and your tailbone tucked. Repeat on the right side for the desired amount of time.



Spiderman Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.



Straight Arm Plank:

Lie on your stomach in a prone position with your legs extended out. Place your hands (should be parallel) on the ground and move into a position of a push-up (shoulders placed directly over hands). Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.



Walking Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Step your right leg out laterally to the right and place your right hand out laterally to the right side. Allow the left foot and hand to follow the path of the right, and continue to “walk” your plank for the desired distance or time interval. Make sure to repeat on the opposite side.



Cardio:

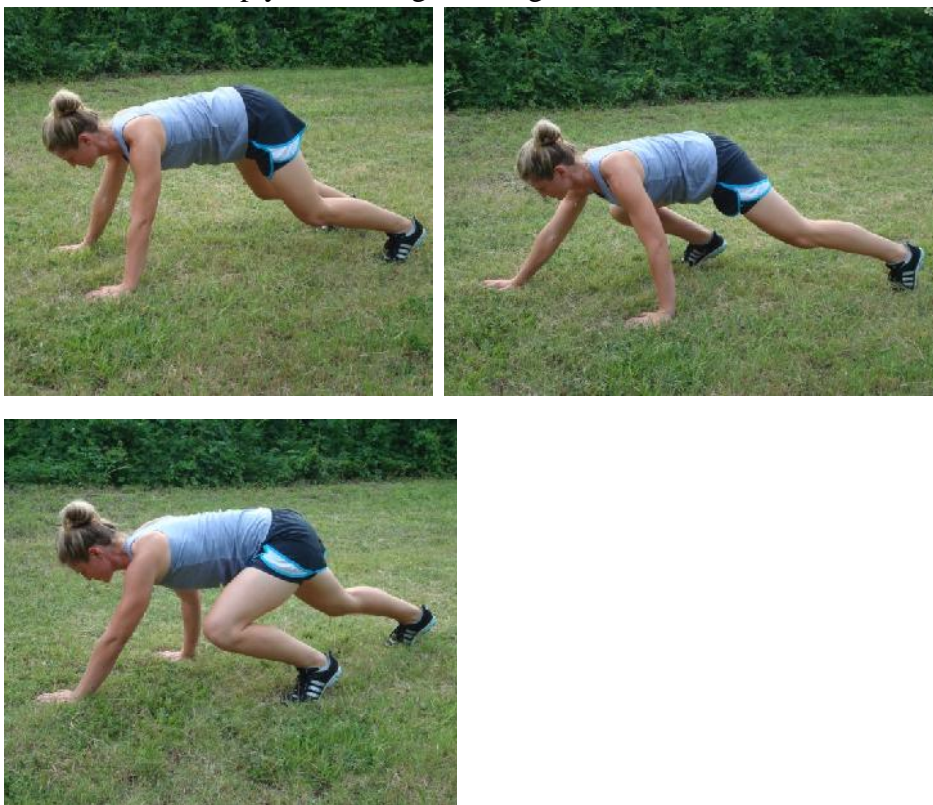
Back Pedal:

Simply jog backwards for the desired amount of time.



Bear Crawl:

Begin with your hands and feet on the ground. You can “crawl” forward or laterally for the desired distance or time interval. Keep your core tight throughout this exercise.



