

Back Extension

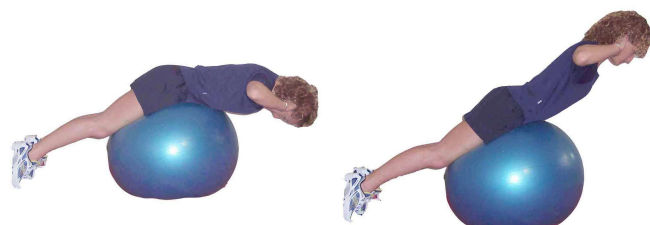
- Secure feet at the ankles, hips supported
- Hang forward over back extension bench, head down toward floor
- Slowly extend torso
- Ankle, hip, shoulder align at top of action
- Avoid hyperextension



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Back Extension - Exercise Ball

- Lie face down, hips on crest of exercise ball
- Feet secured on floor
- Body relaxed over the ball
- Hands on ears, slow extend torso
- Ankles, hips & shoulders to align



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Bent Over Row

- Grip barbell wider than shoulder width
- Stand with knees slightly flexed, bend forward from the hips
- Barbell rests on thighs just above the knees
- Pull bar along thighs to abdomen
- Barbell remains above feet
- Shoulders forward of barbell



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Bent Over Row - Single Arm - Cable

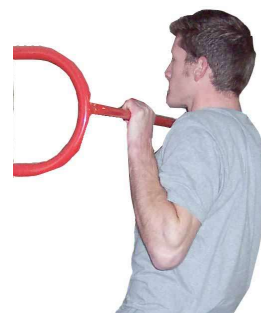
- Stand knees slightly flexed, bend forward from the hips
- Line of pull of cable is perpendicular to torso
- Keep shoulders square, pull cable to hip
- Maintain posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Chin Up

- Grip high bar slightly wider than shoulder width
- Palms face forward
- From full hang, pull chin over bar



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lat Pulldown

- Sit upright, look forward
- Wider than shoulder width grip
- Palms facing forward
- Pull bar to chin
- Return bar to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lat Pulldown - Parallel Grip

- Sit upright, look forward
- Palms facing inward
- Pull bar to chin
- Return to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lat Pulldown - Reverse Grip

- Sit upright, look forward
- Shoulder width grip, palms facing body
- Pull bar to chin
- Return bar to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Opposite Arm & Leg Extension - Lying

- Lie face down, arms extended out front
- Head remains in contact with the floor
- Simultaneously lift opposite arm & leg
- Hold for 2 seconds, relax slowly to floor
- Repeat on other side



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

10. Overhead Throw - Medicine Ball

- Stand or kneel, hold medicine ball overhead
- Bend elbows, take medicine ball behind head
- Throw the ball for maximum distance



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Pull Up - Palms Up

- Lie under a bar
- Grip wider than shoulder width, palms face upward
- Maintain straight body position, heels contact the floor
- From hanging position, pull chest toward bar



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Pulldown - Straight Arm

- Split stance, arms extended to high cable
- Shoulder width grip, arms straight
- Palms facing downward
- Pull bar to hips - return bar to start position
- Maintain posture



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Pullover - Barbell

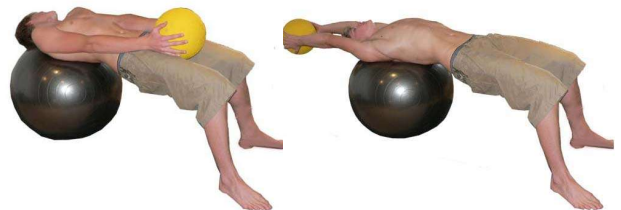
- Lie face up on a bench, narrow grip on barbell
- Arms slightly flexed
- Barbell directly above shoulders
- Upper back slightly arched, take barbell back overhead
- Return barbell to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Pullover - Stability Ball - Medicine Ball

- Lie face up with shoulders & head on a stability ball
- Knees bent to ninety degrees
- Hips up to align with shoulders & knees
- Start with the medicine ball held over pelvis
- Preset shoulder blades
- Raise the medicine ball overhead, pause & return



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Reverse Fly - Bent Over

- Stand dumbbell in each hand, palms facing inward
- Slightly flex knees, bend forward from hips
- Hands in front of knees
- Lift dumbbells laterally, pause at top of action
- Return dumbbells to start position
- Keep arms slightly bent & torso stable throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Reverse Fly - Lying

