

QUADRICEPS - 1 Squat

In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, keeping back straight.

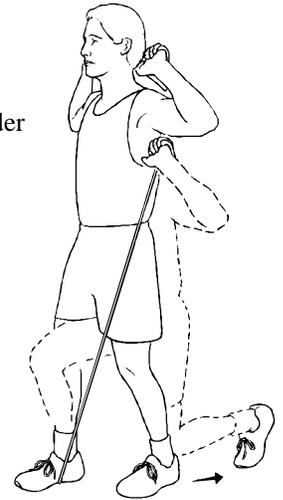
Repeat 8 times per set.
Do 3 sets per session.
Do ___ sessions per week.



QUADRICEPS - 3 Lunge Step: Backward (Advanced)

In stride stance, anchor tubing under forward foot. Palms forward at shoulder height. Step back with other leg, allowing it to flex.

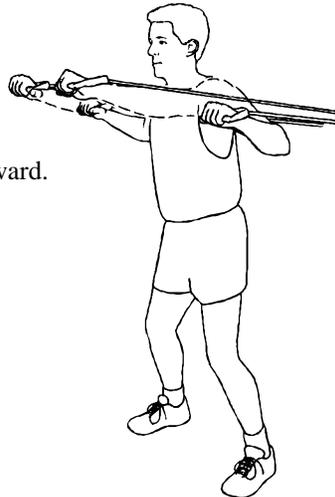
Repeat 5 times per set.
Repeat with other leg.
Do 3 sets per session.
Do ___ sessions per week.



CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.

Repeat 8 times per set.
Do 3 sets per session.
Do ___ sessions per week.

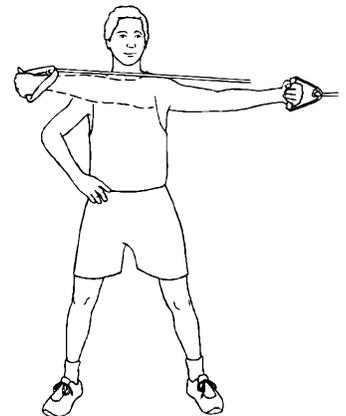


Anchor Height: Shoulder

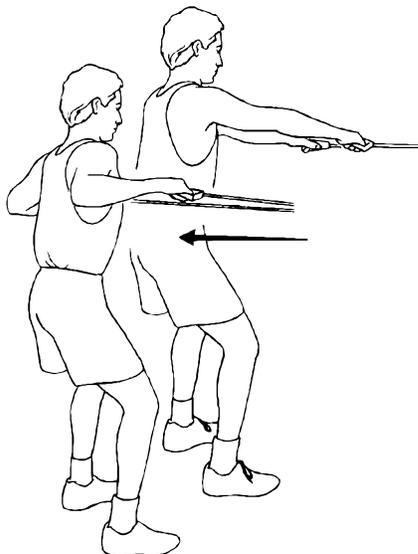
CHEST - 6 Fly: Thumb Up (Single Arm)

Side toward anchor in wide stance. Pull arm across body with thumb up.

Repeat 5 times per set.
Repeat with other arm.
Do 3 sets per session.
Do ___ sessions per week.



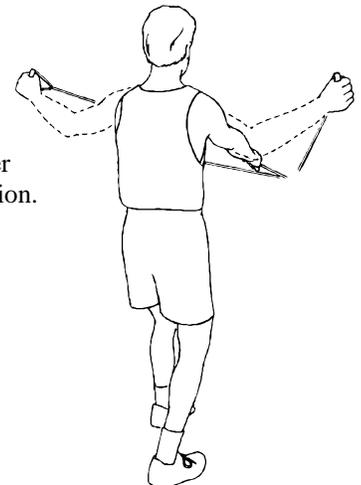
Anchor Height: Chest



SHOULDER / UPPER BACK - 13 Fly: Reverse

Face anchor in stride stance, reaching forward, thumbs up. Pull arms apart and back, squeezing shoulder blades together at end position.

Repeat 5 times per set.
Do 3 sets per session.
Do ___ sessions per week.



