

Description of Workouts

Day one:

- Pushup

- Start in a standard push-up position with your feet together or no more than 12 inches apart, hands flat on the ground below your shoulders, and arms straight. Breathe in as you bend your elbows—keep them tracking back alongside your body—to lower your chest to slightly below the level of your bent elbow, and then breathe out as you push back up to the starting position for one repetition. **Modification = Pushup from knees**



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- Supermans

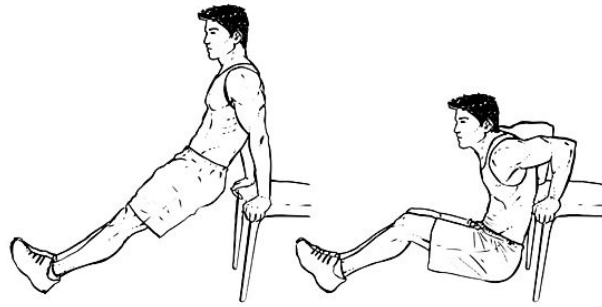
- Lie on your stomach/chest with your hands and legs completely extended. Lift your arms and legs at the same time as high as you can while keeping them straight. As you raise your extremities, it should be a smooth motion, as you lower them, it should also be a smooth motion. Do not rest at the bottom; you should touch and go again.



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- Tricep Dips on Chair

- Smooth motion, go as deep as you can while still getting up.



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- Isometric Bicep Curl

- Step on one end of the towel. Grab the other end and grip it tightly. You want the forearm to be parallel to the floor and your elbow to be close in at your side.
- Contracting your bicep tightly, you pull the towel up as hard as you can. Of course, the towel won't move, but you will feel the contraction in the bicep and the forearm.
- Hold the contracted position for 10 seconds, counting them off in your head. Make sure that the force is fully applied for the entire 10 seconds. Don't let your elbow stray out from your side during the movement either.



- Explosion Push Ups

- Start in a standard push-up position with your feet together or no more than 12 inches apart, hands flat on the ground below your shoulders, and arms straight. Breathe in as you bend your elbows—keep them tracking back alongside your body. **Take three seconds on the way down, after you hit the bottom, explode to the top.** **Modification = Pushup from knees**

- Front/Lateral/Rear Shoulder Raise

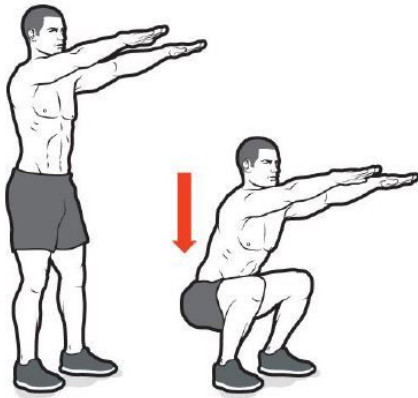
- Do all three lifts in a circuit rotation:
 - Reps should be: Front, Lat, Rear then repeat for 10 repetitions



Day two:

- Bodyweight Squat

- Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.
- Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor.
- At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- Go at least to 90 degrees



- Seated Leg Lift

- Sit at the edge of the chair, leg not doing the exercise put at 90 degrees. Take the leg that will be doing the motion and lock it in a straight, flexed position; touch heel to the ground and lift the leg as high as possible while keeping it straight. Do not rest at bottom, touch and go; motion should be smooth.



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- Standing Hamstring Extension

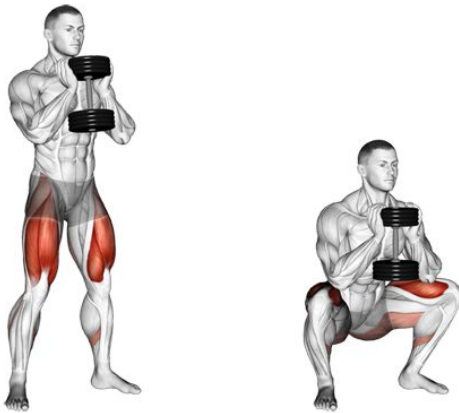
- Stand tight to the wall, do not lean. Put hands out to brace against the wall; extend leg to a straight and flexed position. Extend the leg doing the exercise as far behind you as possible then lower it back to the ground; do not rest on ground, touch and go. Exercise should be smooth motion.



