Sample Total Body Workout

Push-ups

Place arms shoulder width apart. Keep back flat. Lower chest within inches from the ground, then push up to starting position.

Sets: 2
Reps: 10 - 15

Standing Chest Press

Anchor resistance tubing to any stationary apparatus. Lunge forward to increase resistance. Press the bands forward at chest level.

Sets: 2
Reps: 10 - 15

Ball Squats

Place ball against the wall. Lean on ball. Stand with legs slightly wider than shoulder width apart. Squat down.

Sets: 2
Reps: 10 - 15

Lunges

From a standing position, lunge forward. Ensure knees do not past toes. Increase difficulty by placing weighted bar on upper back.

Sets: 2
Reps: 10 - 15

Toe Raises

Place ball against the wall. Lean on ball. Stand up on toes. Use a 2 x 4 for greater range of motion.

Sets: 2
Reps: 10 - 20

Stability Ball Crunch

Position back on ball. Hands behind head or across the chest. Contract the abs. Exhale as you crunch.

Sets: 2
Reps: 10 - 20

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**Prone Bridge (Static)**

Use forearms and elbows to suspend your body off the floor. Keep back flat. Hold position for approx. 30 seconds.

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

**Biceps Curls**

Secure resistance tubing under shoes. Curl tubing up toward shoulder area.

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

**Triceps Kickbacks**

Secure exercise band under shoe. Bend at the waist and place arm against torso parallel to floor. Slowly extend the elbow until it is straight.

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

**Shoulder Press**


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

**Seated Rows**

Loop flat bands under shoe soles. With back straight, pull bands into waist area.

**Sets:** 2  
**Reps:** 10 - 20

**Dumbbell Pullover**

Hold dumbbell over chest/neck area. Keep arms locked into position and lower the dumbbell until even with body (parallel).

**Sets:** 2  
**Reps:** 10 - 20

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