Anchor Height: Chest

SHOULDER / UPPER BACK - 1 Press: Over Head

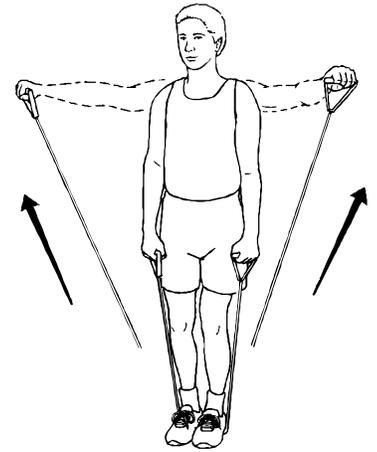
Anchor tubing under back foot in stride stance. Palms up, press arms up over head.



Repeat 6 times per set.
Do 3 sets per session.
Do ___ sessions per week.

SHOULDER / UPPER BACK - 10 Raise: Lateral

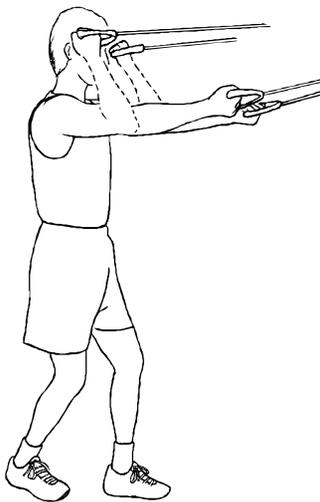
Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.



Repeat 5 times per set.
Do 3 sets per session.
Do ___ sessions per week.

BICEPS - 2 Curl: Standing - Elevated

Face anchor in stride stance. With arms reaching forward, palms up, curl arms.

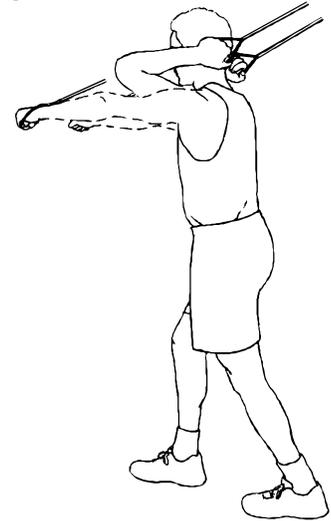


Repeat 6 times per set.
Do 3 sets per session.
Do ___ sessions per week.

Anchor Height: Head

TRICEPS - 5 Press: Standing - Forward

Face away from anchor in stride stance. Thumbs down, press arms forward, rotating to palms down.

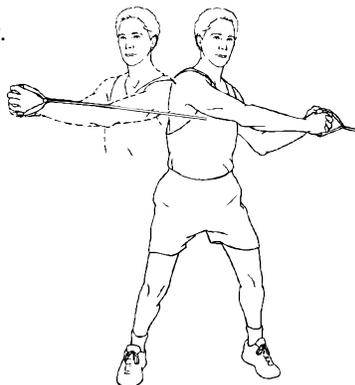


Repeat 5 times per set.
Do 3 sets per session.
Do ___ sessions per week.

*Anchor Height:
Over Head*

TRUNK - 1 Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

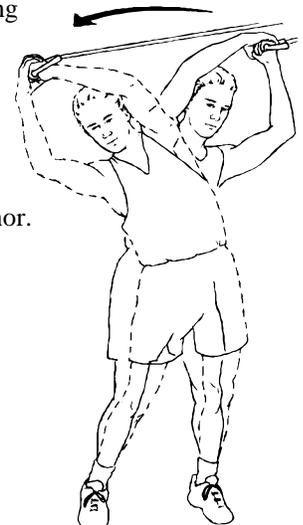


Repeat 5 times per set.
Repeat from other side.
Do 3 sets per session.
Do ___ sessions per week.

Anchor Height: Chest

TRUNK - 2 Side Bend: Standing

Side toward anchor in wide stance, arms above head, tilt trunk toward anchor. Grasp handle and pull away from anchor.



Repeat 5 times per set.
Repeat from other side.
Do 3 sets per session.
Do ___ sessions per week.

Anchor Height: Over Head