

www.TurbulenceTraining.com

TURBULENCE TRAINING

METABOLIC FINISHERS PROGRAM

***The Hottest
Workout Method
For Kick-Starting
Stubborn Fat Loss***

Craig Ballantyne, CSCS, MS



TT Metabolic Finishers

Welcome from Craig Ballantyne & Turbulence Training...

Boy-oh-boy, these workouts will kick your butt in a good way. I just filmed a bunch of metabolic finishers for follow along videos, and as you can tell by the photo above, I was beat – sweaty and metabolic. And for the next few hours my muscles were burning – in a good way.

It's that post-exercise calorie burn of recovery...what sets Turbulence Training, and metabolic training, apart from long, slow, boring cardio workouts.

This is why you'll burn fat faster – even without fancy equipment – when you train with this style of workout.

You'll build muscle and burn fat – at the same time.

Plus, you'll get your workouts done faster than the poor folks who have to do an hour – or more – of cardio just to stay lean.

Oh, and it doesn't hurt that these workouts aren't as boring as cardio. You don't need to watch TV just to keep your mind from going crazy when doing TT Metabolic Finishers. The workouts do that just fine on their own. Haha. Time to get lean with TT Metabolic Finishers.

Your friend and coach,

Craig Ballantyne, CSCS, MS
Certified Turbulence Trainer
Author, Turbulence Training

PS – Don't forget my other sites here...

www.TransformationContest.com – Win up to \$1000 just for losing belly fat!

www.TTMembers.com – The Turbulence Training Membership site featuring a forum, exercise video clips, and Platinum access to every TT workout program.

www.TurbulenceTrainingCertification.com – Discover the TT 1 Million Transformation Mission and become the 1st TT Certified Trainer in your area.

Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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10 Tips to Train SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1)** Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
- 2)** Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask us on the Turbulence Training forum for substitutions at **www.TTmembers.com**.
- 3)** Whenever you start a NEW program, use lighter weights than normal, and only 1 set per exercise. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4)** If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first.**
- 5)** Use a spotter if you are training with heavy weights. If you train alone at home, follow my recommendations in the manual and do NOT train to failure.
- 6)** Check your ego at the gym door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7)** Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
- 8)** Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each TT workout.
- 9)** If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- 10)** Check with your doctor before starting any new exercise or diet program. All together now, **"Safety first!"**

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely.

TT Metabolic Finishers Workout Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform this program for 4 weeks then switch to another TT workout.
- Train 3 days per week.
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. Deadlift – The number is 3-1-1. Take 3 seconds to lower the weight, pause for one second, & lift the weight back up to the start position in 1 second.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every strength workout with this warm-up circuit and specific warm-up sets.

Bodyweight Warm-up Circuit

- Go through the circuit TWICE with no rest between exercises.

Warm-up

Foam Rolling – 10 rolls over trouble spots (ONCE only)

- 1) Jumping Jacks – 20 reps
- 2) Mountain Climbers – 6 reps per side
- 3) Prisoner Lunge – 8 reps per side
- 4) Band Pull – 25 reps
- 5) Bodyweight Squat – 15 reps
- 6) Pushup – 10 reps
- 7) Psoas Stretch – 20 second hold per side
- 8) Chest Stretch – 20 second hold per side

TT Metabolic Finishers Workout Guidelines

Day 1 – Workout A

- Start with the general bodyweight warm-up circuit.
- Specific Warm-up Sets
 - Do one set of 1A with 75% of the chosen weight and do 6 reps.
 - Do one set of 1B for 2-3 reps.

1A) BB Squat – 8 reps (3-0-1)

- No rest.

1B) Pull-up – 2 reps short of failure (4-0-2)

- Rest 1 minute before repeating 2 more times.

2A) Bench Press – 8 reps (3-0-2)

- No rest.

2B) Stability Ball Leg Curl or Lying Machine Leg Curl – 20 reps (2-0-1)

- Rest 1 minute before repeating 2 more times.

Metabolic Finisher Circuit

- Do each exercise for 30 seconds (intermediate) or 40 seconds (advanced).
- Do 3 rounds. Rest 1-2 minutes between rounds.
- Do not rest between exercises BUT take rests if needed. SAFETY FIRST.

