

Push ups – 16 times (hands slightly wider than shoulder , slow tempo, knees up)

Use 2 to 8 pound weights for all of the following:

Squat combos – Do all three combinations 2 or 3 times.

- Squat with bicep curl and knee lift , slower tempo – 16 times
- Squat with lateral raises (straight arm raises lifting to the sides) 16 times
- Squat with bicep curl and knee lift , faster tempo 16X

Alternating forward lunges with opposite single arm frontal raises- 15 sets

Reverse lunge- weighted hands by sides, 15 sets

feet start side by side underneath shoulders, step back into lunge with knee getting very close to the floor, stand and repeat on other leg.

No weights for the following:

Chaturanga combos- tricep pushup with low hover (chaturanga), up dog, down dog – repeat 10 times



*Upward facing dog- hips off ground, shoulders away from your ears, **wrists stack directly under shoulder** (shown left below)*

Downward facing dog- walk hands closer to feet so that heels are flat on floor , legs are straight, hips are in the air, weight is split evenly between hands and feet. (shown right below)



DAVID MARTINEZ



MARTY SCONDUTO

View this combination at : <http://www.youtube.com/watch?v=FWCM48OhTZc>

Side plank- hold for 15s on each side, extend time to 30s as you get stronger. Repeat other side.



MARTIN SOCCINUTO

Proper form – hand is stacked under the shoulder, body is straight from shoulder to foot.

Plank- hold for 30 seconds to a minute 1 time, full (shown below left) or modified (shown below right)



Photo: Beth Bischoff

Proper form- elbows on ground stacked under shoulders or wrists under shoulder, shoulder blades are “tucked into your back pockets”, belly button is pulled into your spine, straight line from head to heel with no sway, bend or Tepee

Ab crunches- any combination of abdominal crunches for approximately 3 minutes. Vary it up! Keep your lower back on the floor while executing moves. Exhale on crunch or hardest effort.

To target obliques : elbow to the knee, bicycles, or reach for heels - *lift shoulder blades off floor and reach to touch heel of foot while feet are on floor with knees bent*

To target lower portion of abs: “dip toe in the pool “ - *knees bent and directly over hips ; legs extended straight up and lower leg(s) to lowest point without lower back raising off floor, hip curl – legs straight in air above hips with hands straight up then pull your toes toward stationary hands*

To target top portion of abs: crunches, full sit ups, reach through the knees, climb the rope

Need to spice it up and change it up, check out this video on YouTube
<http://www.youtube.com/watch?v=laaJR90jA5E&feature=channel>