



FULL BODY

Equipment: Resistance Cable, Dumbbells, Ball.

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

INTERMEDIATE

STRETCH



Ball Squats with Weights

* May require assistance

- Stand with feet hip-width apart
- Lean on ball, placing it at lower back level. Hold weights*
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



Low Back Extension with Resistance Cable

- Anchor cable ends under feet. Place cable behind neck. Cushion with a towel
- Tilt hips forward, keep back straight and chest up
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



Dumbbell Chest Press

* May require assistance

- Hold weights close to chest. Sit on ball and carefully lay down until resting head and shoulders on ball*
- Keep hips up throughout the exercise
- Exhale and press weight up
- Stretch

Sets: 1-3 Rep: 10-15



Lateral Raise with Dumbbells

- Place dumbbells in hands
- 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





STRETCH



Bent-Over Lateral Raise

- Stand erect with back straight
- Lean forward from hips while pushing buttocks back to keep back straight
- Keep arms straight. Exhale and raise arms to the sides as high as possible
- Stretch

Sets: 1-3 Rep: 10-15



Bicep Reverse Curls

- Anchor cable under feet. Hold cable with reversed grip (palms facing down)
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position
- Stretch

Sets: 1-3 Rep: 10-15



Triceps Reverse Pressdown

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

Sets: 1-3 Rep: 10-15



Cable Crunch

- Anchor cable at a high level (hook or a sturdy object)
- Kneel down. Hold cable by hand near your head. Keep back upright
- Exhale and contract the abdominal
- Stretch

Sets: 1-3 Rep: 10-15





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