3A) Burpees

3B) Goblet Squat

3C) Split Shuffle

3D) DB or KB Swing

Static Stretching

Day 2 – Recovery

TT Metabolic Finishers Workout Guidelines

Day 3 – Workout B

- Start with the general bodyweight warm-up circuit.
- Specific Warm-up Sets
 - Do one set of 1A with 75% of the chosen weight and do 6 reps.
 - Do one set of 1B with 75% of the chosen weight and do 6 reps.

1A) Deadlift – 6 reps (3-1-1)

- No rest.

1B) 1-Arm DB Chest Press – 8 reps per side (2-0-1)

- Rest 1 minute before repeating 2 more times.

2A) DB Row – 15 reps per side (2-0-2)

- No rest.

2B) Plank-to-Pushup – 15 reps (1-0-1)

- No rest.

2C) Cable Chop – 12 reps per side (1-0-1)

- Rest 1 minute before repeating 2 more times.

The Metabolic Finisher

- Do each exercise for 15 seconds (intermediate) or 20 seconds (advanced).
- Do 4 rounds. Rest 1 minute between rounds.
- Do not rest between exercises BUT take rests if needed. SAFETY FIRST.

3A) Lunge Jump

3B) Total Body Extensions

3C) Cross-Body Mountain Climber

3D) Run in Place

Static Stretching

Day 4 – Recovery

Static Stretching

TT Metabolic Finishers Workout Guidelines

Day 5 – Workout C

- Start with the general bodyweight warm-up circuit.
- Specific Warm-up Set
 - Do one set of 1A with 75% of the chosen weight and do 6 reps.
 - Do one set of 1B with 75% of the chosen weight and do 6 reps.

1A) DB Split Squat – 30 seconds per side (2-0-1)

- No rest.

1B) DB Push Press – 30 seconds (2-0-X)

- No rest.

1C) Stability Ball Jackknife Plank – 60 seconds (1-0-1)

- Rest 1 minute before repeating 2 more times.

2A) DB RDL – 40 seconds (3-0-1)

- No rest.

2B) Decline Pushup – 40 seconds (2-0-1)

- No rest.

2C) Side Plank with DB Lateral Raise – 40 seconds per side (3-0-1)

- Rest 1 minute before repeating 2 more times.

The Metabolic Finisher

- Do each exercise for 30 seconds (intermediate) or 40 seconds (advanced).
- Do 3 rounds. Rest 1-2 minutes between rounds.
- Do not rest between exercises BUT take rests if needed. SAFETY FIRST.

3A) Narrow Stance Squat

3B) Prisoner Lunges (alternating)

3C) Close-Grip Pushups

3D) Total Body Extension

3E) Jumping Jacks

5-Minute Walking Cool-down and Static Stretching

Day 6 – Recovery

Day 7 – Recovery day & light exercise

TT Metabolic Finishers Workout Guidelines

| | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Workout A | | | | | | | | | | | | |
| 1A) BB Squat (8) | | | | | | | | | | | | |
| 1B) Pull-up (2 <fail) | | | | | | | | | | | | |
| 2A) Bench Press (8) | | | | | | | | | | | | |
| 2B) SB Leg Curl or Lying Mach Leg Curl (20) | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Metabolic Finisher A | | | | | | | | | | | | |
| Burpees (30/40 sec) | | | | | | | | | | | | |
| Goblet (30/40 sec) | | | | | | | | | | | | |
| Split Shuffle (30/40 sec) | | | | | | | | | | | | |
| DB or KB Swing (30/40 sec) | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Workout B | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| 1A) Deadlift (6) | | | | | | | | | | | | |
| 1B) 1-Arm DB Chest Press (8/side) | | | | | | | | | | | | |
| 2A) DB Row (15/side) | | | | | | | | | | | | |
| 2B) Plank-to-Pushup (15) | | | | | | | | | | | | |
| 2C) Cable Chop (12/side) | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Metabolic Finisher B | | | | | | | | | | | | |
| 3A) Lunge Jump (15/20 sec) | | | | | | | | | | | | |
| 3B) TBE (15/20 sec) | | | | | | | | | | | | |
| 3C) X-Body Mountain Climber (15/20 sec) | | | | | | | | | | | | |
| 3D) Run in Place (15/20 sec) | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Workout C | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| 1A) DB Split Squat (30 sec/side) | | | | | | | | | | | | |
| 1B) DB Push Press (30 sec) | | | | | | | | | | | | |
| 1C) SB Jackknife Plank (60 sec) | | | | | | | | | | | | |
| 2A) DB RDL (40 sec) | | | | | | | | | | | | |
| 2B) Decline Pushup (40 sec) | | | | | | | | | | | | |
| 2C) Side Plank w/ DB Lat Raise (40 sec/side) | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Metabolic Finisher C | | | | | | | | | | | | |
| 3A) N.S. Squat (30/40 sec) | | | | | | | | | | | | |
| 3B) Prisoner Lunges (alt) (30/40 sec) | | | | | | | | | | | | |
| 3C) C-G Pushups (30/40 sec) | | | | | | | | | | | | |
| 3D) TBE (30/40 sec) | | | | | | | | | | | | |
| 3E) Jumping Jacks (30/40 sec) | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Exercise Descriptions – Warm-up

