



TRAIN ANYWHERE, ANYTIME!



12 WEEK TRAINING PROGRAM

FOR FAT LOSS OR MUSCLE BUILDING

HOME OR GYM

LIMITED EQUIPMENT REQUIRED!



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BODYWEIGHT PROGRAM



12 WEEK BODYWEIGHT PROGRAM

WEEKS 1 - 4

A1 Body Weight Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	12-15	30-45	32X0					
4	3	12-15	30-45	32X0					

A2 Bird Dogs

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	3011					
2	3	12-15	30-45	3011					
3	3	12-15	30-45	3011					
4	3	12-15	30-45	3011					

B1 Backward Step Lunges

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	4010					
2	3	12-15	30-45	4010					
3	3	12-15	30-45	4010					
4	3	12-15	30-45	4010					

B2 Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	3010					
2	3	12-15	30-45	3010					
3	3	12-15	30-45	3010					
4	3	12-15	30-45	3010					

C1 Body Weight Glute Bridge Unilateral

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	3012					
2	3	12-15	30-45	3012					
3	3	12-15	30-45	3012					
4	3	12-15	30-45	3012					



12 WEEK BODYWEIGHT PROGRAM

WEEKS 1 - 4

C2

Prone Cuban Press

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	12-15	30-45	3011					
2	3	12-15	30-45	3011					
3	3	12-15	30-45	3011					
4	3	12-15	30-45	3011					

D1

Side Lying Hip Abductions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	12-15	30-45	2010					
2	3	12-15	30-45	2010					
3	3	12-15	30-45	2010					
4	3	12-15	30-45	2010					

D2

Curl Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	12-15	30-45	2010					
2	3	12-15	30-45	2010					
3	3	12-15	30-45	2010					
4	3	12-15	30-45	2010					



12 WEEK BODYWEIGHT PROGRAM

WEEKS 5 - 8

A1 Split Squat 1 & 1/4 Reps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	4010					
6	3	12-15	30-45	4010					
7	3	12-15	30-45	4010					
8	3	12-15	30-45	4010					

A2 T-Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	3010					
6	3	12-15	30-45	3010					
7	3	12-15	30-45	3010					
8	3	12-15	30-45	3010					

B1 Body Weight Glute Bridge 1 & 1/4 Reps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	32X0					
6	3	12-15	30-45	32X0					
7	3	12-15	30-45	32X0					
8	3	12-15	30-45	32X0					

B2 Prone Back Complex T-W-Y

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	2012					
6	3	12-15	30-45	2012					
7	3	12-15	30-45	2012					
8	3	12-15	30-45	2012					

C1 Forward Step Lunge

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	4010					
6	3	12-15	30-45	4010					
7	3	12-15	30-45	4010					
8	3	12-15	30-45	4010					



12 WEEK BODYWEIGHT PROGRAM

WEEKS 5 - 8

C2

Pike Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	3021					
6	3	12-15	30-45	3021					
7	3	12-15	30-45	3021					
8	3	12-15	30-45	3021					

D1

Side Plank Hip Abductions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	2010					
6	3	12-15	30-45	2010					
7	3	12-15	30-45	2010					
8	3	12-15	30-45	2010					

D2

V-Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
5	3	12-15	30-45	2010					
6	3	12-15	30-45	2010					
7	3	12-15	30-45	2010					
8	3	12-15	30-45	2010					



12 WEEK BODYWEIGHT PROGRAM

WEEKS 9-12

A1 Unilateral Glute Bridge

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	4010					
10	3	12-15	30-45	4010					
11	3	12-15	30-45	4010					
12	3	12-15	30-45	4010					

A2 Push Up With Arm Row

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	3010					
10	3	12-15	30-45	3010					
11	3	12-15	30-45	3010					
12	3	12-15	30-45	3010					

B1 Sissy Squat 1 & 1/4 Reps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	12-15	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	12-15	30-45	32X0					
4	3	12-15	30-45	32X0					

B2 Single Up Plank External Rotations

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	2012					
10	3	12-15	30-45	2012					
11	3	12-15	30-45	2012					
12	3	12-15	30-45	2012					

C1 Unilateral Romanian Dead Lifts

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	4010					
10	3	12-15	30-45	4010					
11	3	12-15	30-45	4010					
12	3	12-15	30-45	4010					



12 WEEK BODYWEIGHT PROGRAM

WEEKS 9-12

C2

Super Man Cuban Press

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	3021					
10	3	12-15	30-45	3021					
11	3	12-15	30-45	3021					
12	3	12-15	30-45	3021					

D1

Lateral Lunges

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	2010					
10	3	12-15	30-45	2010					
11	3	12-15	30-45	2010					
12	3	12-15	30-45	2010					

D2

Glute Bridge Row

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
9	3	12-15	30-45	2010					
10	3	12-15	30-45	2010					
11	3	12-15	30-45	2010					
12	3	12-15	30-45	2010					



FULL BODY SUPERSET

FAT LOSS



12 WEEK FULL BODY - SUPERSET

PHASE 1 - WEEKS 1 TO 4

Day	Workout	Finishers (Optional)	Cardio	Steps
Monday	Workout 1	Glute or Arm Finisher (select one)		10,000
Tuesday	Workout 2	Core Finisher (Select One)		10,000
Wednesday	Rest		2-3 X 8-10MIN STEADY STATE SKIPPING	10,000
Thursday	Workout 1	Glute or Arm Finisher (select one)		10,000
Friday	Workout 2	Core Finisher (Select One)		10,000
Saturday	Rest		2-3 X 8-10MIN STEADY STATE SKIPPING	10,000
Sunday	Rest			10,000



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 1-4

A1 Dumbbell Split Squat Paused

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	32X0				This exercise works predominately glutes and quads.
2	3	8-10	30-45	32X0				
3	3	8-10	30-45	32X0				
4	3	8-10	30-45	32X0				

A2 Unilateral Dumbbell Row Neutral Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	3011				This exercise works predominately glutes and quads.
2	3	8-10	30-45	3011				
3	3	8-10	30-45	3011				
4	3	8-10	30-45	3011				

B1 Dumbbell Unilateral Romanian Deadlift

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	4010				This exercise works predominately glutes Do Each Leg With Superset Separately.
2	3	8-10	30-45	4010				
3	3	8-10	30-45	4010				
4	3	8-10	30-45	4010				

B2 Close Grip Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	3010				This exercise works predominately glutes Do Each Leg With Superset Separately.
2	3	8-10	30-45	3010				
3	3	8-10	30-45	3010				
4	3	8-10	30-45	3010				

C1 Single Leg Glute Bridge From Bench With Dumbbell On Hips

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	3012				
2	3	8-10	30-45	3012				
3	3	8-10	30-45	3012				
4	3	8-10	30-45	3012				



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 1- 4

C2

Power Band Face Pulls To Neck

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	3011				
2	3	8-10	30-45	3011				
3	3	8-10	30-45	3011				
4	3	8-10	30-45	3011				

D

Dumbbell Backward Step Lunges

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	16-20	30-45	2010				
2	3	16-20	30-45	2010				
3	3	16-20	30-45	2010				
4	3	16-20	30-45	2010	Notes: Alternating Legs			



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 1- 4

A1 Dumbbell Bulgarian Split Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	4010				This exercise works predominately glutes and quads.
2	3	8-10	30-45	4010				
3	3	8-10	30-45	4010				
4	3	8-10	30-45	4010				

A2 Seated Dumbbell Shoulder Press Neutral Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	3010				This exercise works predominately glutes and quads.
2	3	8-10	30-45	3010				
3	3	8-10	30-45	3010				
4	3	8-10	30-45	3010				

B1 Dumbbell Goblet Squats Heels Elevated If Possible

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	32X0				This exercise works predominately glutes Do Each Leg With Superset Separately.
2	3	8-10	30-45	32X0				
3	3	8-10	30-45	32X0				
4	3	8-10	30-45	32X0				

B2 Dumbbell Bent Over Rows Mid Pronated Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	2012				This exercise works predominately glutes Do Each Leg With Superset Separately.
2	3	8-10	30-45	2012				
3	3	8-10	30-45	2012				
4	3	8-10	30-45	2012				

C1 Dumbbell Romanian Deadlifts

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	8-10	30-45	4010				
2	3	8-10	30-45	4010				
3	3	8-10	30-45	4010				
4	3	8-10	30-45	4010				



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 1- 4

C2

Unilateral Pulldown With Power Band

<i>Week</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Tempo</i>	<i>Set 1</i>	<i>Set 2</i>	<i>Set 3</i>	<i>Notes</i>
1	3	8-10	30-45	3021				
2	3	8-10	30-45	3021				
3	3	8-10	30-45	3021				
4	3	8-10	30-45	3021				

D

Hip Thrust Dumbbell On Hips

<i>Week</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Tempo</i>	<i>Set 1</i>	<i>Set 2</i>	<i>Set 3</i>	<i>Notes</i>
1	3	8-10	30-45	2013				
2	3	8-10	30-45	2013				
3	3	8-10	30-45	2013				
4	3	8-10	30-45	2013				



12 WEEK FULL BODY - SUPERSET

PHASE 2 - WEEKS 5 TO 8

Day	Workout	Finishers (Optional)	Cardio	Steps
Monday	Workout 1	Glute or Arm Finisher (select one)	9-12MIN INTERVALS 30SEC ON 60SEC OFF	12,000
Tuesday	Workout 2	Core Finisher (Select One)		12,000
Wednesday	Rest		9-12MIN INTERVALS 30SEC ON 60SEC OFF	12,000
Thursday	Workout 1	Glute or Arm Finisher (select one)		12,000
Friday	Workout 2	Core Finisher (Select One)		12,000
Saturday	Rest		9-12MIN INTERVALS 30SEC ON 60SEC OFF	12,000
Sunday	Rest			12,000



