

## 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

## 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

Grasp resistance tubing. Position hands near shoulders. Press upward.



**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