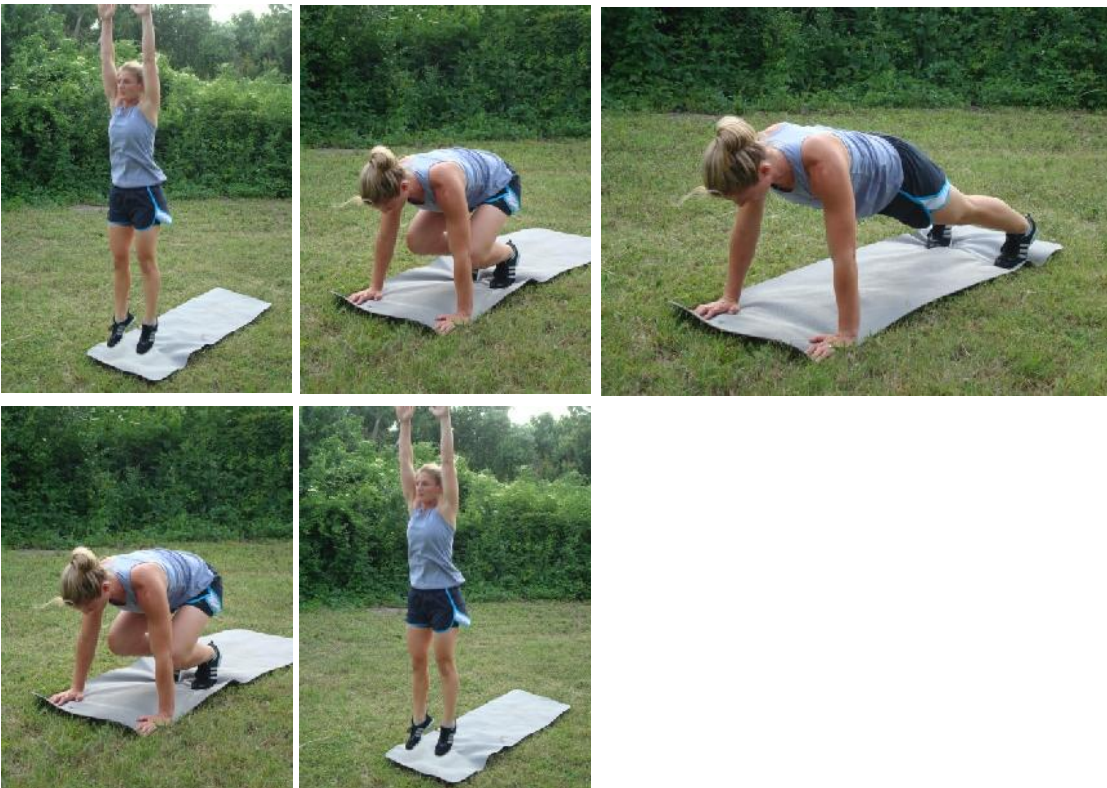
Box Jump (or Bench Jump):

Use a secure box, bench, or curb to perform the jumps. Stand in front of the secure box with your hands at your sides and knees slightly bent. With your feet roughly shoulder width apart, jump up onto the box (soft landing), hold your position on top of the box for a count of one second and then jump or step back down. Once comfortable with the exercise, have them jump onto the box and back down at a faster pace (safety first).



Burpee:

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Then, tuck jump your feet back to their original placement and perform a squat jump to return to the starting position. *Beginners can “step-back” instead of jumping back for a lower intensity.



Burpee Deadlift:

Use a kettlebell or dumbbell for this exercise. Place the weight on the ground between your heels. From a standing position (feet shoulder width apart), squat down, bend over, and place your hands on the floor in front of the kettlebell (shoulder width apart) so the weight is directly under your abdominal area. Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Tuck jump and straddle the weight and shift your weight into your heels. Lift your chest and head up and place your hands on the weight. Deadlift the weight up and keep your arms straight. That's one rep. Continue additional reps by placing the kettlebell/dumbbell back on the ground between your heels and repeat.



Floppy Burpee: (more advanced)

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you and *drop your ENTIRE body to the floor* in a controlled motion. Then, extend your elbows and tuck jump your feet back to their original placement and perform a squat jump to return to the starting position.



Burpee (One-legged variation): (more advanced)

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms, lift one leg off the ground and kick your other foot back behind you and kick your foot back behind you landing in a straight arm plank position. Then, tuck jump your foot back to its original placement and perform a one legged squat jump (your foot leaves the ground slightly) to return to the starting position. *Beginners can do regular burpees with both legs on the ground or “step-back” instead of jumping back for a lower intensity.



Burpee (with a Push-Up): (more advanced)

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. *Perform a push-up*, and then tuck jump your feet back to their original placement and perform a squat jump to return to the starting position.



Burpees (Squat Variation. AKA Squat Burpees):

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Butt Kicks:

In a standing position, alternate bringing in your heels back and try to “kick” your glutes (very similar to jogging in place but knees do not come forward.)



Cross-Over Mountain Climbers:

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee *across your body to the opposite chest* at a time. Alternate bringing each knee across as fast as possible while keeping the chest out and back flat. Repeat for the desired number of reps.



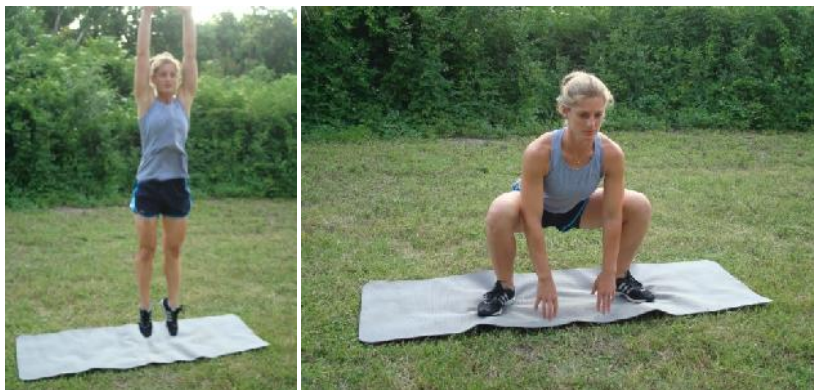
Floor Jacks (Jumping Jacks to the Floor):

Stand up straight and tighten your abs. Jump your legs out like a jumping jack and raise arms out to the side and over the top of your head (finger tips hit). As you come back down, bring your feet together, bend down and touch the floor. Immediately jump out again and repeat for desired number of reps or time.