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 5 - 8

A1 Dumbbell Split Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	4	10-12	45-60	32X0				This exercise works predominately glutes and quads.
6	4	10-12	45-60	32X0				
7	4	10-12	45-60	32X0				
8	4	10-12	45-60	32X0				

A2 Unilateral Dumbbell Row Neutral Grip Paused

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	4	10-12	45-60	3012				This exercise works predominately glutes and quads.
6	4	10-12	45-60	3012				
7	4	10-12	45-60	3012				
8	4	10-12	45-60	3012				

B1 Dumbbell Unilateral Romanian Deadlift

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	3	10-12	15-20	4010				This exercise works predominately glutes Do Each Leg With Superset Separately.
6	3	10-12	15-20	4010				
7	3	10-12	15-20	4010				
8	3	10-12	15-20	4010				

B2 Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	15-20	3010				This exercise works predominately glutes Do Each Leg With Superset Separately.
2	3	10-12	15-20	3010				
3	3	10-12	15-20	3010				
4	3	10-12	15-20	3010				

B3 Dumbbell Squats

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	3	10-12	60	3012				
6	3	10-12	60	3012				
7	3	10-12	60	3012				
8	3	10-12	60	3012				



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 5 - 8

C1

Bent Over Row Dumbbell Pronated Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	3	10-12	15-20	3011				
6	3	10-12	15-20	3011				
7	3	10-12	15-20	3011				
8	3	10-12	15-20	3011				

C2

Good Mornings Wide Stance Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	3	10-12	15-20	2010				
6	3	10-12	15-20	2010				
7	3	10-12	15-20	2010				
8	3	10-12	15-20	2010				

C3

Backward Step Lunges Dumbbell

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
5	3	20-24	60	2010				
6	3	20-24	60	2010				
7	3	20-24	60	2010				
8	3	20-24	60	2010	Notes: Alternating Legs			



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 5 - 8

A1 Dumbbell Bulgarian Split Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	4	10-12	45-60	32X0				
2	4	10-12	45-60	32X0				
3	4	10-12	45-60	32X0				
4	4	10-12	45-60	32X0				

A2 Seated Dumbbell Shoulder Press Neutral Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	4	10-12	45-60	3012				
2	4	10-12	45-60	3012				
3	4	10-12	45-60	3012				
4	4	10-12	45-60	3012				

B1 Dumbbell Goblet Squats Heels Elevated If Possible

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	15-20	4010				
2	3	10-12	15-20	4010				
3	3	10-12	15-20	4010				
4	3	10-12	15-20	4010				

B2 Dumbbell Bent Over Rows Mid Pronated Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	15-20	3010				
2	3	10-12	15-20	3010				
3	3	10-12	15-20	3010				
4	3	10-12	15-20	3010				

B3 Dumbbell Romanian Deadlifts

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	60	3012				
2	3	10-12	60	3012				
3	3	10-12	60	3012				
4	3	10-12	60	3012				



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 5 - 8

C1

Unilateral Pulldown With Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	15-20	3011				
2	3	10-12	15-20	3011				
3	3	10-12	15-20	3011				
4	3	10-12	15-20	3011				

C2

Hip Thrust with Dumbbell on Hips

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	15-20	2013				
2	3	10-12	15-20	2013				
3	3	10-12	15-20	2013				
4	3	10-12	15-20	2013				

C3

Dumbbell Standing Lateral Raises

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
1	3	10-12	60	2010				
2	3	10-12	60	2010				
3	3	10-12	60	2010				
4	3	10-12	60	2010				



12 WEEK FULL BODY - SUPERSET

PHASE 3 - WEEKS 9 TO 12

Day	Workout	Finishers (Optional)	Cardio	Steps
Monday	Workout 1	Glute or Arm Finisher (select one)	10-14 MIN INTERVAL 20 SEC ON 100 SEC OFF	14,000
Tuesday	Workout 2	Core Finisher (Select One)		14,000
Wednesday	Rest		10-14 MIN INTERVAL 20 SEC ON 100 SEC OFF	14,000
Thursday	Workout 1	Glute or Arm Finisher (select one)		14,000
Friday	Workout 2	Core Finisher (Select One)		14,000
Saturday	Rest		10-14 MIN INTERVAL 20 SEC ON 100 SEC OFF	14,000
Sunday	Rest			14,000



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 9 - 12

A1

Dumbbell Split Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	4	12-15	45-60	3010				
10	4	12-15	45-60	3010				
11	4	12-15	45-60	3010				
12	4	12-15	45-60	3010				

A2

Unilateral Dumbbell Row Neutral Grip Paused

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	4	12-15	45-60	3012				
10	4	12-15	45-60	3012				
11	4	12-15	45-60	3012				
12	4	12-15	45-60	3012				

B1

Dumbbell Unilateral Romanian Deadlift With Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	4010				
10	3	12-15	15-20	4010				
11	3	12-15	15-20	4010				
12	3	12-15	15-20	4010				

B2

Push Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	3010				
10	3	12-15	15-20	3010				
11	3	12-15	15-20	3010				
12	3	12-15	15-20	3010				

B3

Dumbbell Squats

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	3010				
10	3	12-15	15-20	3010				
11	3	12-15	15-20	3010				
12	3	12-15	15-20	3010				



12 WEEK FULL BODY - SUPERSET

WORKOUT 1 - WEEKS 9 - 12

B4 Backward Dumbbell Step Lunges

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	20-24	60	2010				
10	3	20-24	60	2010				
11	3	20-24	60	2010				
12	3	20-24	60	2010				

C1 Bent Over Row DB Pronated Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	3011				
10	3	12-15	15-20	3011				
11	3	12-15	15-20	3011				
12	3	12-15	15-20	3011				

C2 Good Mornings Wide Stance Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	2010				
10	3	12-15	15-20	2010				
11	3	12-15	15-20	2010				
12	3	12-15	15-20	2010				

C3 Kneeling Face Pulls To Neck - Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	2010				
10	3	12-15	15-20	2010				
11	3	12-15	15-20	2010				
12	3	12-15	15-20	2010				

C4 Banded Crab Walks

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	20-24	60	2010				
10	3	20-24	60	2010				
11	3	20-24	60	2010				
12	3	20-24	60	2010				



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 9 - 12

A1 Dumbbell Bulgarian Split Squat

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	4	12-15	45-60	3010				
10	4	12-15	45-60	3010				
11	4	12-15	45-60	3010				
12	4	12-15	45-60	3010				

A2 Seated Dumbbell Shoulder Press Neutral Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	4	12-15	45-60	3012				
10	4	12-15	45-60	3012				
11	4	12-15	45-60	3012				
12	4	12-15	45-60	3012				

B1 Dumbbell Goblet Squats Heels Elevated If Possible

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	4010				
10	3	12-15	15-20	4010				
11	3	12-15	15-20	4010				
12	3	12-15	15-20	4010				

B2 Dumbbell Bent Over Rows Mid Pronated Grip

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	3010				
10	3	12-15	15-20	3010				
11	3	12-15	15-20	3010				
12	3	12-15	15-20	3010				

B3 Dumbbell Romanian Deadlifts With Band Around Hips

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	60	3012				
10	3	12-15	60	3012				
11	3	12-15	60	3012				
12	3	12-15	60	3012				



12 WEEK FULL BODY - SUPERSET

WORKOUT 2 - WEEKS 9 - 12

B4 Standing Dumbbell Lateral Raise

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	60	3012				
10	3	12-15	60	3012				
11	3	12-15	60	3012				
12	3	12-15	60	3012				

C1 Single Leg Hip Thrust From Bench With Dumbbell On Hips

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	3011				
10	3	12-15	15-20	3011				
11	3	12-15	15-20	3011				
12	3	12-15	15-20	3011				

C2 Unilateral Pull Down with Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	2010				
10	3	12-15	15-20	2010				
11	3	12-15	15-20	2010				
12	3	12-15	15-20	2010				

C3 Sumo Squats 1 + 1 1/4 with Dumbbell and Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	15-20	2010				
10	3	12-15	15-20	2010				
11	3	12-15	15-20	2010				
12	3	12-15	15-20	2010				

C4 Lying Dumbbell Tricep Extensions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Notes
9	3	12-15	60	2010				
10	3	12-15	60	2010				
11	3	12-15	60	2010				
12	3	12-15	60	2010				



GLUTE FINISHERS





GLUTE FINISHERS

SERIES 1

A

Kneeling Banded Kick Back

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	4010					
2	3	12-15	30-45	4010					
3	3	15-20	30-45	4010					
4	3	Max Reps	30-45	4010					

B

Bent Over Standing Banded Abductions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3012					
2	3	12-15	30-45	3012					
3	3	15-20	30-45	3012					
4	3	Max Reps	30-45	3012					

C

Side Lying Hip Abduction + External Rotation

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

D

45° Degree Step Outs

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					



GLUTE FINISHERS

SERIES 2

A

Unilateral Glute Bridge

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

B

Kneeling Banded Kick Back

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	4010					
2	3	12-15	30-45	4010					
3	3	15-20	30-45	4010					
4	3	Max Reps	30-45	4010					

C

Frog Pumps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

D

Banded Crab Walks

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	15-20	30-45	32X0					
4	3	Max Reps	30-45	32X0					



