

1. Ball Squat

Sets	Reps	Weight	Notes
1	15	X	
2	15	X	
3	15	X	



1 – Lean on a ball in your low back that is against a wall, holding a dumbbell (optional) in both hands at your thighs with your arms straight.

2 – Lower down towards the floor, bending at the hips and knees and rolling the ball up your back.

3 – Push through your heels, returning to the upright position.

2. Bench Pushup

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		



1 - Support your body with your hands on a bench or a table, elbows bent and chest nearly touching it with your legs straight out on your toes.

2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.

3 - Lower your body back to the start position and repeat.

3. Step Up

Sets	Reps	Weight	Notes
1	20		10 on each side
2	20		10 on each side
3	20		10 on each side



1 - Stand upright with one foot on a bench, holding the dumbbells by your sides with your arms straight.

2 - Step up onto the bench, pushing down on your front foot.

3 - Step down off the bench onto the back foot and repeat.

4. Lat Pulldown

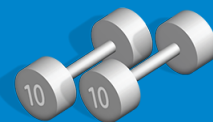
Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		



1 - Sit upright holding the bar (or handles) using a wide grip with your arms extended straight overhead and your palms facing forward.

2 - Pull the handles down to your shoulders, bending at the elbows.

3 - Straighten your arms fully, returning to the top position and repeat.



5. Seated Shoulder Press

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		



1 - Sit upright on the ball (or a bench) holding dumbbells at shoulder height with your elbows bent and your palms facing forward.

2 - Press the dumbbells overhead, extending your arms fully.

3 - Remain upright on the ball and do not bounce.

6. Bicep Curl

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		



1 - Hold a barbell or dumbbells underhanded with your hands shoulder-width apart and your arms straight.

2 - Raise the barbell up to shoulder height, keeping your elbows at your sides.

3 - Lower the barbell back to a straight arm position.

TIP - Do not rock your upper body back and forth!

7. Tricep Pushdown

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		



1 - Grip the rope or straight handle in both hands at chest level with your elbows bent.

2 - Push the handles down, fully extending your arms and keeping your shoulders steady.

3 - Your hands should finish at the top of your thighs in the downward position.

8. BOSU (or floor) Crunch

Sets	Reps	Weight	Notes
1	15	X	
2	15	X	
3	15	X	



1 - Lie on your back on a BOSU (or floor) with your knees bent, feet flat and your hands to the sides of your head.

2 - Lift your head and shoulders off the BOSU (or floor), keeping your feet flat.

3 - Lower your head and shoulders and repeat.

TIP - Do not pull your head up with your hands.