• Warm up before each session.
• Complete 1–3 sets of 8–12 repetitions of each exercise selected.
• Rest approximately 30–60 seconds between each exercise set.
• Perform every exercise through a full range of motion.
• When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
• If unable to complete 8 exercise repetitions through a full range of motion, decrease weight or increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, increase weight or decrease the rest time between exercise sets.
• Perform each exercise a minimum of 3 times per week for maximum results.
• Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

START: Grasp side handles with bag positioned at chest height, resting on forearms. Position feet shoulder-width apart, bend legs with knees over feet, push hips back with low back slightly arched, chest high and core muscles activated.

FINISH: Slowly bend legs with knees over feet, push hips back with low back slightly arched, chest high and core muscles activated.

OVERHEAD SQUAT PRESS

START: Grasp side handles; straighten arms directly below shoulders with bag positioned slightly out in front of body. Position feet just outside shoulder-width apart, bend legs slightly, push hips back and hinge forward with low back slightly arched, and core muscles activated.

FINISH: Pivot leg and rotate hips, upper body and shoulders in the same direction. Keep head stationary over shoulders and arms straight while swinging bag to the side just above shoulder height. Pivot opposite leg and rotate body in opposite direction with a continuous down and up, side to side motion.

SIDE SWING

START: Grasp side handles; straighten arms directly below shoulders with bag positioned slightly out in front of body. Position feet just outside shoulder-width apart, bend legs slightly, push hips back and hinge forward with low back slightly arched, and core muscles activated.

FINISH: Pivot leg and rotate hips, upper body and shoulders in the same direction. Keep head stationary over shoulders and arms straight while swinging bag to the side just above shoulder height. Pivot opposite leg and rotate body in opposite direction with a continuous down and up, side to side motion.

FRONT SQUAT

START: Grasp side handles with bag positioned at chest height, resting on forearms. Position feet shoulder-width apart with knees slightly bent, head directly over hips and shoulders, back straight with core muscles activated.

FINISH: Slowly bend legs with knees over feet, push hips back with low back slightly arched, chest high and eyes looking straight ahead with bag resting on forearms. Pause, straighten legs and slowly return to start position.
**CLEAN**

**START:** Grasp side handles; straighten arms directly below shoulders with bag positioned between feet. Position feet shoulder-width apart, bend legs with knees over feet. Push hips back and hinge slightly forward with low back slightly arched, chest high and core muscles activated.

**FINISH:** Quickly straighten legs and push hips forward while shrugging shoulders, bending arms and rotating hands underneath bag. Bend legs and catch bag in arms at chest height with back straight and chest high. Straighten arms and return to start position.

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**BICEP CURLS**

**START:** Grasp side handles with each hand and bag positioned at thigh level. Ensure your elbows are close to your torso and your palms facing forward.

**FINISH:** Keeping your upper arms stationary, exhale as you curl the bag up to shoulder level while contracting your biceps.

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**FRONT LUNGE**

**START:** Grasp side handles with bag positioned on the upper back shoulder area. Keep feet shoulder-width apart and knees slightly bent, head directly over hips, back straight with core muscles activated.

**FINISH:** Engage your core, and take a big step backward. Activate your glutes as you bend front knee to lower your body so back knee lightly taps the floor while keeping upper body upright. Drive front heel into the floor to return to starting position. Repeat on opposite side.