GLUTE FINISHERS

SERIES 3

A

45° Degree Step Outs

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

B

Side Lying Hip Abduction + External Rotation

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

C

Frog Pumps

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

D

Banded Crab Walks

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	10-12	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	15-20	30-45	32X0					
4	3	Max Reps	30-45	32X0					



ARM FINISHERS



ARM FINISHERS

SERIES 1

A Lying Dumbbell Tricep Extensions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	15-20	30-45	32X0					
4	3	Max Reps	30-45	32X0					

B Standing Bicep Curls Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

C Standing Triceps Press Down Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3010					
2	3	12-15	30-45	3010					
3	3	15-20	30-45	3010					
4	3	Max Reps	30-45	3010					

D Kneeling Bicep Curls Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					



ARM FINISHERS

SERIES 2

A

Skull Dumbbell Crushers

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	4010					
2	3	12-15	30-45	4010					
3	3	15-20	30-45	4010					
4	3	Max Reps	30-45	4010					

B

Standing Dumbbell Zottman Curls

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

C

Seated Dumbbell Overhead Triceps Extensions

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

D

Seated Dumbbell Concentration Curls

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					



ARM FINISHERS

SERIES 3

A

Dumbbell Skull Crushers

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	4010					
2	3	12-15	30-45	4010					
3	3	15-20	30-45	4010					
4	3	Max Reps	30-45	4010					

B

Standing Bicep Curls Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

C

Standing Triceps Press Down Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3010					
2	3	12-15	30-45	3010					
3	3	15-20	30-45	3010					
4	3	Max Reps	30-45	3010					

D

Unilateral Dumbbell Trap 3 Raise

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					



CORE FINISHERS



CORE FINISHERS

SERIES 1

A Curl Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	15-20	30-45	32X0					
4	3	Max Reps	30-45	32X0					

B Kneeling Oblique Crunch Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

C V-Up

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3010					
2	3	12-15	30-45	3010					
3	3	15-20	30-45	3010					
4	3	Max Reps	30-45	3010					

D Plank

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					



CORE FINISHERS

SERIES 2

A

Unilateral Leg Drops

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

B

Side Plank

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	4010					
2	3	12-15	30-45	4010					
3	3	15-20	30-45	4010					
4	3	Max Reps	30-45	4010					

C

Crunches Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

D

Hollow Hold

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3012					
2	3	12-15	30-45	3012					
3	3	15-20	30-45	3012					
4	3	Max Reps	30-45	3012					



CORE FINISHERS

SERIES 3

A Curl Ups

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	32X0					
2	3	12-15	30-45	32X0					
3	3	15-20	30-45	32X0					
4	3	Max Reps	30-45	32X0					

B Kneeling Oblique Crunch Power Band

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	2010					
2	3	12-15	30-45	2010					
3	3	15-20	30-45	2010					
4	3	Max Reps	30-45	2010					

C V-Up

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3010					
2	3	12-15	30-45	3010					
3	3	15-20	30-45	3010					
4	3	Max Reps	30-45	3010					

D Anti-Rotation

Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set4	Set5
1	3	10-12	30-45	3011					
2	3	12-15	30-45	3011					
3	3	15-20	30-45	3011					
4	3	Max Reps	30-45	3011					

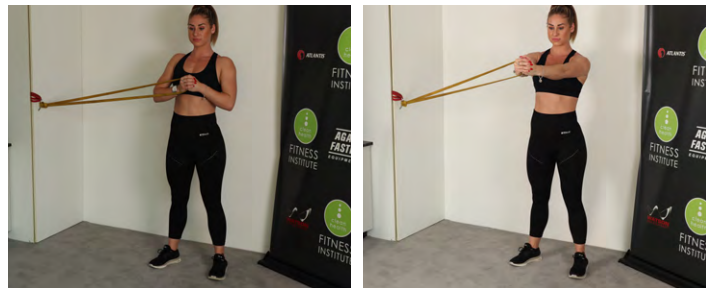


EXERCISE GLOSSARY

Anti - Rotation

Cues

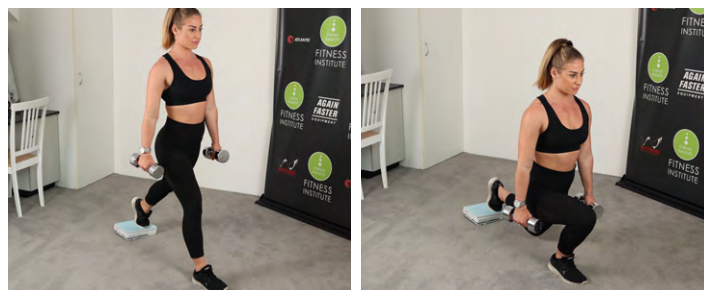
- ✓ Grab Band and step out to side
- ✓ Bend knees and engage core
- ✓ Keep band centered press out and hold



Back Foot Elevated Split Squat

Cues

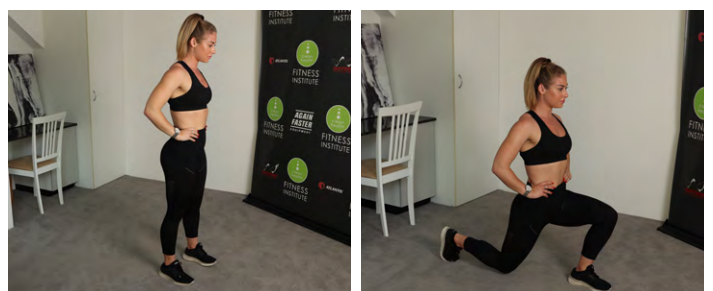
- ✓ Back foot elevated on step and keep front foot flat
- ✓ Push front knee over toe and back knee to ground
- ✓ Keep chest & torso up straight and don't round shoulders



Backward Step Lunge

Cues

- ✓ Starting in standing position Step back keeping weight on front leg
- ✓ Slightly leaning forward drop back knee to ground
- ✓ Pull the hips through from front leg back



Banded Bent Over Abduction

Cues

- ✓ Slightly bend knees and slight lean forward
- ✓ Drive knees outward
- ✓ Hold contracted position before releasing tension



Banded Crab Walks

Cues

- ✓ Standing with knees slightly bent
- ✓ Maintain neutral spine and core engaged
- ✓ Push body in lateral position by squeezing glute



Banded Hip Extension

Cues

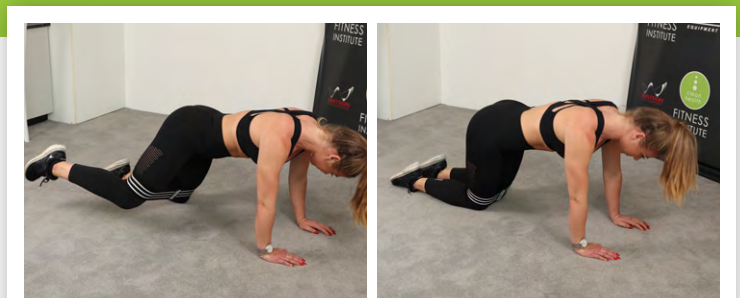
- ✓ Get into position where knee and hands are on floor
- ✓ Engage core drive leg backward and up
- ✓ Contract glute at top



Banded Kneeling Abduction

Cues

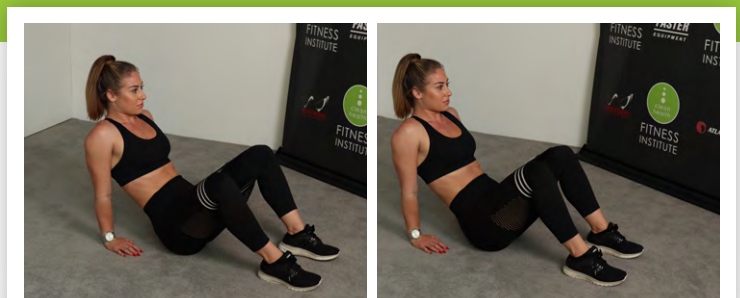
- ✓ Get into position where knee and hands are on floor
- ✓ Engage core drive leg outward
- ✓ Squeeze glute and hold in contracted position



Banded Lean Back Abduction

Cues

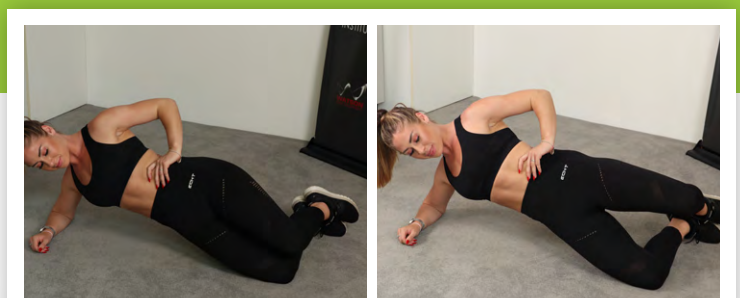
- ✓ Whilst seated at the end of a chair, lean backward and keep a neutral spine
- ✓ Drive knees out to the sides
- ✓ Place band just above knees



Banded Side Lying Abduction + External Rotation

Cues

- ✓ Lying on side
- ✓ Push body upward by abducting hip keep core engaged
- ✓ At top of movement focus on externally rotating from bottom leg



