

## Back Hyperextensions

Position stomach on ball. Lift chest off the ball and hyperextend the lower back.



**Sets:** 2  
**Reps:** 15 - 20

## Seated Row

Loop flat bands under bottom of shoe. Pull bands into waist area. Keep back straight.



**Sets:** 2  
**Reps:** 10 - 15

## Bow & Arrow Pull

Hold O-loop resistance with one arm extended. With other hand, pull O-loop toward shoulder.



**Sets:** 2  
**Reps:** 10 - 15

## Bent Rows

Grasp weighted bar. Bend waist approx. 45 degrees. Pull bar into stomach area.



**Sets:** 2  
**Reps:** 10 - 15

## Pullovers with Med Ball

Hold ball over head. Keep arms locked into position and lower the ball until even with body (parallel).



**Sets:** 2  
**Reps:** 10 - 15

## Concentration Curls

Position elbow on inside of knee. Curl Figure-8 resistance tube toward shoulder area.



**Sets:** 2  
**Reps:** 10 - 15

## Biceps Curls

Secure flat resistance bands under shoes. Curl the bands up toward shoulders.



**Sets:** 2  
**Reps:** 10 - 15

## Seated Hammer Curls

From a sitting position, secure bands under shoes. Curl bands with "hammer" grip.



**Sets:** 2  
**Reps:** 10 - 15

## Reverse Grip Curls

Grasp bar. Palms should be facing down. Curl the bar up toward the shoulders.



**Sets:** 2  
**Reps:** 10 - 15