



- Biceps**
- 1 - Stand upright on the middle of the tubing holding the handles underhanded with your and your arms straight.
 - 2 - Raise the handles up to shoulder height, keeping your elbows at your sides.
- Lower the handles back to a straight arm position.



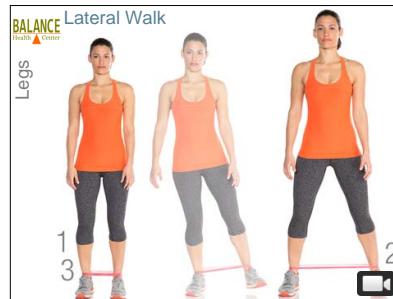
- Abs**
- 1 - Stand upright facing front holding a handle in both hands at the side of one hip with your arms straight.
 - 2 - Pull the handle up from your hip to your opposite shoulder, keeping your arms straight.
- Concentrate on moving your hips and shoulders, not your arms.
 - Complete all reps on one side before switching to the other side.



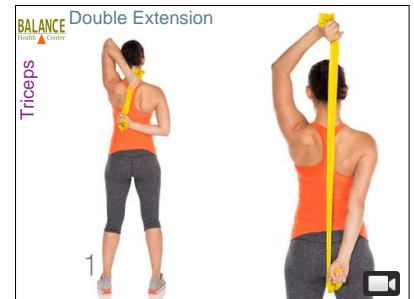
- Shoulders**
- 1 - Stand upright on the middle of the tubing, holding the handles at your sides with your arms straight.
 - 2 - Raise the handles up and outward to the sides to shoulder height, keeping your arms straight.



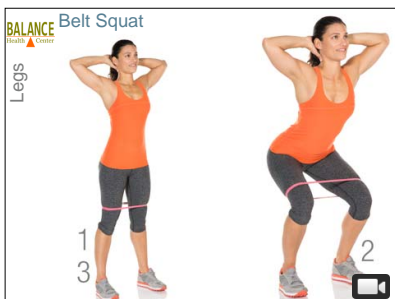
- Legs**
- 1 - Stand upright holding one handle in both hands with your arms straight out in front and the tubing attached off to one side.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position, keeping your arms straight out in front.
- Complete all reps on one side before switching to the other side.



- Legs**
- 1 - Stand upright with your feet close together and a band around your ankles.
 - 2 - Step one foot laterally to the side.
 - 3 - Step your other foot across, bringing your feet together again.
- Continue stepping sideways.
 - Complete all reps on one side before switching to the other side.



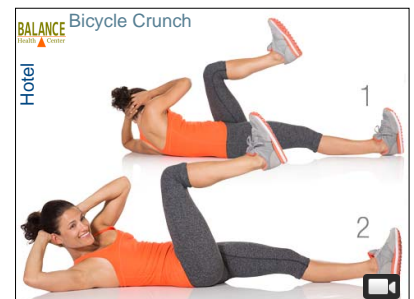
- Triceps**
- 1 - Stand upright holding a tube behind your head with one hand in your lower back and the other at base of your neck.
 - 2 - Press one hand up overhead while you pull the other hand down, straightening both arms.
- Complete all reps on one side before switching to the other side.



- Legs**
- 1 - Stand with your feet shoulder-width apart and the tubing or band around your lower thighs with your hands at the sides of your head.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position, keeping your back flat and do not let your knees buckle inwards.



- Hotel**
- 1 - Place your palms on a chair or bench behind you and your heels on the floor with your legs and arms straight.
 - 2 - Bending at the elbows, lower your body toward the floor.
 - 3 - Push up through your palms to return to the start position.



- Hotel**
- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bring one knee towards your chest and the opposite elbow to this knee, twisting your torso.
 - 2 - Lower your upper body and leg to the floor and repeat to the opposite side using your other leg.



- External Rotation**
- Hip**
- 1 - Sit on the edge of a table with one end of a resistance band around the ankle of the involved leg and the other end anchored to the table leg.
 - 2 - Pull your ankle inward and toward your midline, keeping your thigh flat and your knee bent at 90 degrees.
- Slowly return to the start position, hold and repeat.



