

## Full Body (free weights)

### Hang Clean



#### **Exercise Description:**

Hang Clean

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

### Dumbbell Snatch



#### **Exercise Description:**

Dumbbell Snatch

#### **Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the dumbbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the dumbbell.

At maximum bar height, fully extend the elbows and lock the dumbbell overhead.

Catch the dumbbell by flexing at the knees and hips to absorb the weight.

**Barbell Deadlift****Exercise Description:**

Barbell Deadlift

**Classification:**

Full Body (free weights)

**Instructions:**

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position shoulders slightly over bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the bar.
4. Return to starting position.

**Front Squat (barbell)****Exercise Description:**

Front Squat (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

- 1) Step under bar and position bar across anterior deltoids. Cross arms across each other so that your hands are touching opposite shoulders. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
- 2) Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
- 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 thighs are parallel to floor, 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.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Full Squat (barbell)**



**Exercise Description:**

Full Squat (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
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 thighs are parallel to floor, 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.
6. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

## Hack Squat (barbell)



### **Exercise Description:**

Hack Squat (barbell)

### **Classification:**

Full Body (free weights)

### **Instructions:**

1. Start position: Grab the bar from behind your ankles. Using the legs, pick up the bar. Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
2. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
3. Once thighs are parallel to floor, return to start position.
4. 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.
5. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

## Deep Squat (barbell)



### **Exercise Description:**

Deep Squat (barbell)

### **Classification:**

Full Body (free weights)

### **Instructions:**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
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 thighs are below parallel to floor, 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.
6. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### **Split Jerk (barbell)**



#### **Exercise Description:**

Split Jerk (barbell)

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position barbell to ear level with an overhand grip (palms facing forward).

Go into a quick ¼ squat. Immediately extend legs and stand up and at the same time press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times. Upon reaching full extension move your stance to end up in a split stance.

Return to start position.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

### **Snatch**



**Exercise Description:**

Snatch

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the barbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the barbell. At maximum bar height, fully extend the elbows and lock the barbell overhead.

Catch the barbell by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

**Straight Back - Stiff Leg Deadlift**



**Exercise Description:**

Straight Back - Stiff Leg Deadlift

**Classification:**

Full Body (free weights)

**Instructions:**

1) Stand with feet hip width apart with knees slightly bent (at 20°).

2) Start position: Grasp bar with overhand grip hip width apart. Back should be straight in a neutral position.

3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.

4) Return to start position.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

## Hang Clean



### Exercise Description:

Hang Clean

### Classification:

Full Body (free weights)

### Instructions:

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

## Hang High Pull



**Exercise Description:**

Hang High Pull

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

This should be a fluid motion where all the steps flow together.

**Hang Shrug****Exercise Description:**

Hang Shrug

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders.

This should be a fluid motion where all the steps flow together.

**Hang Snatch**





**Exercise Description:**

Hang Snatch

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders rotate the arms up and around above your head by exploding forward with your hips.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

**Power Cleans**



**Exercise Description:**

Power Cleans

**Classification:**

Full Body (free weights)

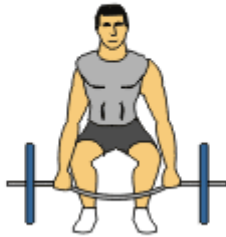
**Instructions:**

Starting Position: Grab the barbell with your body is in a bentover stance with your back flat.

Explode up by pushing your feet through the floor keeping the bar close to your legs.

Keep your arms straight and forcefully extend your hips, knees, and ankles.  
At the same time shrug your shoulders and at their highest point curl the bar up while forcing your hips forward and support the bar at chest level .  
Return to starting position and repeat.

### **Deadlift (trap bar)**



#### **Exercise Description:**

Deadlift (trap bar)

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position yourself inside the trap bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the center of the trap bar.
4. Return to starting position.

### **Box Step with Barbell & Knee Drive**



#### **Exercise Description:**

Box Step with Barbell & Knee Drive

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a barbell on your shoulders.

2. Push off the box and explode vertically and drive your other knee up towards your chest. Complete the prescribed number of reps.
3. Repeat with other leg and continue according to prescribed number of repetitions.

### **Walking Lunge with Barbell**



#### **Exercise Description:**

Walking Lunge with Barbell

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart. Place barbell on your shoulders.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Push body up and move the back foot beside the front foot. Alternate feet and repeat.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

### **Front Squat to Split Jerk**



#### **Exercise Description:**

Front Squat to Split Jerk

#### **Classification:**

Full Body (free weights)

**Instructions:**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across anterior deltoids. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
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 thighs are parallel to floor, explosively return to the upright position and immediately shoulder press the barbell overhead and finish in a split stance.
5. Return to the starting position and repeat.

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

**Front Squat to Push Press (barbell)****Exercise Description:**

Front Squat to Push Press (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across anterior part of shoulder. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
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 thighs are parallel to floor, explosively return to the upright position and immediately shoulder press the barbell overhead.
5. Return to the starting position and repeat.

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.

