

## Full Body (toning bar)

### Deadlift with toning bar



#### **Exercise Description:**

Deadlift with toning bar

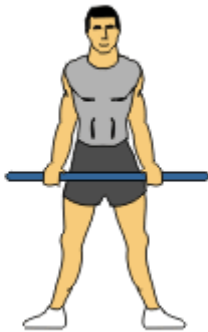
#### **Classification:**

Full Body (toning bar)

#### **Instructions:**

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position shoulders slightly over bar and grab toning 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.

### Squat with front raise using toning bar



#### **Exercise Description:**

Squat with front raise using toning bar

#### **Classification:**

Full Body (toning bar)

#### **Instructions:**

1. Start by holding a toning bar at waist level with a shoulder width stance.
2. Your feet should be pointed out a little bit. Proceed into a squatted position and raise the bar to shoulder level.

3. Keep your arms straight and just use your shoulders to raise the bar to shoulder height.
4. Return to the starting position and repeat.

### **Clean and jerk with toning bar balancing on ball**



#### **Exercise Description:**

Clean and jerk with toning bar balancing on ball

#### **Classification:**

Full Body (toning bar)

#### **Instructions:**

1. Start by balancing on the stability ball using your knees.
2. Holding a toning bar at waist level clean the bar up to your shoulders and then proceed to shoulder press over your head.
3. Return to the starting position and repeat. Keep your abdominals tight throughout the movement.

### **Front squat with shoulder press using toning bar**



#### **Exercise Description:**

Front squat with shoulder press using toning bar

#### **Classification:**

Full Body (toning bar)

#### **Instructions:**

1. Start by holding a toning bar at shoulder level with a parallel stance.
2. Proceed down into a squatted position until your thighs are parallel with the ground.
3. As you squat back up start to shoulder press the bar above your head.

4. Use the momentum from your squat to help extend the bar overhead.
5. Return to the starting position and repeat.

### **Power Lunge with toning bar**



#### **Exercise Description:**

Power Lunge with toning bar

#### **Classification:**

Full Body (toning bar)

#### **Instructions:**

1. Start by starting in a half deadlift position.
2. Explosively lunge forward with your foot and drop your hips. While performing this movement explosively bring the toning bar above your head so that you finish in a lunge position with the bar overhead.
3. Return to the starting position and repeat with the other foot.

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