

**KETTLEBELL PLANK ROW**

Start in a full plank position on your hands and toes. Next, grab a Kettlebell and pull it up towards the ceiling as you bend your elbow. Allow your spine to twist as you raise the Kettlebell. Video # VV9TN8FCD



Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

**ELASTIC BAND SHOULDER DIAGONAL - FLEXION ABDUCTION - SELF FIX**

Start by holding an elastic band down by your side to fixate it with your uninvolved arm. Next, using the involved arm, draw the other end of the band upwards and towards the opposite side as shown. Video # VV7BGW6RU

Repeat 8 Times
Complete 2 Sets

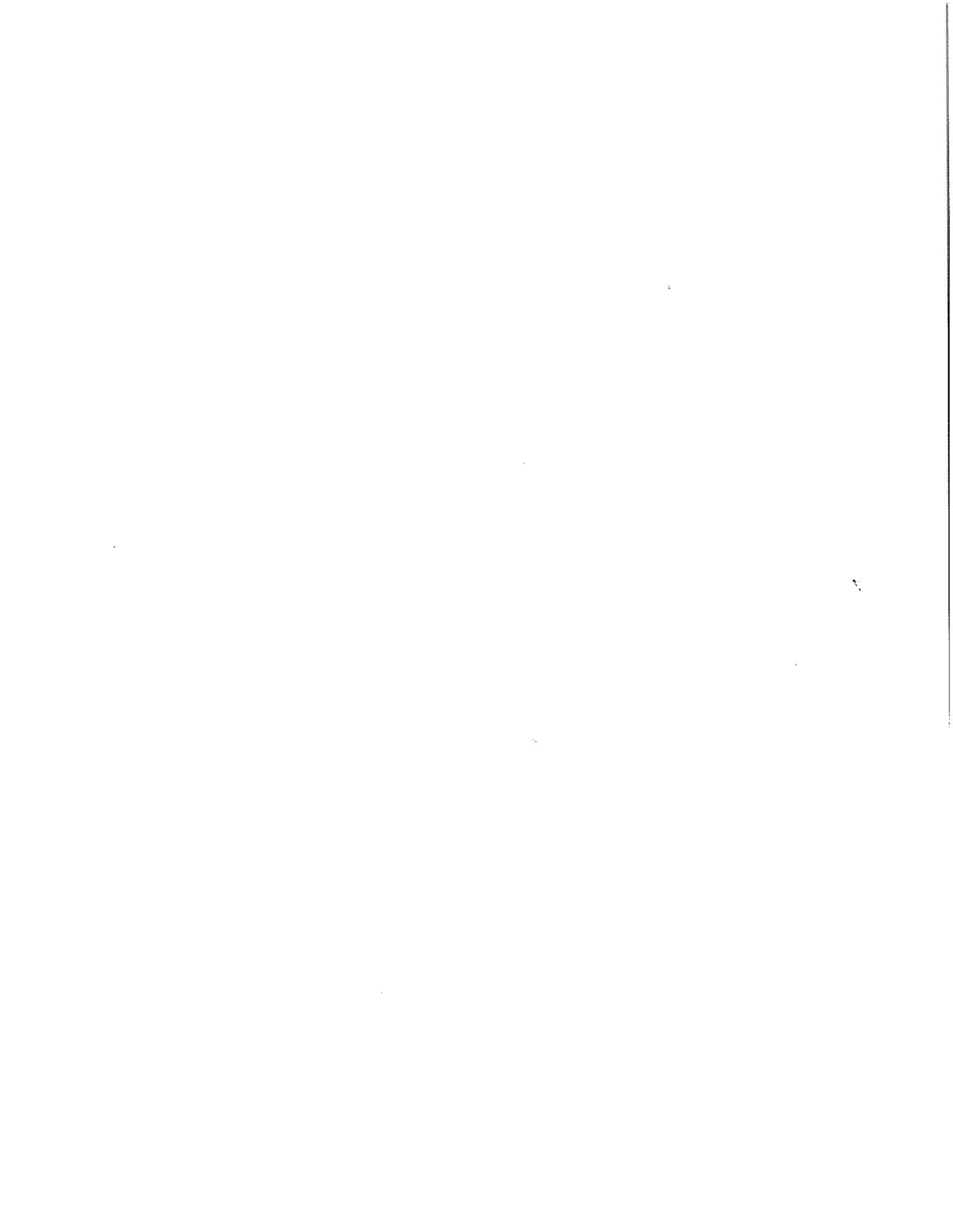
Hold 1 Second
Perform 3 Times a Week

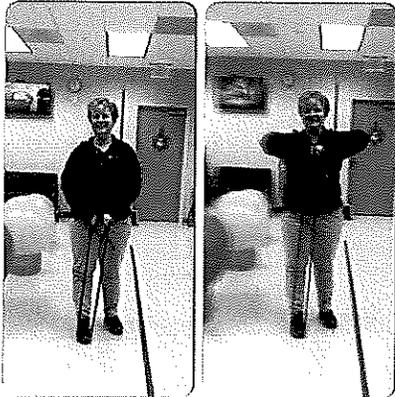
**KETTLEBELL LUNGE ROW**

Start in an end-lunge position. Next, grab a Kettlebell and pull it up towards the ceiling as raise up to a lunge position. Lower back down and repeat. Video # VVLY3CUJN

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week





Upright Rows

Start: Standing on band with feet a little less than shoulder length apart, arms are down in front holding the band in each hand. Palms down with knuckles of your hands facing in towards each other.

Movement: With back straight, raise band while keeping elbows above wrists. Return to start position.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



BENT KNEE PUSH-UPS

Push up off surface with knees bent. Keep head in line with back. Up on toes. Slow and controlled movements.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

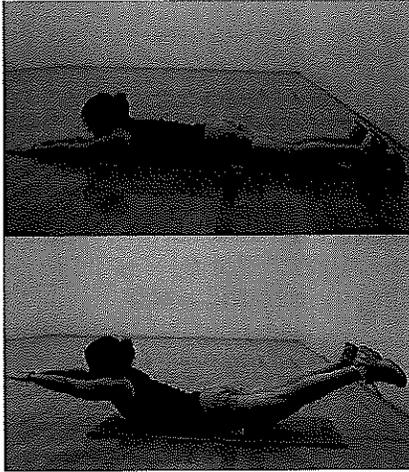


Bridge Clams

Put band around both legs above the knee. Tighten core and squeeze glutes. Lift hips toward ceiling keeping muscles engaged. At the top, gently pull knees open against band, keeping hips high. Bring knees back to neutral, then lower hips.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



Prone Superman

