





Hitim combo

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Image	Exercise	Set	Reps	Weight/ Resistance	Tempo	Time
	<p><u>Jump Rope (basic 2 feet)</u></p> <p>Start with the jump rope in each hand. Jump off the ground and start swinging the jump rope under your feet. Continue jumping up and down as you bring the jump rope under your feet. Continue for the prescribed number of jumps or time.</p>	1	30			
	<p>Trainer's comments:</p> <p>30 sec on 30 sec off.</p>					
	<p><u>Decline Press on Ball</u></p> <p>1) Position yourself on the stability ball seated in an upright position. Rest each DB on the corresponding thigh.</p>	1	12			
		2	12			
		3	12			
	<p>2) Start</p>					

position: Lie onto your back so that your back is neutral or your head is lower than the top of the ball and bring the DB's to your shoulders. Press the DB's up directly over chest with palms facing forward.

- 3) Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned approximately at the lower chest level.
- 4) Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.
- 5) To end the exercise, place the DB's on the corresponding thigh and sit back up to an upright position.
- 6) Remember to keep the lower back in a neutral position.

Trainer's comments:

45 sec rest between each



set.					
<u>Walking</u>	1	30			
<u>Lunge with</u>	2	sec			
<u>Dumbbell</u>	3	30			
1. Start		sec			
position: Stand		30			
with feet hip		sec			
width apart.					
Hold a Dumbbell					
in each hand.					
2. Step					
forward 2-3					
feet forming a					
90° bend at					
the front hip					
and knee. DO					
NOT allow					
front knee to					
extend past					
the big toe -					
may cause					
injury.					
3. Push body					
up and move					
the back foot					
beside the					
front foot.					
Alternate feet					
and repeat.					
4. Remember					
to keep head					
and back					
upright in a					
neutral					
position.					
Shoulders and					
hips should					
remain					
squared at all					
times.					
5. Watch for					
proper knee					
alignment - do					
not let front					
knee extend					
past big toe or					
deviate					
laterally or					
medially. Back					
knee should					
not come in					
contact with					



floor.

Trainer's comments:

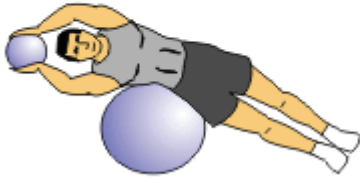
45 sec rest between sets.

Lateral Raise

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

1	12
2	12
3	12

Trainer's



comments:

45 sec rest between sets.

Lateral Flexion with med ball overhead

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball above your head laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Trainer's comments:

30 sec each side. Rest after each set 45 seconds.

1	30
2	sec
3	30
	sec
	30
	sec



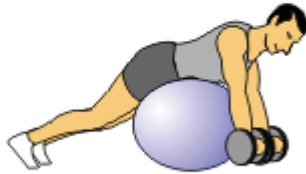
Squat Jump

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the "ready" position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.
- 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

Trainer's comments:

45 sec rest between sets.

1	30			
2	sec			
3	30			
	sec			
	30			
	sec			



Prone Row with Ball

1. Lie face down on a stability ball so that the ball is under your lower abdomen.
2. Holding two dumbbells row them up towards your shoulders keeping your elbows out wide and back staying flat.
3. Remember to pinch your shoulder blades together as you row and keep your upper body stable.

1 12
2 12
3 12

Trainer's comments:

45 sec rest between sets.

Alt squat and press

1. Start by holding a dumbbell in each hand at shoulder level.
2. Squat down to about parallel and explode up to a standing position.
3. Once you have squatted half way up then starting pressing the dumbbells over your head.

1 12
2 12
3 12



4. Use the momentum from your squat to propel the dumbbells above your head. Remember to stay in control of the dumbbells at all times.

Trainer's comments:
45 seconds rest between each set.