Banded Standing Abduction

Cues

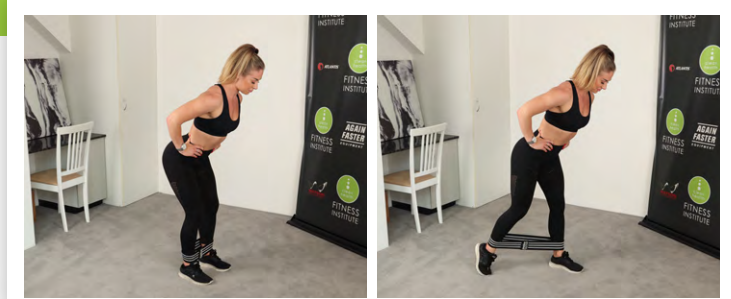
- ✓ Standing upright
- ✓ Abduct hip by pushing leg out to side
- ✓ Squeeze and hold on contracted position



Banded Step Out

Cues

- ✓ Standing with slight lean forward and maintain stable stance
- ✓ Push leg outward and back on 45 degree angle
- ✓ Keep continuous tension throughout set



Bent Over Rear Delt Fly

Cues

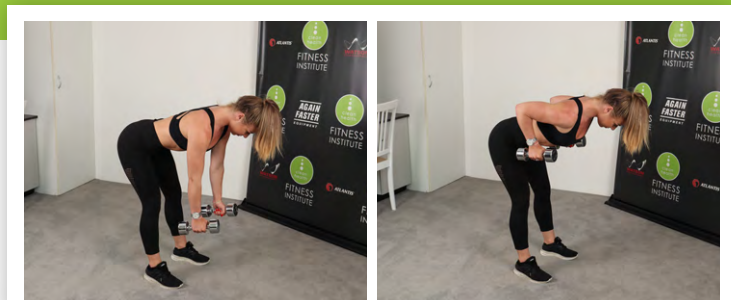
- ✓ Maintain neutral spine bend torso for 45 degree angle
- ✓ Pull the arm outward and back pulling shoulders back and down
- ✓ Squeeze at top and lower down slowly



Bent Over Row Neutral Grip

Cues

- ✓ Lean forward resting arm on knee
- ✓ Pull elbow back to hip
- ✓ Squeeze and hold ensuring full stretch at bottom



Bent Over Row Pronated Grip

Cues

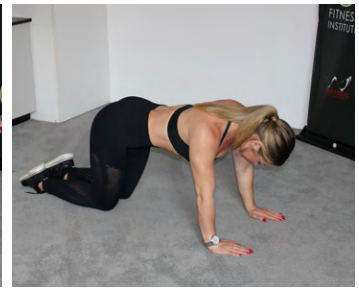
- ✓ Lean over maintain neutral spine
- ✓ Pull elbows out and back
- ✓ Squeeze and hold ensuring full stretch at bottom



Bird Dogs

Cues

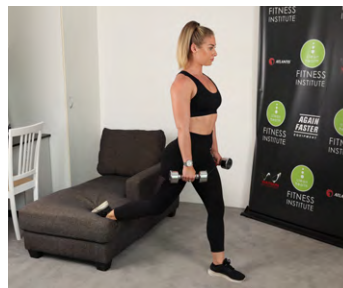
- ✓ In four point stance
- ✓ Engage core & maintain neutral spine
- ✓ Stretch opposite arm and leg contracting glute and upper back before alternating



Bulgarian Split Squat

Cues

- ✓ Elevate back foot onto high bench
- ✓ Keep front foot flat on floor and drive knee out when "sitting back" into lunge
- ✓ Think "down and back" when performing movement



Chest Fly

Cues

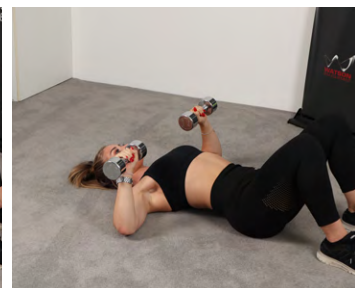
- ✓ Lay on floor with knees bent
- ✓ Position arms out straight with hands in neutral position
- ✓ Pull DBs up and squeeze chest keep tension on chest throughout



Chest Press From Floor

Cues

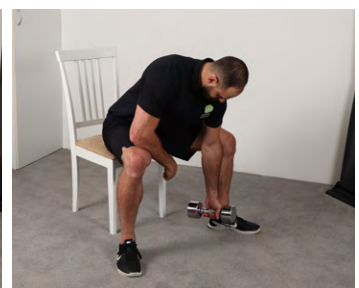
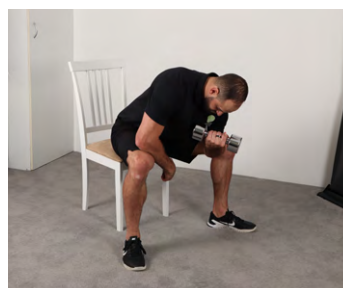
- ✓ Lay on floor with knees bent
- ✓ Position arm at 45 degree angle and hands
- ✓ pronated
- Press up and squeeze chest at top



Concentration Curl

Cues

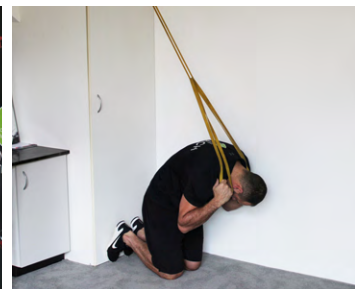
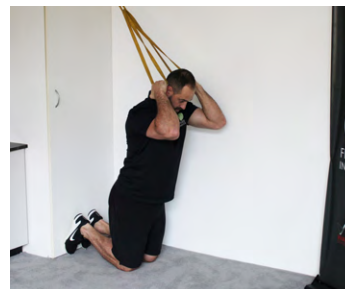
- ✓ Seated on chair leaning forward
- ✓ Tuck elbow inside of thigh
- ✓ Curl DB



Crunches Power Band

Cues

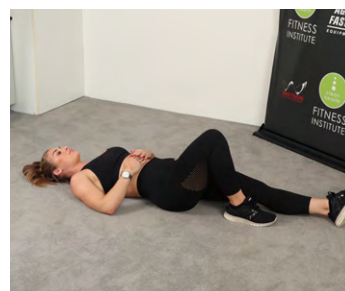
- ✓ Kneeling with core engaged
- ✓ Contract core and tuck
- ✓ Squeeze and hold ensuring to keep core engaged throughout



Curl Ups

Cues

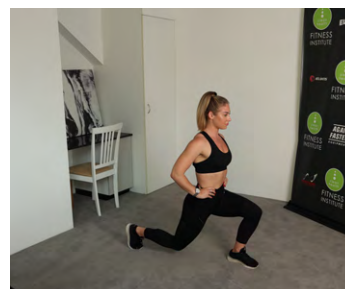
- ✓ Lying on floor with one leg bent and the other straight
- ✓ Tuck chin and curl upper body by contracting core
- ✓ Hold and control back down



Forward Step Lunge

Cues

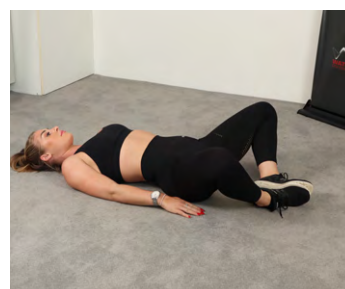
- ✓ Starting in standing position step forward to lunge
- ✓ Slight lean forward progress front knee over toe
- ✓ Push back Keep chest & torso upright



Frogs Pumps

Cues

- ✓ Lay on floor with soles of feet touching and knees out
- ✓ Drive hips up
- ✓ Squeeze glutes



Front Foot Elevated Split Squat

Cues

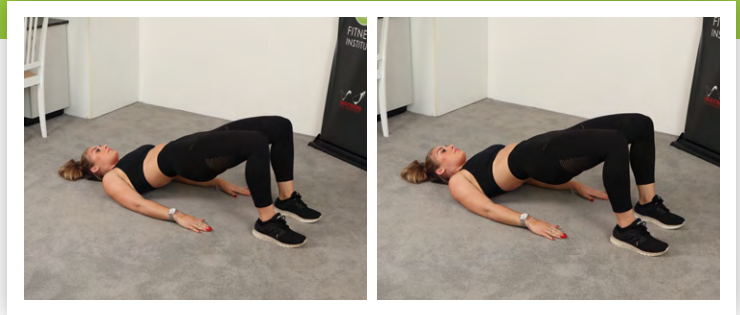
- ✓ Elevate front foot on a step or plate and keep flat
- ✓ Push front knee over toe and back knee towards ground
- ✓ Keep chest & torso straight and don't round shoulders



Glute Bridge

Cues

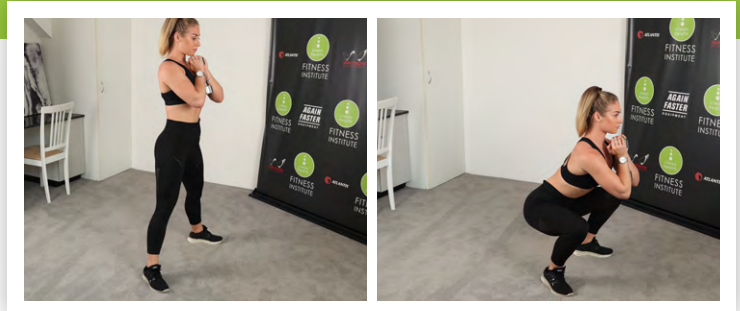
- ✓ Lay on floor with feet position at 90 degree knee angle
- ✓ Maintain neutral spine and core engaged drive hips up
- ✓ Squeeze at top before controlling down