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- Goblet Squat with Object

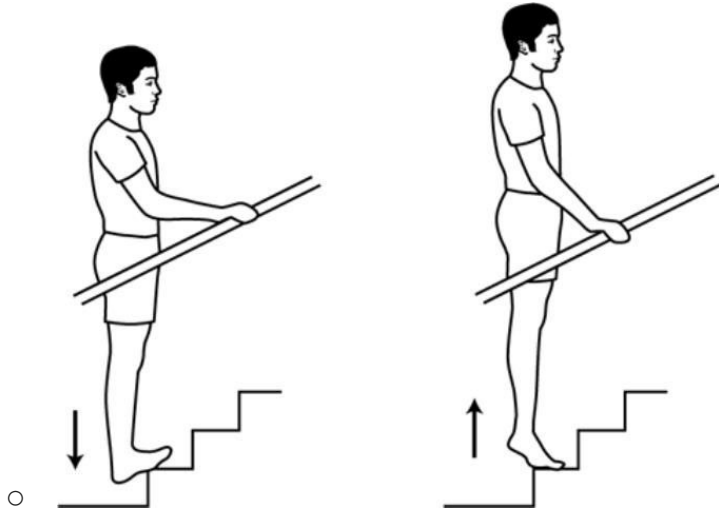
- If you have a dumbbell or kettlebell use them, if not, you can use any object from around your house that you can hold out in front of you.
- Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.
- Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor.
- At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- Go at least to 90 degrees



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- Standing Calf Raise on Edge of Bathtub or Stair

- Stand with balls of feet at edge of the stair, flex your foot and rise as tall as you can. Come back down as low as you can while keeping your balls of your feet on the stairs; once all the way down, rise again. Exercise should be smooth motion; get full range of motion.



Day Four:

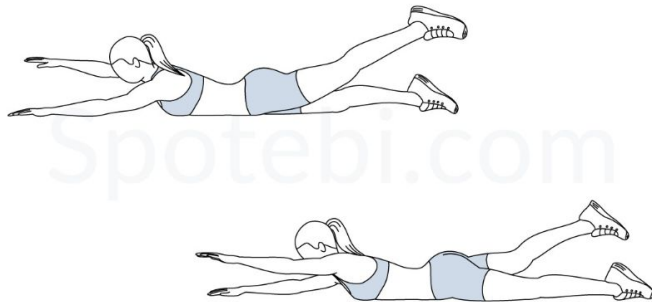
- Incline PushUps

- Start in a standard push-up position with your feet together or no more than 12 inches apart, hands flat on the stairs, and arms straight. Breathe in as you bend your elbows—keep them tracking back alongside your body—to lower your chest to slightly below the level of your bent elbow, and then breathe out as you push back up to the starting position for one repetition. **Modification = Pushup from knees**



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- Flying Opposites (Alternating Supermans)

- Same thing as supermans from above but you are alternating (right arm w/ left leg, then left arm w/ right leg)



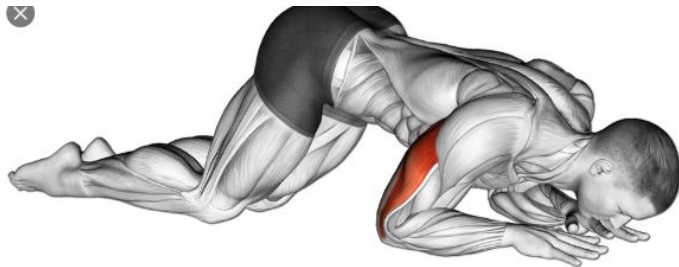
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- Doorway Bicep Curl

- Position yourself in a doorway, straddling the door jamb. Grab the door jamb with one hand at chest height. Your feet should be close to the bottom of the door jamb and together. Now lean back so that your arm is extended.
- With your hand on the inside of the door frame, pull yourself up towards the door frame. As you come up, try to turn your pulling hand away from your body. This will cause the forearm to turn slightly, providing supination.
- Focus on feeling the contraction in the bicep as you pull in and forcefully contract the muscle at the top of the movement.



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- **Tricep Triangle Dip/Extension**

- Lower your elbows to the floor, keeping them under your body.
- Lean forward so that your bodyweight is supported by your elbows
- Exhale as you push your body off the floor by extending your elbows.
- Inhale as you lower your body to the starting position by flexing your elbows.



- YTW

- As you progress you can add weight by holding onto a soup can or dumbbell

5 BENTOVER YTW

PERFORM 8 REPS OF EACH

Stand with feet shoulder width and bend your hips back, keeping your lower back flat, until your torso is about 45 degrees to the floor. Let your arms hang. Now squeeze your shoulder blades together and raise your arms up and out to your sides about 45 degrees to form a Y shape. Lower them and then raise them out to your sides 90 degrees to form a T. Lower and then raise them out to your sides, but bend your elbows 90 degrees to form a W.