**Goodmorning to Shoulder Press (barbell)**



**Exercise Description:**

Goodmorning to Shoulder Press (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

- 1) Stand with feet shoulder width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip shoulder width apart and rest on your posterior deltoids. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.
- 4) Return to start position and press the barbell overhead into a shoulder press position.
- 5) Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes.

**Hang Snatch to Overhead Squat**



**Exercise Description:**

Hang Snatch to Overhead Squat

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly with the bar already at the hips. Explosively raise the barbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the barbell. At maximum bar height, fully extend the elbows and lock the barbell overhead.

Catch the barbell by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

Keep this position of the bar overhead and go into a full squat holding the barbell over your head.

Return to the starting position.

### **Hang Clean to Full Squat (barbell)**



#### **Exercise Description:**

Hang Clean to Full Squat (barbell)

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

Now go into a full squat maintaining the barbell on your shoulders.

Return to the starting position.

### **Hang Clean to Push Press (barbell)**



**Exercise Description:**

Hang Clean to Push Press (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

Now go into a semi squat and explode upwards and press the barbell overhead using the momentum from the squat.

Return to the starting position.

**Hang Clean to Split Jerk (barbell)****Exercise Description:**

Hang Clean to Split Jerk (barbell)

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.

Keep the bar close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.  
Slightly flex the hips and knees to absorb the weight.  
This should be a fluid motion where all the steps flow together.  
Now go into a semi squat and explode upwards and press the barbell overhead using the momentum from the squat. Finish in a split squat stance.  
Return to the starting position.

### **Overhead Squat (barbell)**



#### **Exercise Description:**

Overhead Squat (barbell)

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

- 1) Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and hold the barbell in a shoulder press position.
- 2) Start position: Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
- 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 thighs are parallel to floor, 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.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### **Power Clean to Full Squat**





**Exercise Description:**

Power Clean to Full Squat

**Classification:**

Full Body (free weights)

**Instructions:**

Starting Position: Grab the barbell with your body is in a bentover stance with your back flat.

Explode up by pushing your feet through the floor keeping the bar close to your legs.

Keep your arms straight and forcefully extend your hips, knees, and ankles.

At the same time shrug your shoulders and at their highest point curl the bar up while forcing your hips forward and support the bar at chest level.

Now go into a full squat and then stand back to an upright position.

Return to starting position and repeat.

**Power Clean to Split Jerk****Exercise Description:**

Power Clean to Split Jerk

**Classification:**

Full Body (free weights)

**Instructions:**

Starting Position: Grab the barbell with your body is in a bentover stance with your back flat.

Explode up by pushing your feet through the floor keeping the bar close to your legs.

Keep your arms straight and forcefully extend your hips, knees, and ankles.

At the same time shrug your shoulders and at their highest point curl the bar up while forcing your hips forward and support the bar at chest level.

From this position press the barbell over your head and flex your hips and squat down into a split stance at the same time. Finish with the barbell in an overhead position.

Return to starting position and repeat.

**RDL to Upright Row (barbell)**



**Exercise Description:**

RDL to Upright Row (barbell)

**Classification:**

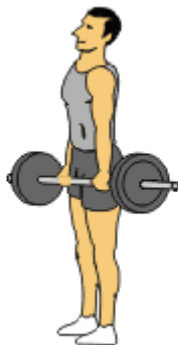
Full Body (free weights)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip hip width apart. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.
- 4) Return to start position and then pull the barbell up in an upright row keeping the elbows high and pointed towards the ceiling.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**RDL to Hang Clean**



**Exercise Description:**

RDL to Hang Clean

**Classification:**

Full Body (free weights)

**Instructions:**

1. Stand with feet hip width apart with knees slightly bent (at 20°).
2. Start position: Grasp bar with overhand grip hip width apart. Back should be straight in a neutral position.
3. Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20°

throughout movement.

4. Return to start position and then explode the hips forward and pull the bar up by leading with your elbows and shrugging your shoulders. At the bars highest elevation rotate the elbows under the bar and catch the bar on your shoulders.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### **One Leg Squat w/ Plates**



#### **Exercise Description:**

One Leg Squat w/ Plates

#### **Classification:**

Full Body (free weights)

#### **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.

### **Dumbbell Squat and Rotational Swings**



**Exercise Description:**

Dumbbell Squat and Rotational Swings

**Classification:**

Full Body (free weights)

**Instructions:**

1. Start position: Holding a dumbbell in each hand start in squatted position with dumbbells between legs.
2. Start movement by standing up and keeping arms straight rotate shoulders and trunk towards the left.
3. Return to the starting position and repeat to the other side.
4. Repeat for the prescribed number of repetitions.

**Dumbbell Step Up****Exercise Description:**

Dumbbell Step Up

**Classification:**

Full Body (free weights)

**Instructions:**

1. Stand facing the box. Place right foot on top of box.
2. Raise body using the right foot only until leg is extended
3. Lower to start position. Repeat with other leg according to exercise prescription.

**DB Lunge Crossover****Exercise Description:**

DB Lunge Crossover

**Classification:**

Full Body (free weights)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Grasp DB's and hold out in front of body
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
- 3) Pushing off front foot, return to start position with legs and dumbbells. 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.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

**Snatch to Overhead Squat****Exercise Description:**

Snatch to Overhead Squat

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the barbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the barbell. At maximum bar height, fully extend the elbows and lock the barbell overhead.

