

STEP 1



STEP 2



### Prone Scapular Retraction Arms at Side

REPS: 15 | SETS: 4 | HOLD: 3

#### Setup

Begin lying face down with arms resting on the ground straight to your sides.

#### Movement

Lift your arms toward the ceiling keeping your elbows straight.

#### Tip

Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



STEP 3



### Prone Alternating Arm and Leg Lifts

REPS: 20 | SETS: 4

#### Setup

Begin lying on your front, with your arms and legs stretched straight.

#### Movement

Keeping your elbow and knee straight, raise one arm and your opposite leg at the same time, then lower them and repeat on with your other arm and leg.

#### Tip

Make sure to keep your forehead in contact with the ground and do not let your back arch during the exercise.

STEP 1



STEP 2



### Plank with Shoulder Row

REPS: 10 | SETS: 4

#### Setup

Begin on all fours holding a dumbbell in each hand. Straighten your legs into a plank position.

#### Movement

Pull one arm upward, bending your elbow, then lower it back down and repeat with your other arm.

#### Tip

Make sure to keep your arms tucked toward your sides when you lift them off the ground, and keep your trunk steady during the exercise.

STEP 1



STEP 2



### Push Up

REPS: 8 | SETS: 4 | HOLD: 3

#### Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

#### Movement

Slowly lower your body to the ground then push yourself back up and repeat.

#### Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 4



STEP 2



STEP 5



STEP 3



## Turkish Get Up

**REPS: 4 | SETS: 3 | HOLD: 5**

### Setup

Begin lying on your side, holding the handle of the kettlebell in front of you. Your bottom hand should have an underhand grip and your top hand should have an overhand grip.

### Movement

Engage your abdominal muscles and roll onto your back, keeping your knees bent and the kettlebell close to your chest.

Press the kettlebell up towards the ceiling with both hands until your arm is straight, using your top hand to stabilize.

Straighten your stabilizing arm and same side leg out to your side at a 45 degree angle. Make sure to keep the arm that is holding the kettlebell straight, locked, and stable through the following movements.

Press into the foot of your straight leg to rotate your hips and torso, and prop up onto your side on your forearm.

Shift your weight to straighten your propping arm. Adjust your hand position as needed.

Pressing into your hand and planted foot, lift your hips and torso up into a bridge position.

Pull your straight leg backward into a kneeling position behind your hand and foot.

Hinging at your hips, lift your torso into an upright position, then pivot your kneeling foot so that you are in a forward, kneeling lunge position.

Tuck your toes underneath and step up into a standing position.

Hold, then reverse the sequence and repeat.

### Tip

Make sure to keep your abdominals engaged and your movements slow and controlled. Focus on keeping your arm that is holding the kettlebell straight, locked, and stable. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



## Mountain Climbers Fast

**SETS: 4 | SECONDS: 30**

### Setup

Begin on all fours. Raise yourself into a push up position.

### Movement

Quickly alternate bringing your knees to your chest.

### Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.