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- Decline Pushups

- Start in a standard push-up position with your feet together on an inclined surface, no more than 12 inches apart, hands flat on the stairs, and arms straight. Breathe in as you bend your elbows—keep them tracking back alongside your body—to lower your chest to slightly below the level of your bent elbow, and then breathe out as you push back up to the starting position for one repetition. **Modification = Do not go as deep on pushup**

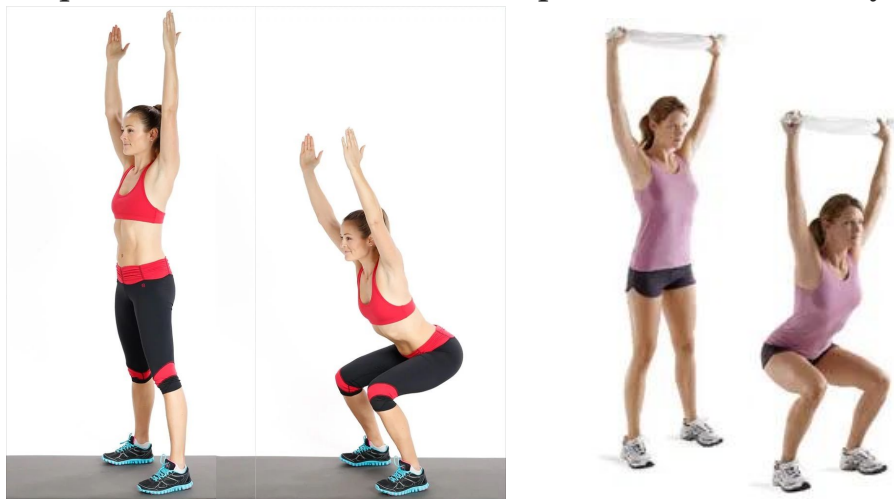


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Day five:

- Overhead Squats

- Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.
- Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor.
- At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- Go at least to 90 degrees
- Keep arms overhead - once can keep arms overhead easily, add weight



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- Standing Leg Lifts

Side Leg Raises



Step 1

Stand adjacent to a chair, keeping your back straight & holding onto the chair as a support. Lift one leg and keep the other rooted to the floor



Step 2

Keep the leg straight, and extend it to the side as far as you can and hold it in that position for 5-10 seconds. Then lower the leg back to the original position

—BORN TO WORKOUT—

- Side Lunge

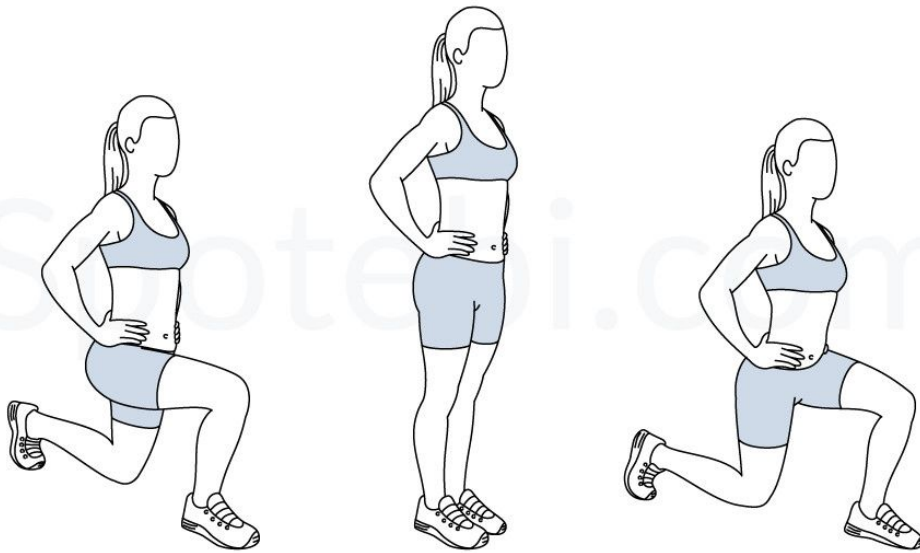
- Stand tall with your feet hip-width apart.
- Step out to the side with your left leg, bend your left knee and push your hips back.
 - Do not let knee get ahead of toes
- 3. Return to the starting position and repeat the movement with the right leg.



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- Front Lunge

- Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.
- Step forward with either leg in a long stride. Keep your other foot in place behind you.
- Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.
- Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)
- Hold for a count of one.
- Push down through your front heel and extend both knees to return to the start position.
- Pause then repeat with your other leg.



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- 1 Leg Calf Raise
 - Same thing as two leg calf raise but just do the exercise on one leg and then switch to the other leg