Catch the barbell by flexing at the knees and hips to absorb the weight and stand to a parallel stance. Proceed into a full squat and then stand up to an upright position. Repeat according to program.

**Alt squat and press**



**Exercise Description:**

Alt squat and press

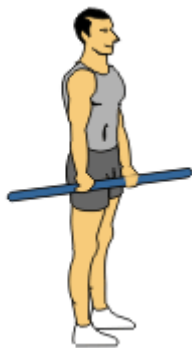
**Classification:**

Full Body (free weights)

**Instructions:**

1. Start by holding a dumbbell in each hand at shoulder level.
  2. Squat down to about parallel and explode up to a standing position.
  3. Once you have squatted half way up then starting pressing the dumbbells over your head.
  4. Use the momentum from your squat to propel the dumbbells above your head.
- Remember to stay in control of the dumbbells at all times.

**Reverse lunge with front raise**



**Exercise Description:**

Reverse lunge with front raise

**Classification:**

Full Body (free weights)

**Instructions:**

1. Start by holding a toning bar at waist level and both feet should be together.
2. Step backwards with one leg and proceed into a lunge. While doing this raise the toning bar above your head keeping your elbows straight.
3. Remember to keep your front knee behind your foot and keep your weight shifted towards the front leg.
4. Return to the starting position.

**Hang Clean with Dumbbells**



**Exercise Description:**

Hang Clean with Dumbbells

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the dumbbells by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above dumbbells as long as possible.

Keep the dumbbells close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbows around and underneath the bar.

Rack the bar across the front of the shoulders.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

**1-Arm Dumbbell Hang Clean**



**Exercise Description:**

1-Arm Dumbbell Hang Clean

**Classification:**

Full Body (free weights)

**Instructions:**

Keep torso straight but bent forward at the hips slightly.

Explosively raise the dumbbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow out and shoulder directly above dumbbell as long as possible.

Keep the dumbbell close to the body.

Once you have extended the lower leg shrug your shoulder and at maximum elevation as the shoulder starts pulling with the arm.

Keep the elbow high during the pull until the highest point.

Rotate elbow around and underneath the dumbbell.

Rack the dumbbell across the front of the shoulder.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

### **Push Press with Dumbbells**



#### **Exercise Description:**

Push Press with Dumbbells

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

1. Start by standing with your feet shoulder width apart and holding the dumbbells at shoulder level.
2. Proceed into a quarter or half squat and then quickly reverse your direction and stand up.
3. As you are standing up press the dumbbells up over your head.
4. When your legs reach full extension the dumbbells should be about one half to three quarters of the way up.
5. Return to the starting position and repeat.

### **Iron Cross**





**Exercise Description:**

Iron Cross

**Classification:**

Full Body (free weights)

**Instructions:**

1. To perform this movement, use only light weights.
2. Assume the starting position of good posture with shoulders back and your chest out.
3. Hold weights in both hands and push your hips back to bring your thighs parallel to the ground. Raise your arms to parallel as well.
4. Hold briefly in this position and then stand up while simultaneously moving your arms out to the sides and still parallel to the ground.
5. Reverse movement to return to the start position.

**1 Arm Barbell Snatch**



**Exercise Description:**

1 Arm Barbell Snatch

**Classification:**

Full Body (free weights)

**Instructions:**

1. Keep torso straight but bent forward at the hips slightly. Explosively raise the barbell by extending the hips, knee and ankle in a “jumping action”. Keep your elbow pointed out and arm straight.
2. At maximum height slightly flex the hips then the knees. Rotate elbow around and under the barbell. At maximum bar height, fully extend the elbows and lock the barbell overhead.

3. Catch the barbell by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

### **1 Arm Clean and Press**



#### **Exercise Description:**

1 Arm Clean and Press

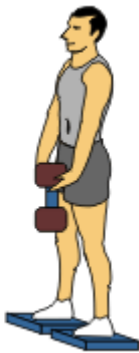
#### **Classification:**

Full Body (free weights)

#### **Instructions:**

1. Start by straddling the dumbbell and grab it with one hand.
2. Clean the bar to the shoulder. Then slight squat down and press the dumbbell overhead.
3. Return to the starting position and repeat.

### **Squat Pull**



#### **Exercise Description:**

Squat Pull

#### **Classification:**

Full Body (free weights)

#### **Instructions:**

1. Start by holding a dumbbell between your legs.
2. Proceed into a squatting position until the dumbbell touches the floor.
3. Stand up to the starting position and pull the dumbbell with your arms as you stand.
4. You should pull until the dumbbell reaches about chest level.
5. Return to the starting stationary position and repeat.

## DB press with isometric lunge



### **Exercise Description:**

DB press with isometric lunge

### **Classification:**

Full Body (free weights)

### **Instructions:**

1. Start by holding the Dumbbells at shoulder level.
2. Proceed into a lunge position and hold this position throughout movement.
3. While in the lunge position press the dumbbells above your head for the recommended repetitions.
4. You can switch your legs halfway between the set or switch them on your next set.

