



WORKOUT GUIDE

10 MINUTE BODY-SOLID TOOLS WORKOUT

Reference the numbers to the visual guide on reverse side.

Warmups - PREMIUM YOGA MAT, PREMIUM FOAM ROLLER

Begin by warming up with the premium foam roller. This will help warm and loosen your muscles for optimal performance throughout the workouts. Begin by performing a number of foam roller movements for 30-60 seconds each. The muscle groups we will focus on for warm-up are the: Back, Hamstrings, Calves, Quads, Glutes and Hips.

For a higher intensity ten minute workout, perform each of the following exercises for 30 seconds with 10 seconds of rest between each exercise. For a slower paced workout, allow yourself 30 seconds rest between each movement. When performing the resistance tube exercises select an appropriate resistance level to achieve a minimum 6 – 10 repetitions for each exercise.

1- Mountain Climber - PREMIUM YOGA MAT

Raise your body off the ground with your arms supporting most of the weight. Then, bring your feet off the ground tucking the feet and bending the knees to the chest. Hold, extending the right leg while the left remains tucked against the chest. Bring the right leg back to the tucked position and repeat with the left leg. For best results, keep the back and extended legs as straight as possible.

2 - Chest Press - PREMIUM YOGA MAT, RESISTANCE TUBE

Place one foot forward and one foot back with the center of resistance tube underneath the back foot. Gripping handles with palms facing down, bring tube to shoulder level and press arms up and out at a 90 degree angle till full extension.

3 - Seated Row - PREMIUM YOGA MAT, RESISTANCE TUBE

Sit down on the ground with legs extended in front of the body, wrap resistance tube around feet for desired length and range of motion. Arms should be fully extended, gripping the handles with palms facing each other. Sitting up tall, pull the resistance tube towards the core, bending at the elbows and squeezing shoulder blades together. Pause, and slowly return the tube to the starting position.

4 - Ab Crunch - PREMIUM YOGA MAT

Start with your knees bent and your feet flat on the floor. Fold your arms across your chest or hold your hands behind your ears. Do not lock your hands together behind your head. Use your abs to lift your head and upper torso while keeping your lower back against the floor. Pause with your shoulder blades a few inches off the floor then slowly return to the starting position using a controlled movement.

5 - Squat - PREMIUM YOGA MAT, RESISTANCE TUBE

Start with your feet shoulder width apart. While standing on the resistance tube with the balls of your feet. Grasp a handle in each hand positioned at your sides. Slowly bend your knees and lower your legs so that your thighs are parallel to the floor while bringing your arms up to shoulder height with palms facing forward. Use the heel of your feet to push your body up to the starting position.

6 - Step Press - PREMIUM YOGA MAT, RESISTANCE TUBE

Place one foot forward and one foot back while stepping on one end of the resistance tube with the back foot at about 12" from the handle. Hand should be at shoulder height, press arm up till full extension. After 5 - 10 repetitions repeat exercise with other side.

7 - Lunge - PREMIUM YOGA MAT, RESISTANCE TUBE

Hold one end of the resistance tube in each hand and place middle of the tube under right foot. Step back with left leg, bending both knees 90 degrees, as you bend both elbows up 90 degrees by sides. Stand back up straight with left leg to return to start. After 5 - 10 repetitions repeat exercise with other side.

1- Mountain Climber - PREMIUM YOGA MAT

Repeat from first exercise

8 - Deadlift Row - PREMIUM YOGA MAT, RESISTANCE TUBE

Start with your feet shoulder width apart. Wrap the resistance tube around your feet and step on it to create tension. From the squat position, extend your legs. Extend your lower back to the upright position and shrug.

9 - Plank - PREMIUM YOGA MAT

Get into pushup position on the floor. Now bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet.

10 - Biceps Curl - PREMIUM YOGA MAT, RESISTANCE TUBE

Place one foot forward and one foot back with the center of resistance tube underneath the ball of the front foot. With arms down at your sides, grasp the handle with your palm facing up. Then slowly curl the resistance tube up bending at your elbows. Keep your elbows close to your body. Slowly return to the starting position.