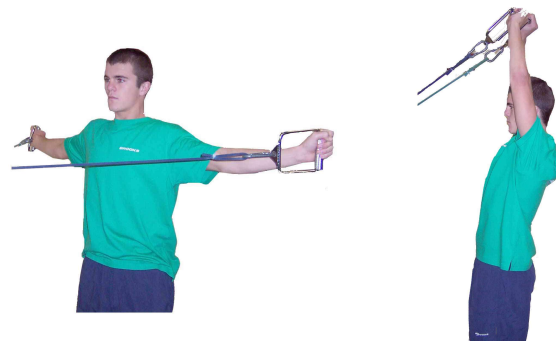
- Lie face down on a high bench
- Dumbbells hang below shoulder
- Palms facing each other
- Lift dumbbells laterally until level with shoulder
- Pause at top of action
- Slowly lower back to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Reverse Fly - Three Way, Standing

- Stand face shoulder height wall mounted elastic cords
 - 2
 - Hold elastic cord in each hand
 - Elbows slightly flexed, arms out front
- 3 Actions:
- 1. Hands at shoulder height, horizontally extend shoulder
 - 2. Hands above head, extend the shoulder
 - 3. Hands by side, extend the shoulder
- Squeeze shoulder blades together during each action
- Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Scapular Retraction - W Set - Exercise Ball

- Lie face down or over the ball
- Elbows bent, palms facing down
- Preset the shoulder blades back & down
- Lift arms upward, pause, arms make a W shape
- This exercise can be part of a sequence A,T,W,Y sets



Complete 6-20 sets of 3-5 repetitions. Rest 0 between sets.

Seated Row

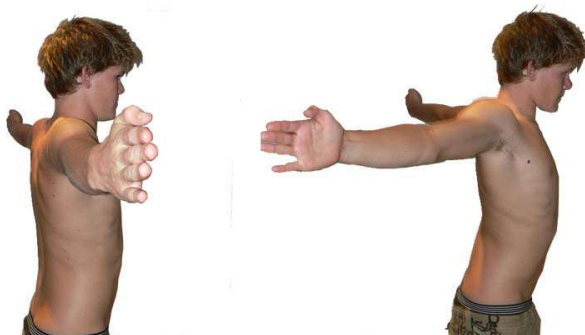
- Sit on machine
- Grasp handle, sit tall
- Extend the legs
- Pull handle to abdomen, retract shoulder blades
- Maintain upright posture



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

20. Shoulder Flutters - Back & Forth

- Stand with feet shoulder width apart
- Arms straight & raised to the side, thumbs pointing up
- Preset shoulder blades back & down
- Move the arms back & forth in a small pulsing action



Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.

Shoulder Flutters - Up & Down

- Stand with feet shoulder width apart
- Arms straight & raised to the side, palms up
- Preset shoulder blades back & down
- Move the arms up & down in small pulsing movements



Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.

Shoulder Shrugs - Dumbbell

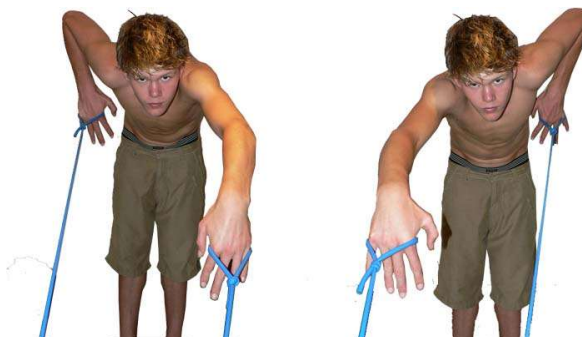
- Stand dumbbell in each hand
- Dumbbells by side
- Knees & hips slightly flexed
- Shrug shoulders toward ears
- Keep arms straight
- Lower dumbbells slowly



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Swim Action - Elastic Cords

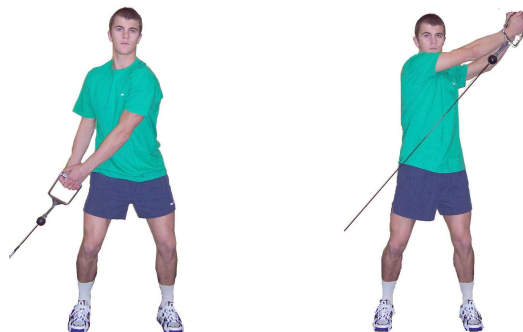
- Stand with feet shoulder width apart, bend forward from hips
- Extend through upper spine, preset shoulder blades back
- Simulate the freestyle swim stroke
- Focus on rhythm & good posture



Complete 2-4 sets of 15-30 repetitions. Rest 60s between sets.