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Foam Rolling

- Sit on the floor and rest your outer thigh on top of the foam roller.
- Roll your thigh over top of the roller, concentrating on sore spots.
- Give each sore spot 10 good rolls. This will “hurt so good”. Dog not included.



Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



Exercise Descriptions – Warm-up

Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Exercise Descriptions – Warm-up

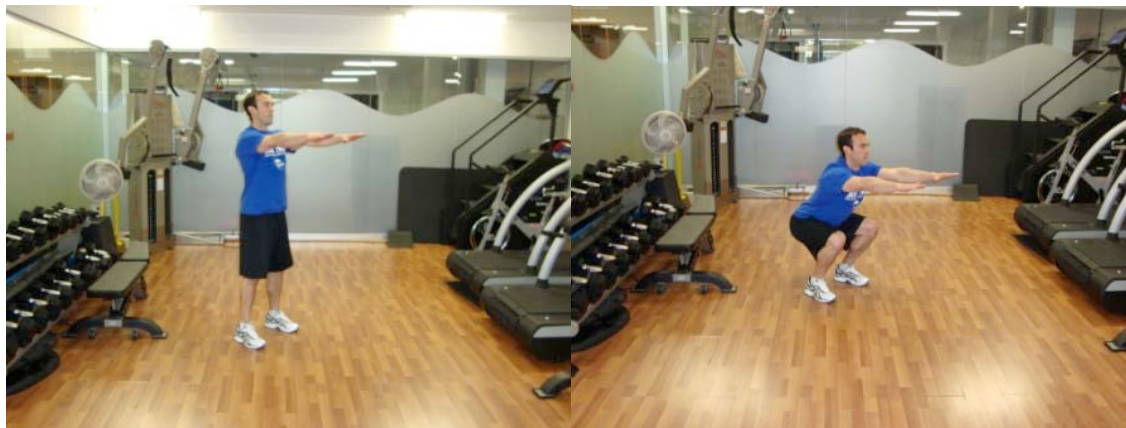
Band Pull

- Hold a resistance band with your hands spaced shoulder width apart.
- Using light to moderate tension, pull the band apart by squeezing your shoulder blades together. Slowly return to the start position.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Warm-up

Pushup

- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Slowly lower your body 2 inches from the floor
- Bracing your abs push yourself up
- Do one pushup then return to plank position. Repeat.



Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level). Hold the stretch for 30 seconds and then switch sides.



Exercise Descriptions – Warm-up

Chest Stretch

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Exercise Descriptions – Workout A

Barbell Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.



Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Exercise Descriptions – Workout A

Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows close to your sides, lower the bar straight down to the bottom of your
- Pause briefly and then press the bar back up above the chest in a straight line.



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Exercise Descriptions – Workout A

Lying Machine Leg Curl – Photo To Come

Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Exercise Descriptions – Workout A

Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Split Shuffle

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It’s tricky...and requires some co-ordination.