11 - Triceps Extension - PREMIUM YOGA MAT, RESISTANCE TUBE

Place one foot forward and one foot back while stepping on one end of the tube with the back foot at about 12" from the handle. Bring tube up behind the back with elbows bent gripping the handle with one hand over the other. While keeping upper arms stationary extend forearms up bending at elbows. Lower forearms and repeat.

12 - Chest Fly - PREMIUM YOGA MAT, RESISTANCE TUBE

Place one foot forward and one foot back with the center of resistance tube underneath the ball of the back foot. Gripping handles with palms facing up just below shoulder height bring arms forward and up till hands meet out in front of chest.

1 - Mountain Climbers/Run in place - PREMIUM YOGA MAT

Finish the workout with our last bit of cardio, either go back to the mountain climbers or run-in-place. This last bit of cardio is key so don't skip it!

Recovery - PREMIUM YOGA MAT, PREMIUM FOAM ROLLER

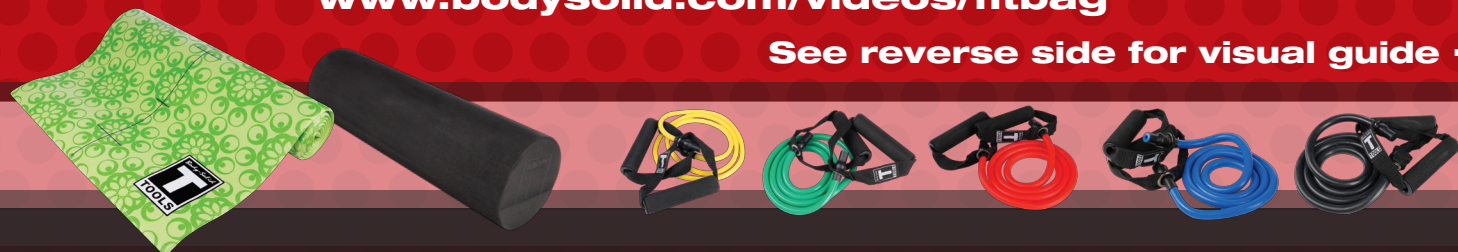
At the end of the workout repeat the Foam Roller exercises for muscle recovery.

For a higher intensity workout, repeat the exercises in order a for a second or even third time.

View the online instructional workout video at:

www.bodysolid.com/videos/fitbag

See reverse side for visual guide →



Premium Yoga Mat - Premium Foam Roller

Resistance Tubes (Yellow – Very Light • Green – Light • Red – Medium • Blue – Heavy • Black – Very Heavy)



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WARMUP & RECOVERY



Cross Glute Roll



Glute Roll



Side IT-Band Roll



Calf Roll



Lat Roll



Hamstring Roll



Back Roll



Quad Roll

STRENGTH & CARDIO



1 Mountain Climber



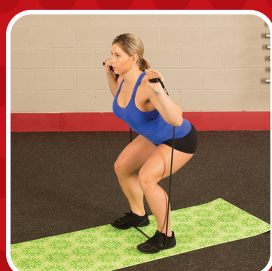
2 Chest Press



3 Seated Row



4 Ab Crunch



5 Squat



6 Step Press



7 Lunge



8 Deadlift Row



9 Plank



10 Biceps Curl



11 Triceps Extension



12 Chest Fly

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Before starting any exercise or exercise regime you should consider consulting a qualified fitness adviser or trainer to ensure the regime is suitable for you. Also be sure to consult your doctor before starting any exercise or exercise regime, particularly if you have a medical condition or taking medication or have related concerns. Body-Solid cannot be held responsible for any injuries which may occur as a result of these exercises. If you have or had asthma, a pre-existing heart condition, growth condition or have experienced chest pains or dizziness in the last month we strongly advise you not to try exercises without your doctor's approval.