

## Full Body (bodyweight)

### Squat Jump



#### Exercise Description:

Squat Jump

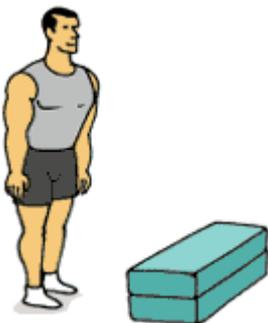
#### Classification:

Full Body (bodyweight)

#### Instructions:

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.
- 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

### Lunge onto Box



#### Exercise Description:

Lunge onto Box

#### Classification:

Full Body (bodyweight)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and place foot onto a box 12-24" high.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Fingertip Pushups**



**Exercise Description:**

Fingertip Pushups

**Classification:**

Full Body (bodyweight)

**Instructions:**

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor. You should be pushing just from your fingertips.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

**Diamond Pushups**



**Exercise Description:**

Diamond Pushups

**Classification:**

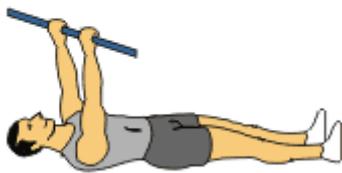
Full Body (bodyweight)

**Instructions:**

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands in the center of your chest and form a diamond shape with your index

- fingers and thumbs. Feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
  4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
  5. Return to the start position by extending at the elbows and pushing the body up.
  6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

### **Modified Pullup**



#### **Exercise Description:**

Modified Pullup

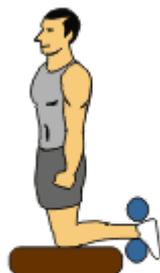
#### **Classification:**

Full Body (bodyweight)

#### **Instructions:**

- 1) Adjust bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over chest region.
- 2) Start position: Grasp bar with overhand grip (palms facing forward) and shoulder width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.
- 3) Pull body up towards bar until bar touches chest.
- 4) Return to start position.

### **Manual Glute-Ham Raise with Pushup**



#### **Exercise Description:**

Manual Glute-Ham Raise with Pushup

#### **Classification:**

Full Body (bodyweight)

**Instructions:**

1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad.
3. Start position: Back should be parallel to ground with knees slightly bent. Explode up in a pushup and start the movement to the vertical position.
4. Raise your body using your hamstrings until your upper body is vertical.
5. Return to start position.

**One Leg Squat w/ Plates**



**Exercise Description:**

One Leg Squat w/ Plates

**Classification:**

Full Body (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward holding weight plates.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**8 Count Body Builders**



**Exercise Description:**

8 Count Body Builders

**Classification:**

Full Body (bodyweight)

**Instructions:**

Start in a standing position and bend your knees and place your hands on the ground.

Extend your legs back into a push up position.

Bring your knees back in towards chest and stand back up.

This should be a continuous motion and be fluid.

**Squat Jump****Exercise Description:**

Squat Jump

**Classification:**

Full Body (bodyweight)

**Instructions:**

1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.

2) Arms should be in the “ready” position with elbows flexed at approximately 90°.

3) Lower body where thighs are parallel to ground.

4) Explode vertically and drive arms up.

5) Land on both feet and repeat.

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

**Alternating Split Squat**



**Exercise Description:**

Alternating Split Squat

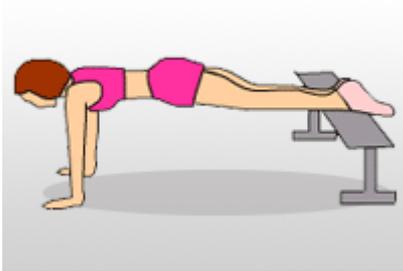
**Classification:**

Full Body (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
- 2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
- 4) Switch feet in the air so that the back foot lands forward and vice versa.
- 5) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

**Scorpion**



**Exercise Description:**

Scorpion

**Classification:**

Full Body (bodyweight)

**Instructions:**

1. Get into a pushup position with your feet on a bench.
2. Raise your right knee towards your left shoulder as you rotate your hips up and to the left as far as you can.
3. Then reverse direction and rotate your hips up and to the right. Try to touch your right foot to the back of your left shoulder. You will not physically be able to do this.

4. That is one rep and continue for the prescribed repetitions and then repeat with the other leg.

### **Burpees**



#### **Exercise Description:**

Burpees

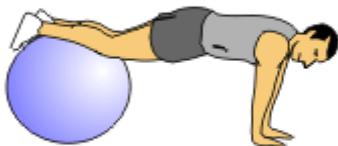
#### **Classification:**

Full Body (bodyweight)

#### **Instructions:**

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.
3. Repeat for the required repetitions

### **Push ups with knee tuck**



#### **Exercise Description:**

Push ups with knee tuck

#### **Classification:**

Full Body (bodyweight)

#### **Instructions:**

1. Start by getting in a push up position with your feet on top of a ball.
2. Proceed to perform a push up balancing on top of the ball. Return to the starting position and then bring your knees in towards your chest.
3. Return to the parallel position and repeat for the prescribed repetitions.

