



# FULL BODY

Equipment: Resistance Cable

Time: 1set: 12 min, 2sets: 24 min, 3sets: 36

**BEGINNER**

**STRETCH**



## Chair Squats

- Stand with feet hip-width apart
- Keep back straight throughout the exercise
- Squat down until glutes touches the chair
- Stretch

Sets: 1-3 Rep: 10-15



## Low Back Extension

- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



## Wall Push Up (or Modified Push Up)

- Stand about 3 feet from the wall
- Place hands slightly wider than shoulders at chest level
- Keep body straight. Lean forward until elbows are 90°
- Stretch

Sets: 1-3 Rep: 10-15 (25-100 reps for Wall Push Up)



## Lateral Raise

- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands to the side of body. Raise arms to shoulder level
- Stretch

Sets: 1-3 Rep: 10-15





**Straight Arm Pulldown**

- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back
- Stretch

**Sets: 1-3 Rep: 10-15**



**Cable Curls**

- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position
- Stretch

**Sets: 1-3 Rep: 10-15**



**Triceps Pressdown**

- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position
- Stretch

**Sets: 1-3 Rep: 10-15**



**Basic Crunch**

- Bend knees and place hands by the side of head
- Focus eyes on one spot on the ceiling
- Exhale and contract the abdominal area until shoulder blades clear the floor
- Stretch

**Sets: 1-3 Rep: 10-15**





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