Frog Jump:

Stand with your feet slightly wider than shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Touch the ground with both hands. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet lift a few inches off the ground and reach up to the sky with your hands. Softly land with knees bent and go directly back down into your next repetition.



Grapevine/ Karaoke:

Standing with your feet shoulder width apart, take your left foot and step behind/cross your right foot. Next, step the right foot out to the right side. Take your left foot and step in-front/cross your right foot. Repeat this process by laterally moving your feet “over, under, over, under” for the desired distance or time interval. Repeat in both directions.



High Knees:

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you're jogging. Perform this exercise for the desired amount of time or distance.



High Knees with Overhead Alternating Arms:

Begin jogging and on each step, bring your knee towards your chest as high as possible. As you are bringing up your left knee, simultaneously raise your right arm into the air. Alternate your left knee- right arm, with your right knee – left arm throughout the exercise. Perform this exercise for the desired amount of time or distance.



Jabs with a Jog:

Jog forward while alternating punching the air with your hands. Keep your elbows tucked in and make sure not to completely extend the elbows during the punch. Perform this exercise for the desired amount of time or distance.



Jump Lunges:

Stand with both feet together and take a large step forward with your left leg. Lower the body by flexing the knee and dropping the hips until the back right knee is almost touching the floor. From this position, jump your body upward and quickly switch feet (with your right foot now in front and left leg behind,) and lower your body to the bottom of the lunge position. Repeat for the desired number of reps on each side.



Jump Rope: (single rotation)

Hold the handles of the jump rope on each side of your body in a standing position. Start with the jump rope behind your feet with your knees slightly bent. Swing the rope from behind you (over your head,) to in front of you and jump over the rope as it passes under your feet.



Jump Rope: (double rotation)

Once you have slow single rotations under control, keep your hands near your waist and spin the rope faster so that it will rotate 2x for each single jump. This takes a little more practice but it is definitely more difficult than singles. **Trainer Tip: the speed comes from a slower jump and faster wrists.



Jump Squats:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet lift a few inches off the ground. Softly land with knees bent and go directly into your next repetition.



Jumping Jacks:

From a standing position with your arms down by your side, jump up while bring your arms up laterally over your head and your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.



Mountain Climbers:

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee *straight into your chest* at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.



Power Jacks:

Stand up straight and tighten your abs. Jump out into a squat position, moving your legs out laterally, and wider than shoulder width apart. Jump back up, bringing your legs together, while sweeping your arms up laterally over the top of your head (fingertips touch). Jump legs out and swing arms back down by your knees while in squat position. (Basically, a jumping jack with a squat at the bottom.) Repeat for desired number of reps or for a time.



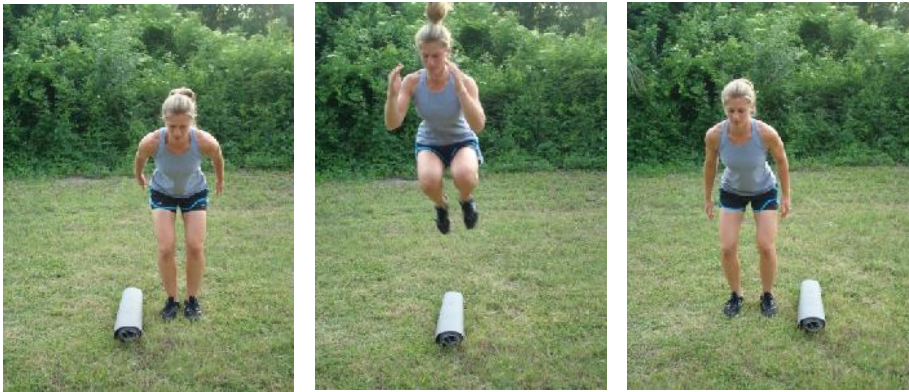
Side Shuffle:

Stand in “ready” position with your feet shoulder width apart and your knees slightly bent. Take a large step out to the right with the right foot. Follow by “shuffling” your left foot next to your right foot. Step out again to the right with your right foot and again shuffle your left foot over towards your right. Continue this pattern, getting faster as you become more comfortable with the movement. Repeat in both direction for the desired amount of time or distance.