Goblet Squat

Cues

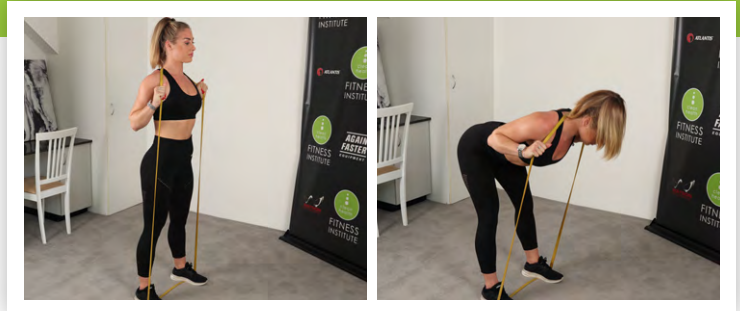
- ✓ Stand in normal squat position keepign torso upright
- ✓ Engage core and drive knees out
- ✓ Squat deep focusin on ripping floor apart throughout movment



Good Morning

Cues

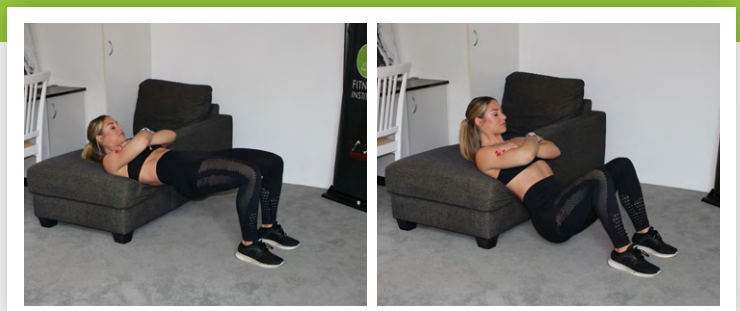
- ✓ Posistion feet in normal squat stance
- ✓ Maintain upright torso drive hips back, rip floor apart
- ✓ Once at full stretch pull hips through



Hip Thrust

Cues

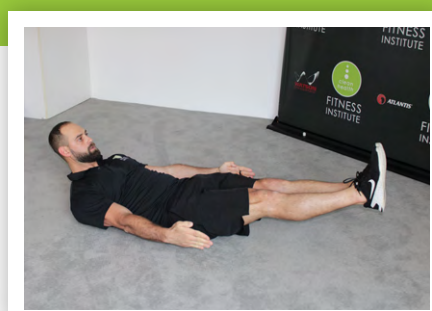
- ✓ Supporting knee should create a 90° angle at top of movement, whereas other leg should be straight
- ✓ Keep chin tucked into chest for entire movement
- ✓ Squeeze glutes hard at top



Hollow Hold

Cues

- ✓ Lay down with arms and legs stretched out
- ✓ Contract core lifting arms and legs off floor
- ✓ Hold and keep core engaged



Incline Bicep Curl

Cues

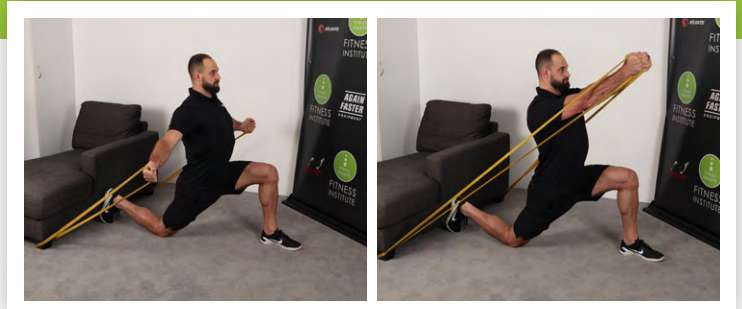
- ✓ Seated leaning back on chair
- ✓ Have hands in supinated position
- ✓ Pull DBs upward and contract biceps



Incline Chest Fly

Cues

- ✓ Kneeling on floor
- ✓ Engage core and maintain neutral spine
- ✓ Pull bands upward by contracting chest



Incline Push Up

Cues

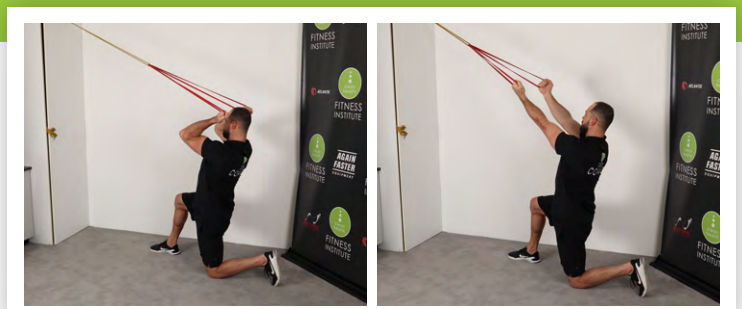
- ✓ Place feet on chair and hands outside shoulder width
- ✓ Engage glutes and core and press body up
- ✓ Squeeze chest at top of movement



Kneeling Biceps Curl

Cues

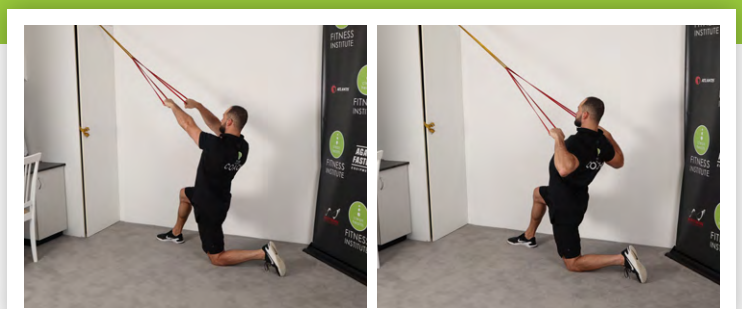
- ✓ Kneeling down with arms out in front in supinated position
- ✓ Pull band toward face
- ✓ Hold and control movement on eccentric phase



Kneeling Face Pull To Neck

Cues

- ✓ Kneeling down with arms out in front in pronated position
- ✓ Pull hands backward toward neck
- ✓ Retract and depress scapula and hold at end position



Kneeling Oblique Crunch

Cues

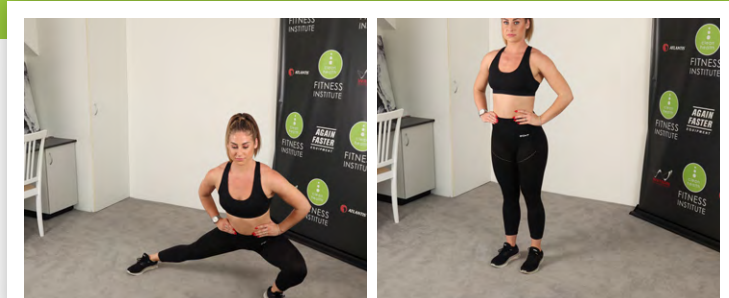
- ✓ Kneeling down holding band above head
- ✓ Engage core
- ✓ Contact and pull band over toward side



Lateral Lunge

Cues

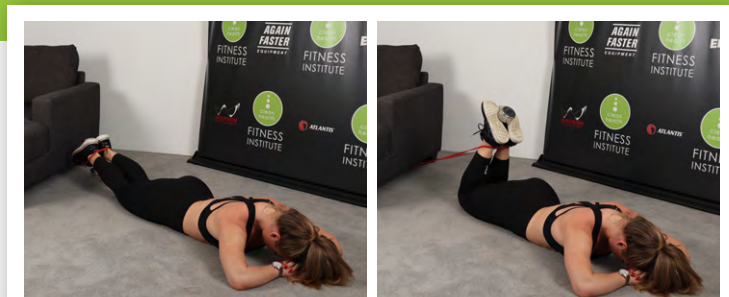
- ✓ Starting in standing position
- ✓ Step to side keeping torso upright
- ✓ Bend stepping leg and keep back leg straight before returning



Lying Leg Curl

Cues

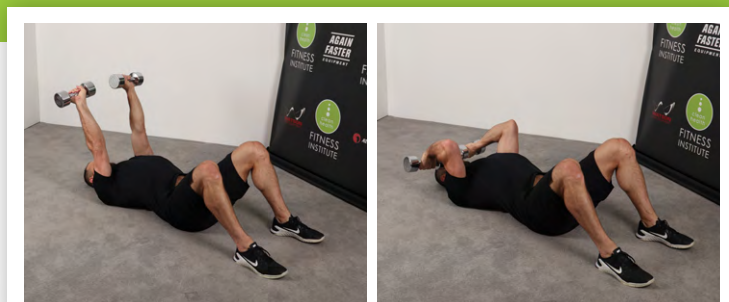
- ✓ Lay on floor with head resting on hands
- ✓ Engage glutes and core
- ✓ Pull heels to glutes



Lying Skull Crushers

Cues

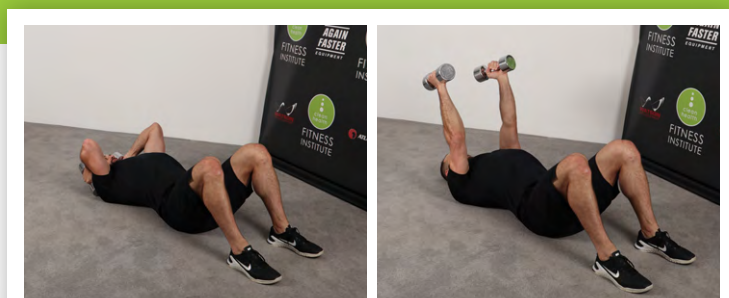
- ✓ Lay on floor with DB above head pronated position
- ✓ Lower db down toward forehead
- ✓ Extend elbows and hold at top



