

Day 1 ▼ Email Link Print

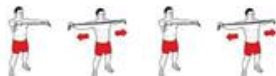
[illegible]

Band Back Pull

Sets:2-4 Reps:8-14

Rest:90 seconds

Start with the band above your head and out front slightly with hands about shoulder width apart. Pull hands apart as you bend elbows and squeeze shoulder blades together while bringing elbows down towards rib cage.

[illegible]

Core/Body

▶ Standing Cable Hold

Sets:2-4 Reps:8-14

Rest:90 seconds

Stand with feet about hip or shoulder width(wider is easier) Tuck tailbone under by squeezing glutes and abs. Bring band across from centre of chest at about sternum level, arms just slightly bent and shoulders back and hold for 30 seconds, repeat.

[illegible]

Biceps

▶ Standing Cable Curl

Sets:2-4 Reps:8-14

Rest:90 seconds

Use a band and stand on it with both feet, Keep elbow slightly in front of the ribs cage and curl up. Full extension and full contraction without moving elbows.

[illegible]

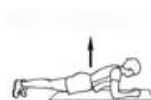
Core/Body

▶ Torso Bridge

Sets:2-4 Reps:30-35

Rest:90 seconds

Tuck Tailbone under by squeezing glutes and abs, leveling out the lower back. Hold up to one minute

[illegible]