Torso Rotations - Cable - Low to High

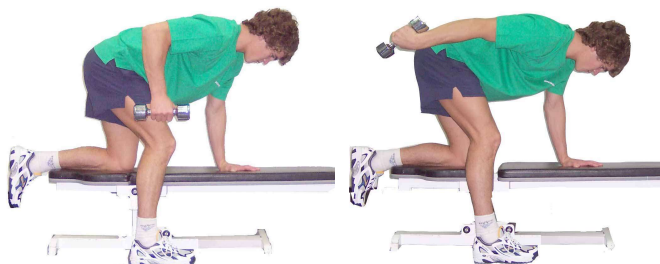
- Stand beside low cable
- Slightly flex knees & hips
- Grip cable in both hands
- Fix hips in position
- Rotate torso while pulling cable from low to high
- Upright posture throughout movement



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Triceps Extension - Kickbacks

- One knee on bench, other foot on floor
- One arm supports body weight on bench
- Other hand holds dumbbell
- Look toward bench, flatten spine
- Fix elbow in position near hip
- Slowly flex & extend the elbow



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Chest Throw - Lying - Medicine Ball

- Lie face up on the floor
- Partner stands at shoulders, holding medicine ball over chest
- Medicine ball is dropped toward chest
- Catch & throw medicine ball back to partner in one action
- Aim for a rapid catch & throw



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Push Up - Box Alternate

- Push up position
- One hand on narrow box, other hand on floor
- Lower chest towards floor
- Push up powerfully, move across box
- Land with opposite hand on the box & floor



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Push Up - Clap

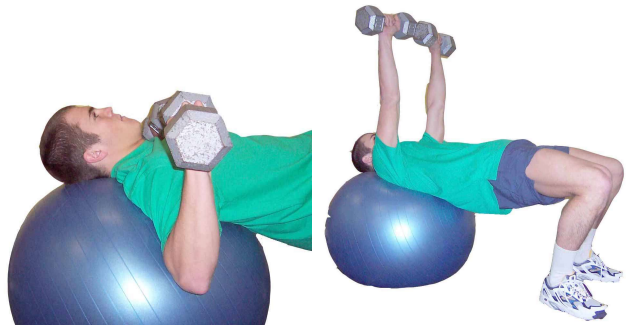
- Push up position
- Supported on hands & toes
- Lower chest towards floor
- Push up powerfully clap hands
- Land in push up position
- Repeat immediately



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Chest Press - Exercise Ball

- Exercise ball supports shoulders
- Feet shoulder width apart, hips extended
- Dumbbell in each hand
- Press dumbbells upward from shoulder
- Maintain stability on the ball



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

30. Decline Bench Press - Barbell

- Grip wider than shoulder width, bar directly above chest
- Shoulder blades retracted
- Upper back slightly arched
- Lower barbell to chest
- Press bar directly toward the roof



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Incline Bench Press - Barbell

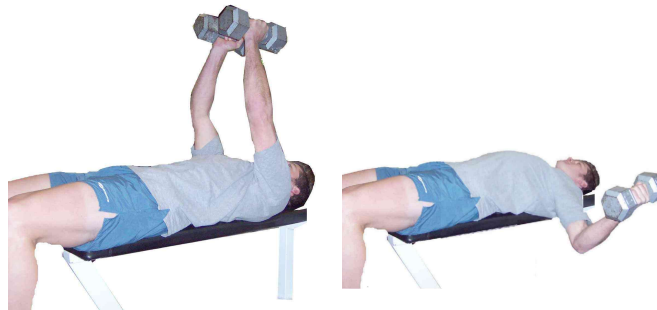
- Grip wider than shoulder width, bar directly above shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Lower bar to upper chest
- Press bar directly toward the roof



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Fly - Flat Bench

- Lie on bench, dumbbell in each hand
- Start with dumbbells directly above shoulders
- Arms slightly flexed, palms facing inward
- Lower dumbbells laterally
- Slightly arch upper back, feel stretch across chest
- Lift dumbbells back to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Front Raise - Cable

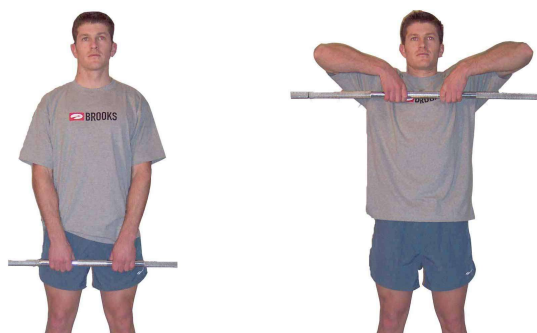
- Stand with back to low cable
- Cable grip held in front of thigh
- Palm facing thigh
- Keep arm slightly bent lift to eye level
- Maintain fixed posture throughout movement



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Upright Row - Barbell

- Stand, barbell held with a narrow grip
- Barbell resting on front of thighs
- Pull barbell to the upper chest
- Aim to get elbows level with ears
- Slowly lower barbell back to the start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

35. Single Arm - Torso Rotation - Against Wall

- Stand facing a wall or high box
- Feet 1-1.5m from wall
- Lean forward, one hand supporting body weight
- Elbow slightly flexed
- Rotate upper body around the fixed arm



Complete 3-4 sets of 8-12 repetitions. Rest 90s between sets.