Lying Tricep Extensions

Cues

- ✓ Lay on floor with DB above head neutral position
- ✓ Lower DB down toward floor
- ✓ Extend elbows and hold at top



Pike Push Up

Cues

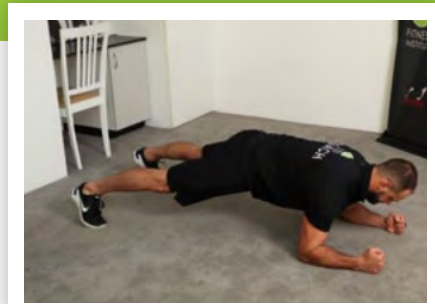
- ✓ On hands and feet in V position
- ✓ Lower head to floor
- ✓ Squeeze shoulders and press up



Plank

Cues

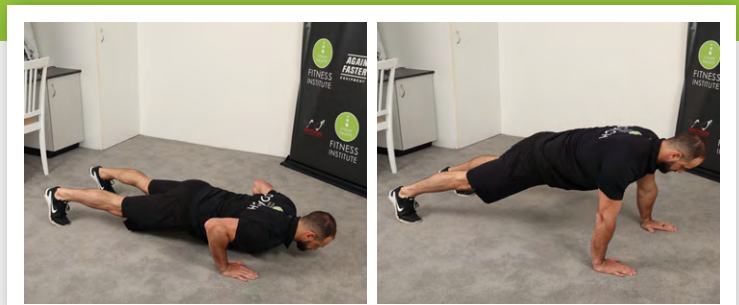
- ✓ Lay down with feet and elbows hip width and shoulders apart
- ✓ Engage core
- ✓ Maintain neutral position



Push Up

Cues

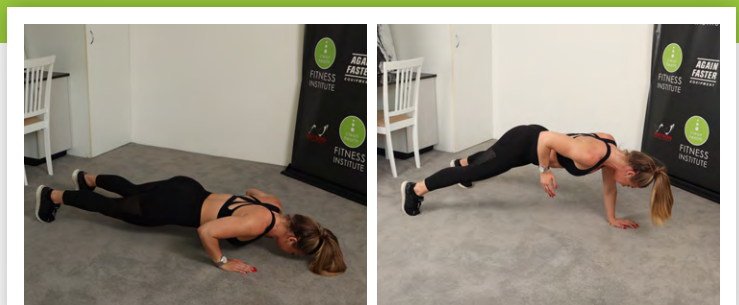
- ✓ Place feet in narrow position and hands outside shoulder width
- ✓ Engage glutes and core and press body up
- ✓ Squeeze chest at top of movement



Push Up Row

Cues

- ✓ Place feet in narrow position and hands outside shoulder width
- ✓ Descend to push up and press up
- ✓ Pull arm back and squeeze back



Quad Squat Heels Elevated

Cues

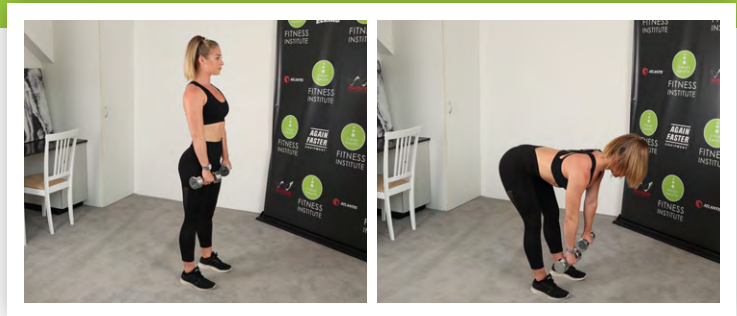
- ✓ Elevate Heels with a narrow stance foot position
- ✓ Keep torso upright drive knees forward
- ✓ Push up by pushing floor away



Romanian Deadlifts

Cues

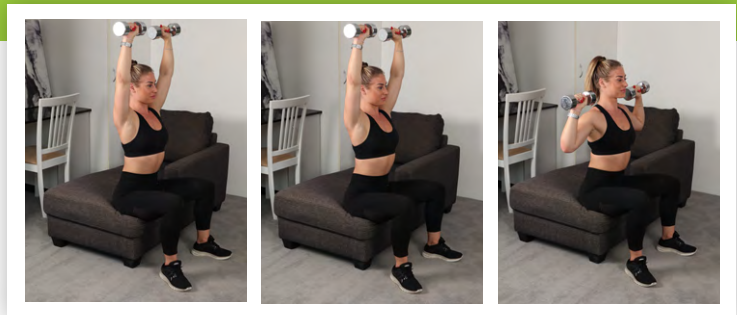
- ✓ Standing in upright position with feet directly under hips
- ✓ Hinge at hips and push glutes to wall behind you
- ✓ Keep eyes glancing 1 metre in front of feet



Seated Arnold Press

Cues

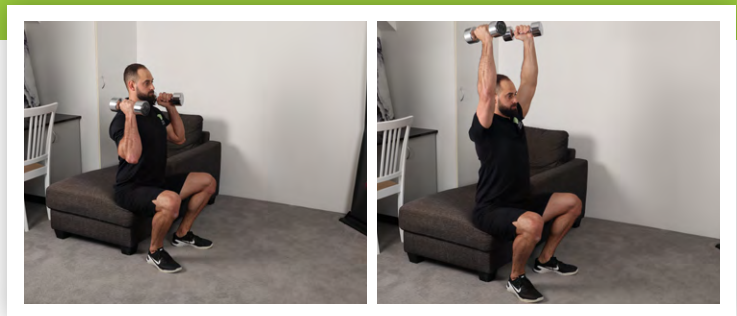
- ✓ Seated with DB in supinated position
- ✓ Press DB up and rotate outward
- ✓ Control weight on eccentric phase and repeat movement pattern



Seated Overhead Press Neutral Grip

Cues

- ✓ Seated with DB in neutral grip position
- ✓ Press DB up
- ✓ Maintain neutral spine and core engaged



Seated Overhead Triceps Extension

Cues

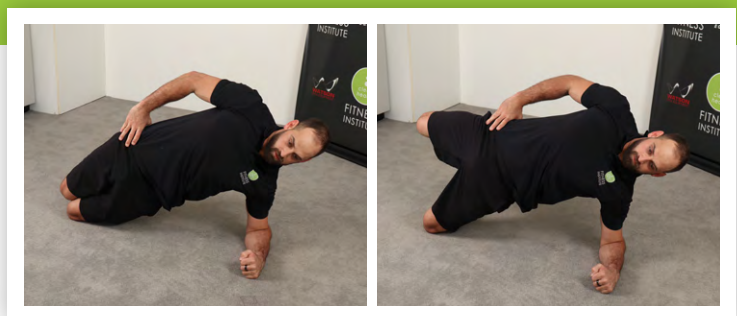
- ✓ Seated with DB in neutral grip position above head
- ✓ Extend elbows and squeeze triceps
- ✓ Control weight on eccentric phase



Side Lying Hip Abduction

Cues

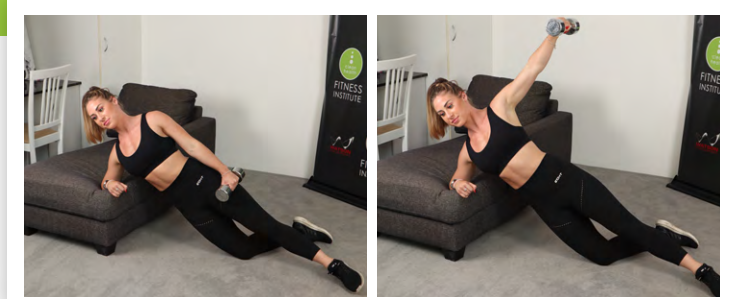
- ✓ Lying on side engage core and neutral spine
- ✓ Push hip up by contracting glutes
- ✓ Hold at top and squeeze glutes



Side Lying Lateral Raise

Cues

- ✓ Lying on side engage core and maintain neutral spine
- ✓ Lift DB up by contracting shoulder
- ✓ Hold and top and control weight on eccentric phase



Side Plank

Cues

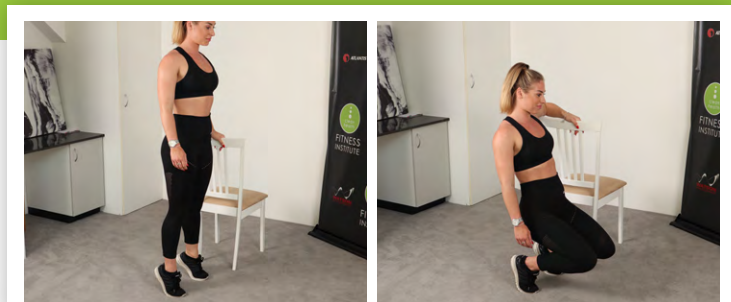
- ✓ Lying on side position
- ✓ Engage core
- ✓ Maintain neutral spine position



Sissy Squat

Cues

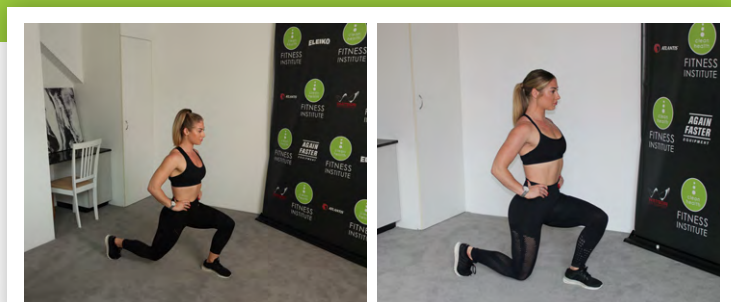
- ✓ Holding on to support Standing upright push-in hips forward and up on toes
- ✓ Focus on driving knees forward keeping upright position
- ✓ Squat as deep as you can until calves touch hamstring before returning to start position