- Lunge**
- Legs**
- 1 - Stand upright with the wobble board in front and your arms by your sides.
 - 2 - Take a step forward onto the wobble board, dropping your back knee toward the floor, leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



- Push Up**
- Chest**
- 1 - Support your body with your hands on a rocker board, elbows bent and chest nearly touching it and your legs straight out on your toes.
 - 2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.
- Lower your body back to the start position and repeat.



- Side Lunge**
- Legs**
- 1 - Stand upright with the wobble board to one side and your arms by your sides.
 - 2 - Take a step laterally onto the wobble board, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.



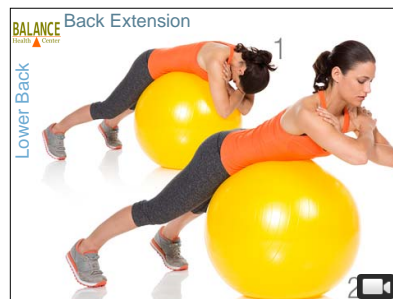
- Squat**
- Legs**
- 1 - Stand upright with both feet on a rocker board using your arms to help balance.
 - 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
- Push through your heels to return to the start position, keeping your back flat and head up throughout the movement.



- Alternating Superman**
- Lower Back**
- 1 - Lie face down on the ball with your hands and feet touching the floor.
 - 2 - Raise one arm and the opposite leg straight up, making a straight line.
 - 3 - Lower both and repeat with the other arm and leg.
- Alternate sides with each rep.



- Arm to Leg Transfer**
- Abs**
- 1 - Lie on your back with your legs straight holding the ball overhead with your arms fully extended.
 - 2 - Raise your arms and legs up straight to the middle and transfer the ball from your hands to between your ankles.
 - 3 - Lower your arms and legs and repeat in the opposite direction.
 - 4 - Transfer the ball back and forth every rep.



- Back Extension**
- Lower Back**
- 1 - Lie face down with your chest on the ball, your arms crossed over your upper chest and your legs straight out behind.
 - 2 - Raise your chest up off the ball coming to an upright position.
- Do not to bounce up and down on the ball as you perform each rep.



- Crunch**
- Abs**
- 1 - Lie with the center of your back on the ball, hands at the sides of your head and your feet flat, knees bent.
 - 2 - Lift your head and shoulders off the ball, contracting your abdominal muscles and do not pull your head up with your hands.
- Lower your head and shoulders and repeat.



- Extension**
- Knee**
- 1 - Sit upright on the ball with your feet flat and hands on your hips.
 - 2 - Extend one leg straight out in front, bringing the foot up to hip height.
- Lower and repeat with the other leg.



- Bicycle Crunch**
- Abs**
- 1 - Lie on your back on a ball with your feet flat and your hands to the sides of your head.
 - 2 - Raise your head and shoulders off the ball and bring one knee towards your chest, twisting your torso and bring the opposite elbow to your knee.
- Lower your upper body back to the ball and leg to the floor and repeat to the opposite side using your other leg.
 - Alternate sides with each rep.



- Kneeling Push Up**
- Chest**
- 1 - Kneel with your hands on a ball, elbows bent and your chest nearly touching it.
 - 2 - Push up to a straight arm position
- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.



- Dip**
- Triceps**
- 1 - Place your hands on the ball behind you with your arms straight, feet flat in front.
 - 2 - Lower your body down, bending at the elbows and knees until your lower back touches the ball.
 - 3 - Push up, returning to the start position.



- Feet Up Crunch**
- Abs**
- 1 - Lie on your back with your knees bent and your heels on the ball, placing your hands at the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.



- Push Up**
- Chest**
- 1 - Place your hands on floor in front and your feet on the ball behind with your chest nearly touching floor.
 - 2 - Push up until your arms are straight, keeping your hips in line with your shoulders.
- Lower back to where your chest nearly touches the floor and repeat.