

BACK - BALL DB ROW

Image 1 - Start



Image 2 - End



Starting Position: - Rest your right hand and knee on an exercise ball by bending at your waist. Grip a dumbbell in your left hand and allow it to hang down by your side. Movement: - Exhale as you pull the dumbbell up keeping your elbow close to your side. Inhale as you slowly return the DB back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		15
Set 2	10		15
Set 3	10		15

CHEST - BALL DB FLYS I

Image 1 - Start



Image 2 - End



Starting Position: - Position your upper back on an exercise ball; hold a dumbbell in each hand and held above the chest with both feet flat on the floor. Keep a 90degree bend in your knees. Movement: - Inhale as you move the dumbbells away from each other and lower them towards the floor. Exhale as you slowly return the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		10
Set 2	10		10
Set 3	10		10

BACK - EXERCISE BAND KNEELING LAT PULL DOWN

Image 1 - Start



Image 2 - End



Starting Position: Secure the band above shoulder level and kneel with your back to it. Grip the handles with your arms fully extended overhead, palms turned forward. Movement: Exhale as you pull the handles down and apart until the handles are at shoulder level. Inhale as you return the handles back up to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0
Set 3	12		0

CHEST - EXERCISE BAND ANCHORED PRESS

Image 1 - Start



Image 2 - End



Starting Position: Secure the band behind you at shoulder level. Grip the handles on either side of your chest with your palms turned down. Movement: Exhale as you press the handles away from you until your arms have just a slight bend in them. Inhale as you return the handles back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0

Set 2	12	at	0
Set 3	12	at	0

BACK - SUPERMAN I

Image 1 - Start

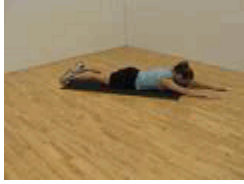


Image 2 - End



Starting Position: - Lie with your stomach on an exercise matt and keep your back straight.
 Movement: - Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up off of the matt. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12	at	0
Set 2	12	at	0
Set 3	12	at	0

CHEST - BALL PUSH UPS I

Image 1 - Start



Image 2 - End



Starting Position: - Get on your knees in front of an exercise ball. Position your hands 6-8 inches apart on the upper portion of the ball. Movement: - Inhale as you bend your elbows out to the sides and lower your chest towards the ball. Exhale as you press your body back up to the starting position. Repeat as required

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10	at	0
Set 2	12	at	0
Set 3	12	at	0

BACK - MATT BACK STRETCH I

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise matt. Movement: Wrap your arms under your knees and pull them into your chest. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30	at	0

CHEST - STANDING CHEST STRETCH I

Image 1 - Start

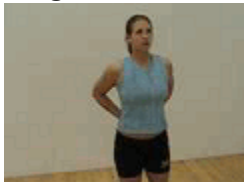
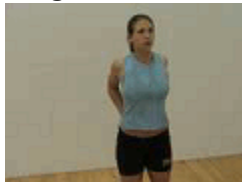


Image 2 - End



Starting Position: Stand and place your hands just above the back of your hips, with your elbows pointed back. Movement: Press your chest forward and slightly up. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30	at	0