SAMPLE WORKOUT – Full Body

Perform each exercise: 30 secs each x 2 rounds or 2-3 sets of 8-12 reps
Monday & Wednesday or Tuesday & Thursday

Standing Squat
Muscles: glutes (butt), quadriceps (thigh)
- Stand with feet shoulder-length apart, toes pointing forward.
- Maintain a neutral spine, shoulders down and facing forward, abdominals in.
- Bending at the hips and knees, squat down, pushing your glutes back further behind you.
- Keep the knees above or behind the toes; do not allow knees to go past the toes.
- Try to touch your glutes to the edge of the chair.
- Straighten up and return to standing position; squeeze the glutes as you straighten up; do not lock the knees.

Squat with Shoulder Press
Muscles: glutes (butt), quadriceps (thigh), deltoids (shoulders), triceps (back of the arm), trapezius (upper back)
- Stand with feet shoulder-length apart, toes pointing forward.
- Maintain a neutral spine, shoulders down and facing forward, abdominals in.
- Bending at the hips and knees, squat down, pushing your glutes back further behind you.
- Keep the knees above or behind the toes; do not allow knees to go past the toes.
- Try to touch your glutes to the edge of the chair.
- Straighten up and return to standing position; squeeze the glutes as you straighten up; do not lock the knees.
- Position Hands at shoulder level and elbow below wrist.
- Press arms upward until arms are fully extended.

Stationary Lunge
Muscles: hamstrings (back of the leg), glutes (butt), quadriceps (thigh)
- Hands on your hips for balance, place one leg in front of the other, keeping a wide stance.
- Maintain a neutral spine, shoulders down and facing forward, abdominals in.
- Bending at the knees only, lunge down, keeping both knees at 90° angles.
- Keep front knee above or behind the toes; do not let the front knee to go past the toes.
- Lift up to starting position; squeeze the glutes on the back leg.
- Switch legs.
Lunge with Lateral Raise
Muscles: hamstrings (back of the leg), glutes (butt), quadriceps (thigh), deltoids (shoulders)
- Start in a stationary lunge position with bands at hip height.
- While lunging down, and keeping both knees at 90° angles, raise arms to shoulder level.
- Be sure not to raise arms above shoulders.

Wood Chopper
Muscles: glutes (butt), quadriceps (thigh) hamstrings, calves, latissimus dorsi (back), trapezius (upper/middle back), deltoids (shoulders), oblique’s (core) and the pectorals (chest).
- Stand with feet shoulder width apart
- Place band securely under one foot and grip with both hands
- Begin exercise in the lower squat position (see standing squat).
- Straighten arms with hands alongside of bent knee closest to attachment site and reach toward attachment site
- Stand up and slowly rotate trunk, pulling upward and across body with hands ending above opposite shoulder.
- Shift bodyweight to foot closest to the attachment site with knee bent, trunk hinged slightly forward, and hip back while keeping the opposite leg straight.

Plank Row
Muscles: abs, erector spinae (lower back), glutes, Bicep, Deltoids, Erector Spinae, Latissimus Dorsi, Pectoralis Major
- Start in a plank position with your legs wider than hip-width distance; the wider stance makes you more stable. Hold onto your dumbbells, keeping your wrist locked to protect the joint.
- With your core tight and your glutes engaged, exhale, stabilizing your torso as you lift your right elbow to row; feel your right scapula sliding toward your spine as you bend your elbow up toward the ceiling.
Wall Sits
Muscles: quadriceps (thigh)
- Start with your back against a wall with your feet shoulder width and about two feet from the wall.
- Slowly slide your back down the wall until your thighs are parallel to the ground.
- Adjust your feet if you need to so that your knees are directly above your ankles (rather than over your toes).
- Keep your back flat against the wall.

One arm row with biceps curl
Muscles: latissimus dorsi (middle back), deltoids (shoulders), biceps
- Starting with feet staggered bend the front knee and bend forward at the hip. Pull abs toward spine, but do not round low back. Stay neutral in your spine.
- Hold the band with palms facing in, and elbows straight with hands underneath shoulders.
- Keeping your knees bent and back straight, bend elbows and lifting your hands toward your chest. Pulls shoulder blades toward one another.
- Slowly lower the band to the starting position.
- Straighten up and return to standing position;
- With elbows to sides, raise one hand and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position.

Pushups
Muscles: deltoids (shoulders), biceps/triceps (arms), rhomboids/trapezius (upper back), core/abs
- Start in plank position, shoulders, elbows, and hands are in alignment.
- Maintain a neutral spine, keeping head and neck in alignment with the spine; do not bend at the neck by looking up or down.
- Bend elbows to lower your chest to the surface.
- Slowly push away to starting position; do not lock elbows.
Lat Pulldown
*Muscles: Latissimus Dorsi (back)*
- Stand upright your arms shoulder width apart and straight over your head. Grab the resistance bands with your palms facing out and down.
- Hold an exercise band between your hands making sure you have enough tension.
- Bend your arms and pull the band apart and down in front of your head while bringing the hands next to your shoulders.
- Return to the start slowly. The Lat Pulldown with Band develops the Latissimus Dorsi and Rhomboid muscles.

Side Planks
*Muscles: abdominal and back muscles*
- Lie on sideways on the mat. Place forearm on mat under shoulder perpendicular to body.
- Place upper leg directly on top of lower leg and straighten knees and hips.
- Raise body upward by straightening waist so body is ridged. Hold position. Repeat with opposite side.
- Rest your left hand on your hip. Brace your abs and hold.

Russian Twist
*Muscles: Oblique’s (core)*
- Start seated on the floor with your knees bent and heels in contact with the ground.
- Lean back until you feel the abdominals engage to stabilize your body.
- Holding a dumbbell or medicine ball, rotate as far as possible to your right and touch the dumbbell or medicine ball to the ground behind you.
- Make sure you rotate your entire torso and are not just reaching around with your arms.
- Wherever the weight goes, your shoulders and eyes should go as well. After touching, forcefully change direction and move the load to the other side (without pausing).
Spinal Rotation with Flexion and Extension
Muscles: Abdominals, Core, Oblique’s, Spinal Erectors, Dynamic Flexibility
- Place one hand behind the head (without putting downward pressure on the head).
- The goal is to eventually be able to rotate the elbow pointed directly up to the ceiling.
- There should be no movement from the lumbar spine/sacrum area; however the cervical spine/head is allowed to move with the upper body.
- Take the body/joint through a full range of motion using a controlled movement.

World’s Greatest Stretch
Muscles: Full Body
- See attached handout