

## Strength C Beginner/Advanced

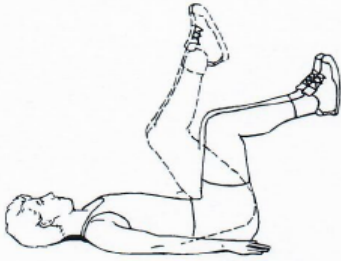
Exercise	Sets	Reps	Hold
Crunch Reverse	1	10	
Sit Up Twist	1	10	
Push Ups	1	10	
Extension Supermans	1	10	
Row (Resistance Band)	1	10	
Lat Pull Downs (Resistance Band)	1	10	
Arm Raise (Resistance Band)	1	10	
Row Upright (Resistance Band)	1	10	

**Focus is on proper form and technique** (see visual aids and instructions)

- Exhale during Lifting Motion / Inhale during Lowering Motion
- Each Rep should take 6-Seconds

**Increase Reps by 1 every 2-Weeks to get stronger**

ABS - 15 Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

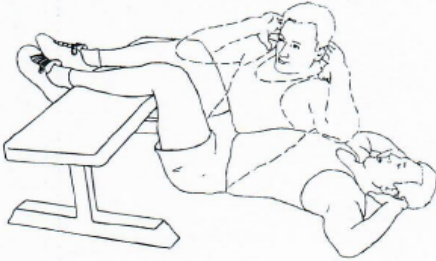
BACK: LATS - 20 Row (V-Bar, Cable)

Torso erect, pull bar to chest.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ABS - 20 Sit-Up: Twist – Bent Knee



Tighten abdominals, twist upper body, touching elbow to inside of opposite knee. Alternate sides.

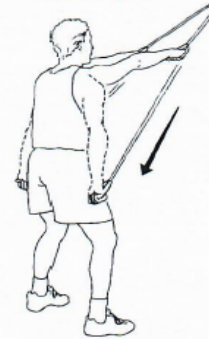
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

SHOULDER / UPPER BACK - 4 Lat Pull Down

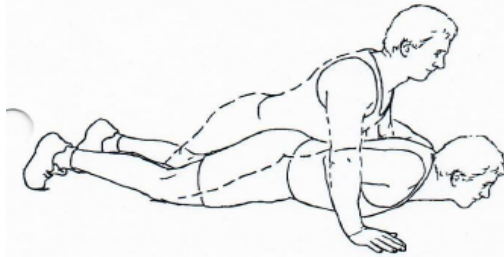
Face anchor with knees slightly flexed. Palms down, pull arms down to sides.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

Anchor Height:  
Over Head



CHEST - 6 Push-Up: Modified – Medium Hands



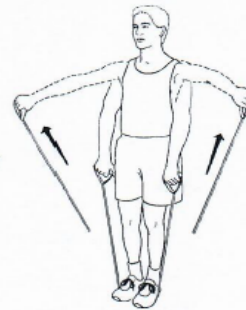
Chest a few inches from floor, push up until arms are straight, bending at knees.

Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

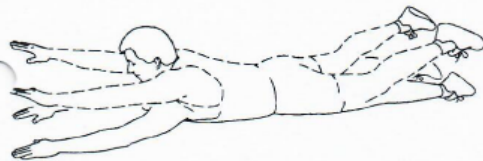
SHOULDER / UPPER BACK - 25 Raise: "Empty Can"

Anchor tubing under feet in narrow stance. Thumbs down (as if emptying a can) and arms slightly in front of body, raise arms to approximately 45°.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.



BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

SHOULDER / UPPER BACK - 2 Row: Upright

Anchor tubing under front foot in stride stance. Palms down, raise hands toward chin, elbows out.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