Split Squat

Cues

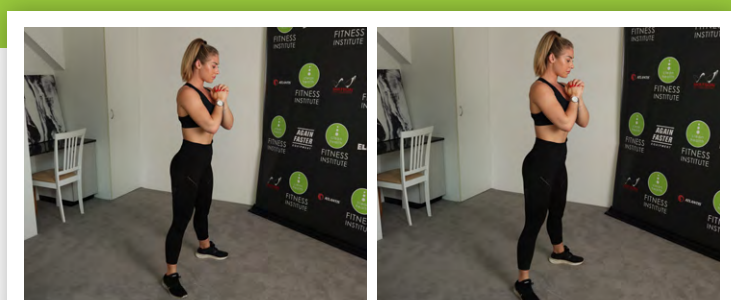
- ✓ Starting in a split stance
- ✓ Push front knee over toe and back knee towards ground
- ✓ Keep chest & torso straight and don't round shoulders



Squat

Cues

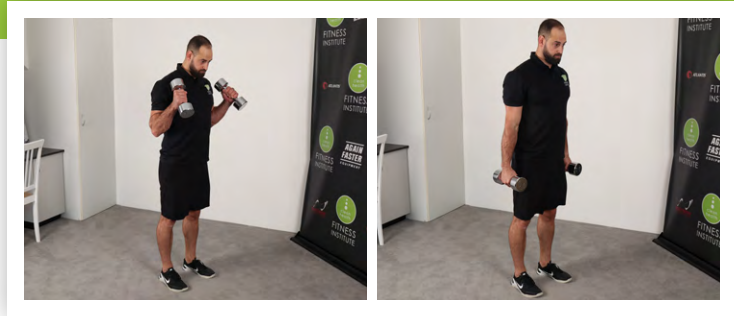
- ✓ Brace core and breathe at the top of the movement for stability
- ✓ Push knees out and tear the floor apart with feet
- ✓ Ensure to get full depth



Standing Bicep Curl Neutral Grip

Cues

- ✓ Standing with arms in neutral grip
- ✓ Curl dumbbells up
- ✓ Squeeze and hold at top before lowering



Standing Bicep Curl Supinated Grip

Cues

- ✓ Standing with arms in supinated grip
- ✓ Curl dumbbells up
- ✓ Squeeze and hold at top before lowering



Standing Lateral Raise

Cues

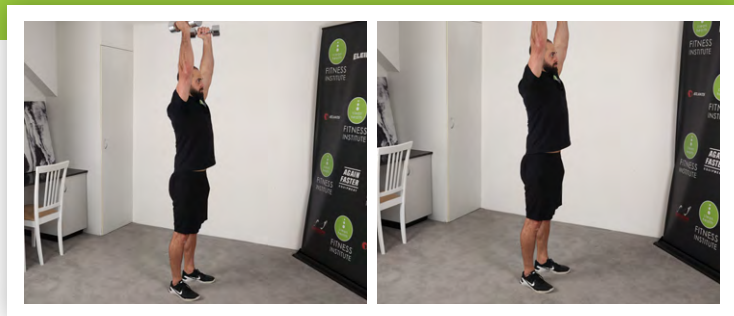
- ✓ Standing with arms by side
- ✓ Lift dumbbells outward and up
- ✓ Hold at top and maintain tension on shoulders



Standing Overhead Press Neutral Grip

Cues

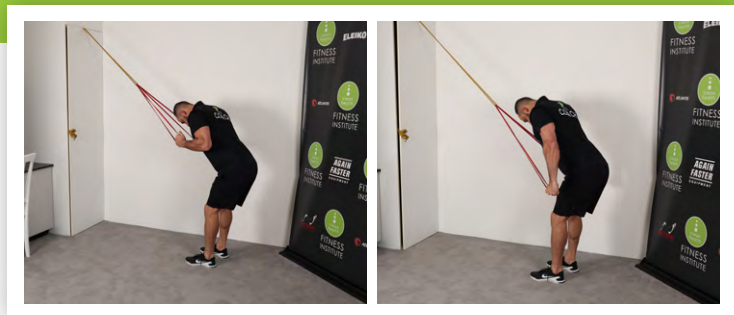
- ✓ Standing with arms in neutral grip above shoulders
- ✓ Press dumbbells above head
- ✓ Squeeze shoulders and maintain tension



Standing Tricep Press Down - Power Band

Cues

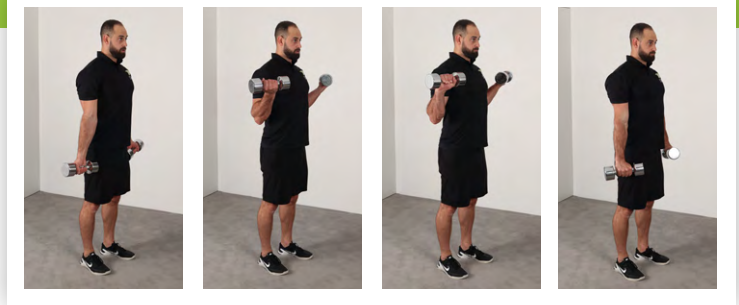
- ✓ Standing and leaning forward
- ✓ Press band down and squeeze triceps
- ✓ Hold and bottom position and control back up



Standing Zottman Curl

Cues

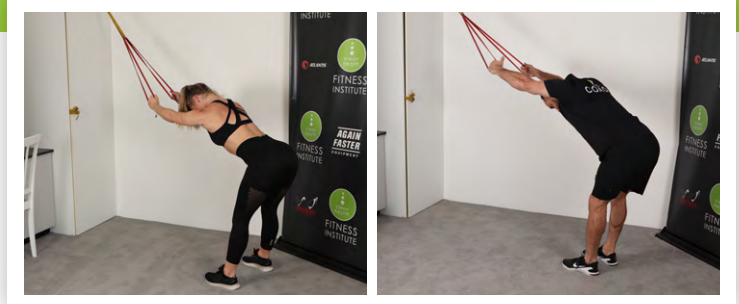
- ✓ Standing with arms in supinated grip
- ✓ Lift dumbbells up
- ✓ At top rotate to pronated hand position and lower in a controlled manner



Straight Arm Pull Down

Cues

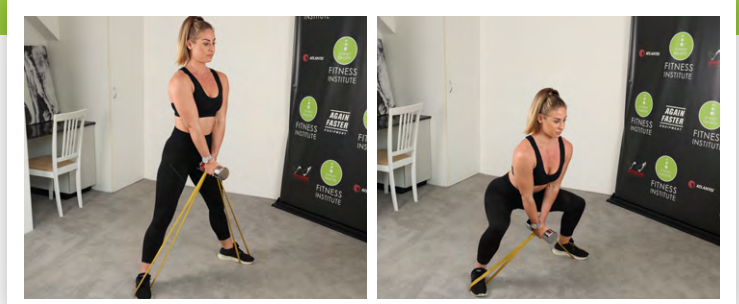
- ✓ Position torso at 45 degree angle
- ✓ Pull arms down by side
- ✓ Ensure full stretch at top



Sumo Squat

Cues

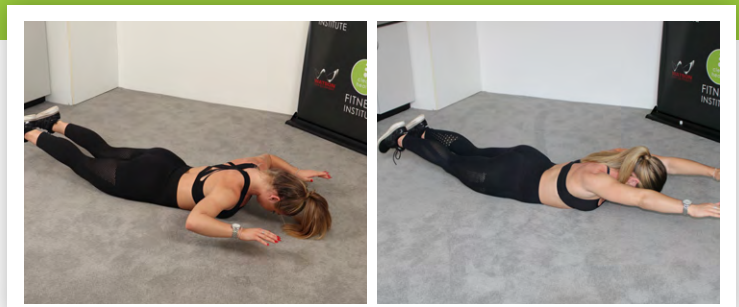
- ✓ Take a wide foot position
- ✓ Keep torso upright
- ✓ Drive knees out and hips back to full depth



Superman Cuban Press

Cues

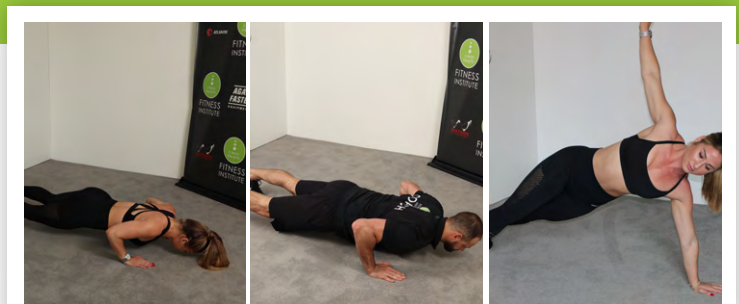
- ✓ Have legs out straight and arms bent
- ✓ Contract glute and back
- ✓ Press arms above head keeping shoulders back and down



