



Push Ups

From a push up position.
Lower whole body down to floor.
Press up to return to start position.
Maintain abdominal hollow and neutral spinal alignment throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Jump Squats

Sets:	3
Reps:	15
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Bridge

Lying on side with legs out straight (feet staggered) keeping hip and shoulder in line.
Support upper body on outstretched arm, placing hand directly under shoulder
Raise hip up off floor and hold.
Avoid rotating forward or backward.

Sets:	2-3
Reps:	15-20/side
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Superman

Lying on stomach with arms over head and thumbs pointing up to ceiling.
Maintain a slight chin tuck position (avoid looking up with head) and raise chest slightly up off the floor. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Tricep Dips

Place hands on edge of a chair, legs extended out in front.
Lower upper body down toward floor.
Straighten elbows to lift body up. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge One Leg Dips

From the bridge position, maintain pelvic tilt and abdominal hollow.
Raise and extend one leg out until it is straight.
With control, slowly lower pelvis down to floor and raise back up to the starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31