Exercise Descriptions – Workout A

KB Swing or DB Swing

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Exercise Descriptions – Workout B

Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Exercise Descriptions – Workout B

DB 1-Arm Chest Press

- Hold one dumbbell above your chest with your palms turned toward your feet.
- Put the other hand on your abs, and brace your abs hard.
- Lower the dumbbell to chest level. Keep the elbow close to your body.
- Pause briefly and press the dumbbell straight up above the chest.
- Do all reps for one side and then switch.



DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Exercise Descriptions – Workout B

Plank to Pushup

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Slowly shift your body into the top of the pushup position.
- Do one pushup then return to plank position. Repeat.



Cable Chop

- Stand beside a cable stack with the handle set up at the top position.
- Start with the handle held in both hands over one shoulder.
- Keep your abs braced and squat straight down.
- Pull the handle down and across the body, rotating only at the upper back level.
- Chop the handle down below knee level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Exercise Descriptions – Workout B

Lunge Jump

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Exercise Descriptions – Workout B

Cross Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Running in Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Exercise Descriptions – Workout C

DB Split Squat

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



DB Push Press

- Hold dumbbells at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the knees.
- Explode up and press the dumbbells overhead until your arms are fully extended.
- Slowly lower the dumbbells back to shoulder level.



Exercise Descriptions – Workout C

Stability Ball Jackknife Plank

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Exercise Descriptions – Workout C

DB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



Exercise Descriptions – Workout C

Decline Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Take 5 seconds to lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Side Plank + DB Lateral Raise

- Lie on a mat on your side. Hold a dumbbell with your top arm.
- Support your bodyweight with your knees and on your bottom elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Use your top shoulder to raise the dumbbell to the extended position.
- Slowly lower back down.



Exercise Descriptions – Workout C

Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet **NARROWER** than hip-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Prisoner Lunge (See Above)

Exercise Descriptions – Workout C

Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



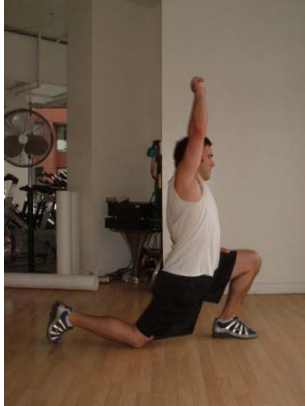
Total Body Extension (See Above)

Jumping Jacks (See Above)

Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).
- Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Lie on your back with both legs flat. Slightly bend your right knee.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Hold the stretch for 30 seconds and then switch sides.



Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



Quadriceps Stretch

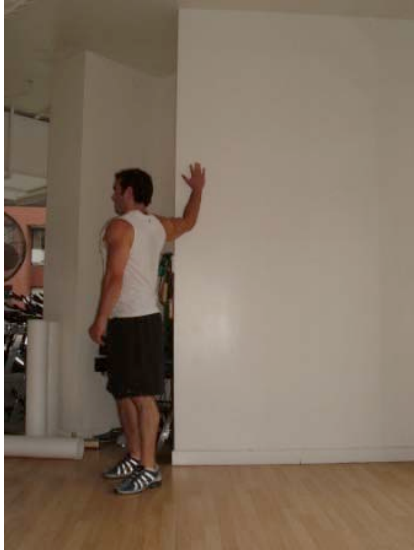
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

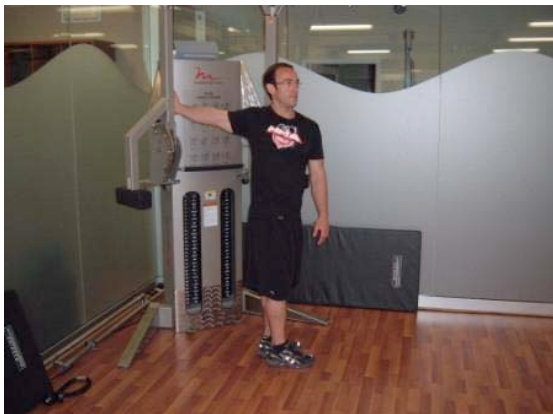
Chest Stretch #1

- Stand next to a doorframe. Raise elbow to shoulder height and rotate arm so that your hand is up (as if in a throwing position with elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow. Feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Static Stretching

Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.



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