

## EXERCISE GUIDE

- Warm up for 3-5 minutes 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 each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions on each side of body to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- 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.**

## STATIONARY BOX JUMP



**Start:** Stand behind jump box with feet shoulder-width apart. Bend legs and hinge forward at the hips with arms slightly bent along sides of body.



**Finish:** Quickly straighten legs, push hips forward, and raise arms up and forward in front of body. Pull knees upward toward chest and land softly on top of box. Step down off box, return to start and repeat.

## DIP



**Start:** Straighten arms and position palms of hands securely on edge of bench shoulder-width apart.

**Finish:** Slowly bend arms, flare elbows outward slightly and lower buttocks toward floor while keeping back straight, chest high and head aligned with hips. Hold position for 1-2 seconds, return to start position, and repeat.

## PUSH UP



**Start:** Lie face down on floor with hands positioned just outside shoulder-width. Straighten legs and position feet hip-width apart with toes on the floor. Fully extend arms and straighten body.

**Finish:** Bend arms and lower the body toward floor while keeping body straight. Return to start and repeat.

## EXERCISE GUIDE

### FRONT PLANK



**Start:** Lie face down on floor with arms bent, elbows directly below shoulders and forehead resting on top of hands. Straighten legs and position balls of feet firmly on floor.

**Finish:** Slowly tighten trunk muscles, raising chest, hips and thighs off floor. Straighten body and balance on forearms, elbows and balls of feet. Hold position for 1-2 seconds, return to start position, and repeat.

### SIDE PLANK



**Start:** Lie on side on floor with bottom arm bent, elbow directly below shoulder and top arm bent with hand on hip. Straighten legs and align shoulders, hips, knees and feet.

**Finish:** Slowly tighten trunk muscles, raising hips and legs off floor. Straighten body and balance on forearm, elbow, and outside of foot. Hold position for 1-2 seconds, return to start position, and repeat. Repeat on opposite side of body.

### WALKING LUNGE



**Start:** Stand and position feet flat on floor, hip width apart, with legs straight and toes pointed forward.

**Step 1:** Step forward with one leg, land heel-toe, bend legs and lift heel of back foot off floor. Keep back straight with head and shoulders directly above hips and arms along sides of body.

**Step 2:** Lean upper body slightly forward and immediately straighten and balance on front leg while lifting bent back leg up and forward in front of body.

**Step 3:** Step forward and partially straighten back leg in front of body. Land heel-toe, bend legs and lift heel of back foot off floor with arms along sides of body. Continually repeat steps 1-3.