Ski Jumps/ Moguls:

Stand in the “ready” position with your feet shoulder width apart and your knees slightly bent. Jump laterally to the right as high as you can and softly land with your knees bent in the “ready” position. Immediately jump back laterally to the left, as high as you can, landing softly. Imagine you are skiing on Moguls for this exercise. Perform this exercise for the desired amount of time or rep count.



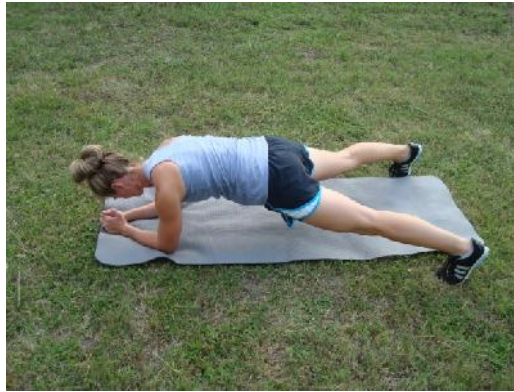
Skip:

From an easy jog, begin by jumping twice off each foot instead of once. Alternate your arms by swinging them into the air to generate momentum. (Think back to 3rd grade gym class!)



Snow Angels/ Plank Jacks

From either a straight arm plank position or a forearm plank, place your elbows or hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat. **Trainer Tip: Keep your spine neutral and back flat throughout the movement.



Star Jumps

From a squatting position, jump up with your legs and hands out to the side (resembling a star). Feet leave the ground. On landing, make sure you land on both feet together, lowering down back into the squat position. Remember not to allow your knees to pass over your toes and to keep most of your weight in your heels.



Suicide Tap Down

Stand with your feet shoulder width apart and tighten your core. Rotate your torso to the right while flexing the hips and tap your left hand on the instep of your right foot. Both feet are turned at a 45 degree angle (don't let the right knee extend past your toes). Be sure to keep your back flat, chest out, and your spine in neutral position. From the tap down push through your feet and jump upward extending your knees and hips so your feet lift a few inches off the ground while extending arms straight up and over the top of your head. Repeat this rotation tap down on your left side and then repeat from side to side for desired amount of time.



Touches (on a bench or curb):

Stand facing a bench or curb. With knees slightly bent, bring one leg at a time up and tap the bench/curb with their toes in front of them. Speed/ quick feet is the goal. Perform for an allotted time or number of reps. Caution: Have them perform them at their own pace and their own ability based of the height of the bench/curb. For people with knees problems, they do not have to perform the ballistic version of this exercise, they can alternate without jumping.



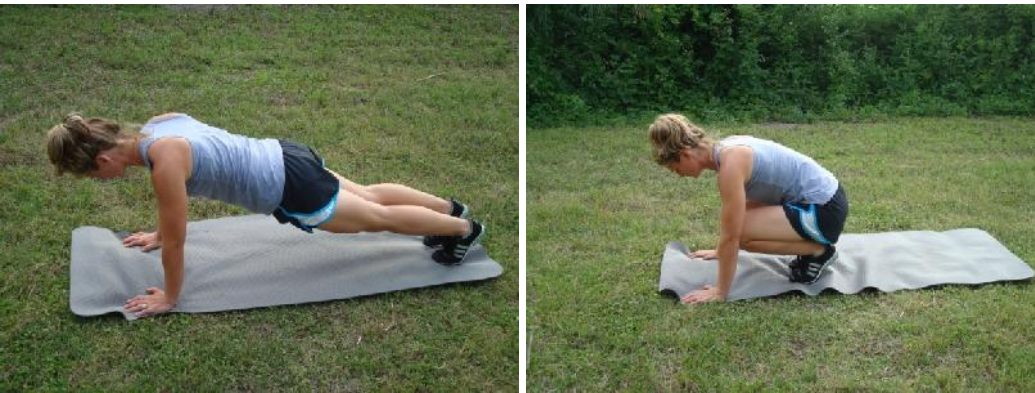
Tuck Jump (Standing):

From a straight arm plank position, place your hands shoulder width apart and your feet together. Jump your feet in towards your chest while flexing the hips and knees while keeping your core tight. Jump both of your feet back to the starting position and repeat. **Trainer Tip: Keep your spine neutral and back flat throughout the movement.



Tuck Jump (On Ground):

From a straight arm plank position, place your hands shoulder width apart and your feet together. Jump both your feet in, bringing your knees to your chest and keep your core tight. Jump your feet back out together back to the starting position and repeat. **Trainer Tip: Keep your spine neutral and back flat throughout the movement.



V-Jump:

From a straight arm plank position, place your hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat. **Trainer Tip: Keep your spine neutral and back flat throughout the movement.



Wind Sprints:

Run as fast as possible for the pre-determined distance or time interval.