T-Push Up

Cues

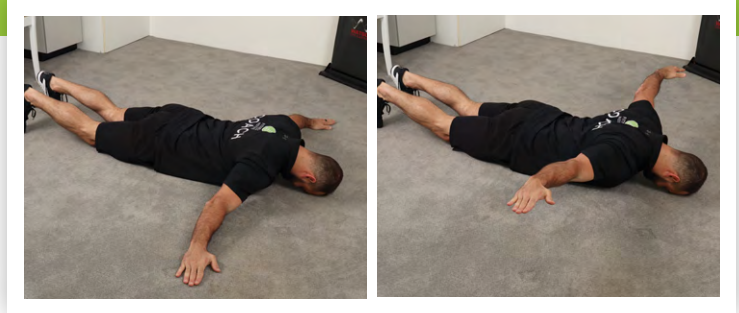
- ✓ Have hands outside shoulder width and feet out in wide stance
- ✓ Descend down until chest hits floor
- ✓ Press up externally rotate extending arm straight up squeezing the back at top



T-Raise

Cues

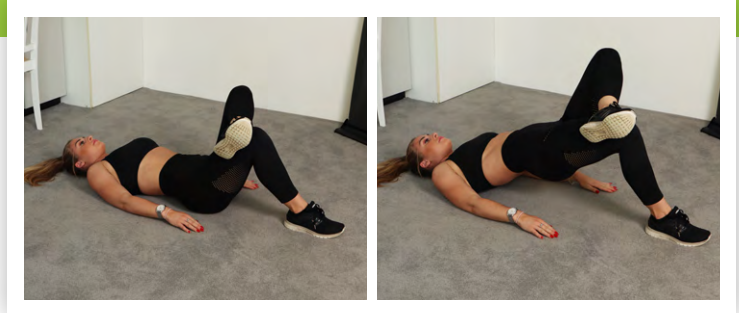
- ✓ Lay on floor with arms straight out to side
- ✓ Elevated arms and focus on pulling shoulders back and down
- ✓ Squeeze back in top position



Unilateral Glute Bridge

Cues

- ✓ Lay on floor with feet position at 90 degree knee angle and one ankle on knee
- ✓ Maintain neutral spine and core engaged drive hips up
- ✓ Squeeze at top before controlling down



Unilateral Hip Thrust

Cues

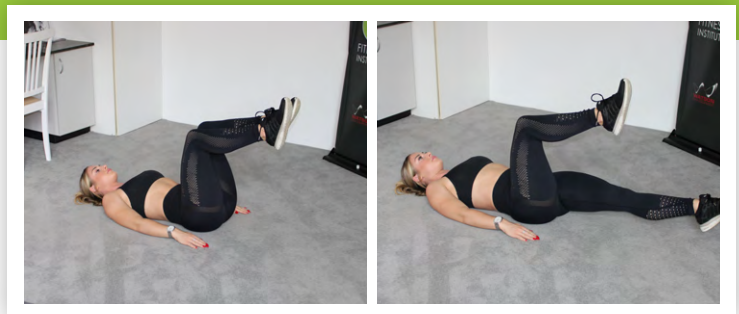
- ✓ Supporting knee should create a 90° angle at top of movement, whereas other leg should be straight
- ✓ Keep chin tucked into chest for entire movement
- ✓ Squeeze glutes hard at top



Unilateral Leg Drops

Cues

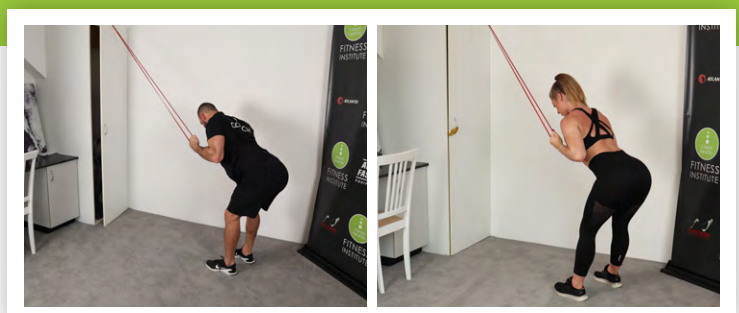
- ✓ Lay on floor with knees bent and arms by side
- ✓ Brace core and lower one leg out straight
- ✓ Keep Core engaged and alternate legs



Unilateral Pull Down

Cues

- ✓ Leaning forward with torso on 45 degree angle
- ✓ Pull elbow in tight toward back pocket
- ✓ Ensure to get full stretch at top of movement



Unilateral Row Neutral Grip

Cues

- ✓ Front arm supporting body
- ✓ Row DB from in with shoulder back to hip
- ✓ Keep back straight and don't turn hips



Unilateral Trap 3 Raise

Cues

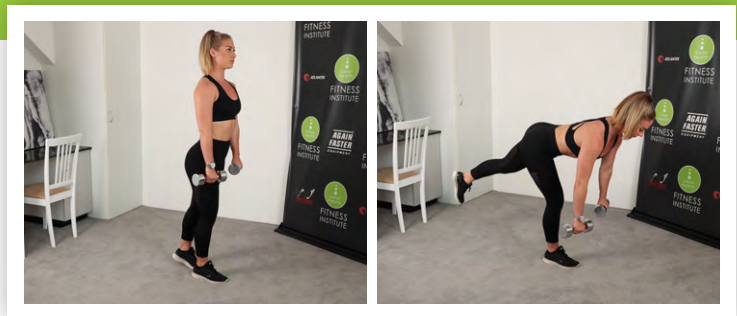
- ✓ Rest head on arm across chair
- ✓ Retract and depress scapula and pull arm up at 45 degree angle
- ✓ Hold at top and lower down slowly



Unilateral Romanian Deadlift

Cues

- ✓ Standing in upright position placing more weight on one leg
- ✓ Keep neutral spine hinge forward pushing back leg straight back
- ✓ Stabilise and pull hips through to upright position



V-Ups

Cues

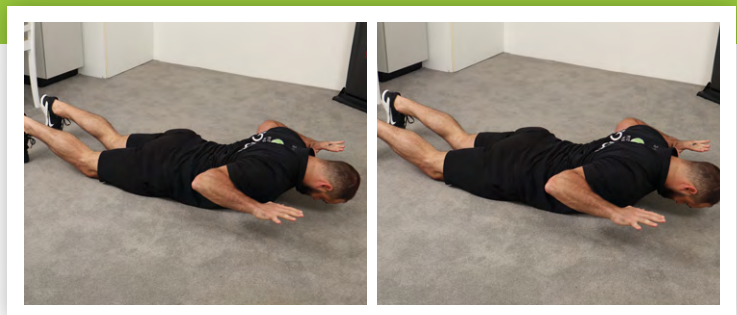
- ✓ Laying on floor with arms above head and feet straight
- ✓ Engaging core pull legs and arms together in V shape
- ✓ Hold at top and control down



W-Raise

Cues

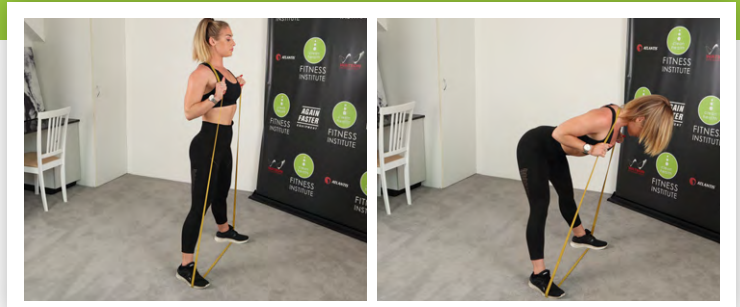
- ✓ Lay on floor with arms bent
- ✓ Elevated arms and focus on pulling shoulders back and down
- ✓ Squeeze back in top position



Wide Stance Good Morning

Cues

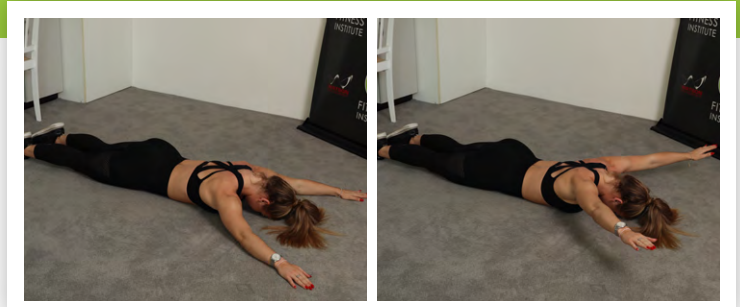
- ✓ Position feet in a wide squat stance
- ✓ Maintain upright torso drive hips back, rip floor apart
- ✓ Once at full stretch pull hips through



Y-Raise

Cues

- ✓ Lay on floor with arms positioned straight out on 30 degree angle
- ✓ Elevated arms and focus on pulling shoulders back and down
- ✓ Squeeze back in top position





TERMS YOU MUST KNOW

- **LBM:** Lean body mass
- **GI:** Glycemic index
- **RDA:** Recommended daily allowance
- **TDEE:** Total Daily Energy Expenditure
- **BMR:** Basal Metabolic rate
- **NEAT:** Non Exercise Activity Thermogenesis
- **TEF:** Thermic Effect Of Feeding
- **PAL:** Physical Activity Level
- **Series:** A group of exercises performed in a sequence
- **Sets:** A group of consecutive repetitions of an exercise before resting
- **Reps:** One complete cycle of an exercise involving a lifting and an a lowering phase
- **Tempo:** The speed or velocity at which each repetition is executed
- **Concentric:** The lifting phase of an exercise
- **Eccentric:** The lowering phase of an exercise
- **Paused Reps:** Pausing for several seconds during an exercise usually in the position where a muscle is under maximal tension
- **1 ¼ Reps:** Performing a full reption of an exercise followed by a quarter repetition usually in the position where a muscle is under maximal tension



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