Start laying face down on the floor, legs out and arms out straight. Keeping your core tight, lift your arms and legs off the floor, hold for a few seconds, then lower back down.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



Ab Progression 1

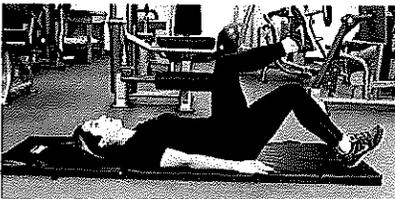
Core tight. Start in table top position. Tap one heel to floor while keeping abdominal muscles braced. Alternate

Repeat 8 Times

Hold 5 Seconds

Complete 2 Sets

Perform 3 Times a Week



ELASTIC BAND - SIDELYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement. Video # VVAXMF43U



Repeat 8 Times

Hold 5 Seconds

Complete 2 Sets

Perform 3 Times a Week



ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Video # VVPZZBUNZ

Repeat 8 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time. Video # VVE7C35B7

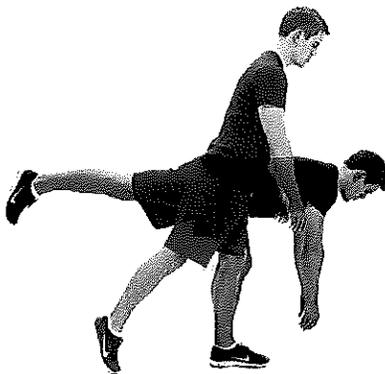
Repeat 8 Times

Complete 2 Sets

Hold 5 Seconds

Perform 3 Times a Week



**SINGLE LEG DEADLIFT**

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat. Video # VVNNXYN8Y

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

**PNF D1 Flexion**

Start with arm down and out to your side, palm pointing away from your body. Bring arm up and across your body, elbow bent, and palm facing behind you. Return to start position.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

**PNF D1 Extension**

Start with arm up and across your body, elbow bent, and palm facing behind you. Bring arm down and out to the side, rotating as you go so palm is now pointed away from you.

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



CLX - RESISTED PUSH

Start by standing on the center of the CLX with one foot and place the end loops on your hands.

Next, step forward into a lunge as you extend your arms out in front of your body as in a pushing motion. Return to starting position and repeat. Video # VV25R9BTY

Repeat 8 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week