

EXERCISE APPENDIX

BIRD DOG

- Begin in a four-point position on the ground
- Extend one leg reaching back while maintaining neutral spine
- If you are able to maintain a neutral spine, extend opposite arm forward
- Return to four-point position
- Repeat with opposite leg and arm
- You can increase difficulty by increasing time in position, speed, adding ankle weights and hold light weights



BURPEE

- Step Back Burpee
 - Stand upright
 - Squat down and place arms on floor
 - Step back one leg at a time into plank position
 - Step each leg forward into squat position
 - Stand Up
 - Repeat



- Squat Planks
 - Begin in squat position
 - Place arms on the floor
 - Jump both legs back into plank position
 - Jump forward back into squat position
 - Repeat



- Straight Arm Burpee
 - Stand upright
 - Squat down and place arms on floor
 - Jump back into plank position
 - Jump forward into squat position
 - Complete squat jump
 - Repeat



- Chest to Floor
 - Stand upright
 - Squat down and place arms on floor
 - Jump feet back and bring chest to the floor simultaneously
 - Push arms up off the floor and jump feet forward into squat position
 - Complete squat jump
 - Repeat



- Burpee with Push Up
 - Stand upright
 - Squat down and place arms on floor
 - Jump back into plank position
 - Complete push-up
 - Jump forward into squat position
 - Complete squat jump

- Repeat

DEAD BUG

- Begin with both arms and legs in the air while laying on your back
- While maintaining a neutral spine, core activated with belly button to spine
- Alternate bring opposite arm and legs out
- To increase difficulty, you can move all four outward at the same time
- Returning to original position



DEADLIFT

- Kettlebell Deadlift



- Romanian Deadlift
- Single Leg Deadlift



INVERTED ROW

- Inverted Rows can be completed using smith machine, squat rack, Trx, or Rings
- The higher the bar, rings, Trx, etc., the easier the exercise will be
- Decreasing the angle from the ground will increase difficulty
- Inverted row with knees at 90 degrees



- Inverted row with straight leg



- Inverted row with legs elevated (can use ball or bench)



LEG LIFT

- Modified leg lift
 - Laying on your back knees bent at 90 degrees
 - Hands under pelvis to support low back to maintain neutral spine
 - Bring knees up
 - Lower legs back to ground
 - Repeat



- Leg lift with low back support
 - Laying on your back legs straight
 - Hands under pelvis to support low back to maintain neutral spine
 - Lift legs to 90 degrees
 - Lower legs back to ground
 - Repeat



- Leg lift
 - Laying on your back legs straight out 6 inches off ground
 - Arms out towards the side on the ground
 - Lift legs to 90 degrees
 - Lower legs back to 6 inches off ground
 - Repeat



- Scissor Leg Lift
 - Laying on your back legs straight with arms out to side
 - Alternate lifting legs individually to 90 degrees while opposite leg is towards ground
 - Maintain neutral spine



- Leg lift with holding static leg
 - Laying on your back legs straight out 6 inches off ground
 - Arms are straight holding weight (medicine ball, dumbbell, kettle bell, etc.)
 - Lift legs to 90 degrees
 - Lower legs back to 6 inches above ground
 - Repeat



- Leg lift with holding static leg
 - Laying on your back legs straight out 6 inches off ground
 - Arms are 90 degrees straight holding weight (medicine ball, dumbbell, kettle bell, etc.)
 - Lift legs to 90 degrees
 - Lower legs back to 6 inches above ground while moving arms towards ground as far as you are able to while maintaining neutral spine
 - Repeat



- Flutter Kick
 - Laying on your back legs straight out 6 inches off ground

- Arms are out to the side
- Alternate kicking legs a short distance like you would while swimming
- Keep legs off the ground while maintaining neutral spine



- Snow angel with Back support
 - Laying on your back legs straight out 6 inches off ground
 - Hands placed underneath pelvis to provide support to low back
 - Abduct legs out similar to “making snow angels”
 - Bring legs back together
 - Repeat



- Snow angel
 - Laying on your back legs straight out 6 inches off ground
 - Place hands on the ground
 - Abduct legs out similar to “making snow angels”
 - Bring legs back together
 - You can add arms into motion if you have the core strength to maintain neutral spine



- Hanging knee raise



- Hanging straight leg raise



LUNGES

- Options with different weights such as plates, dumbbells, kettlebells, barbell, med balls
- Lunge holding on to support
 - While holding wall, step back
 - Make sure hip, knee, and toe are in line
 - Weight is in middle of foot
 - Repeat with opposite leg



- Split Squat
 - Stand in a split stance
 - Lower back knee to the ground
 - Return to standing
 - Perform with opposite stance



- Forward Lunge
 - Stand with feet shoulder width apart
 - Step one leg back, far enough that your weight is distributed in the middle of your front foot and not in your toes
 - Make sure hip, knee, and toe are in line



- Backward lunge
 - Stand with feet shoulder width apart
 - Step forward into a lunge pattern like below, far enough that your weight is distributed in the middle of your front foot and not in your toes
 - Make sure hip, knee, and toe are in line



- Jumping Lunges



- Lateral Lunge



- Curtsy Lunge



- Walking lunges

- Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles.
- The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.
- Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.

- Overhead Lunges



- Step Ups



- Bulgarian Split Squat



- Variety of positions to hold weight if added



MED BALL SLAM

- Begin holding a medicine ball
- Raise the ball overhead
- Forcefully slam ball to the ground while squatting

- Squat to pick ball up and repeat



MOUNTAIN CLIMBER

- Legs to Chest
 - Begin in plank position
 - Alternate bringing each knee to chest
 - Maintain neutral spine while completing exercise
 - Increase speed as core strength allows and you are able to maintain neutral spine while completing



- Legs to Elbows
 - Begin in plank position
 - Alternate bringing each knee to chest
 - Maintain neutral spine while completing exercise
 - Increase speed as core strength allows and you are able to maintain neutral spine while completing



PLANK VARIATIONS

- Elbow Plank on knees



- Straight arm plank on knees



- Straight Arm Plank



- Elbow Plank



- Side Plank on knee



- Side Plank



- Side plank with lateral Arm Raise



- Side Plank with arm and leg lift



- Plank with hoovering knees



- Plank with alternating leg lifts



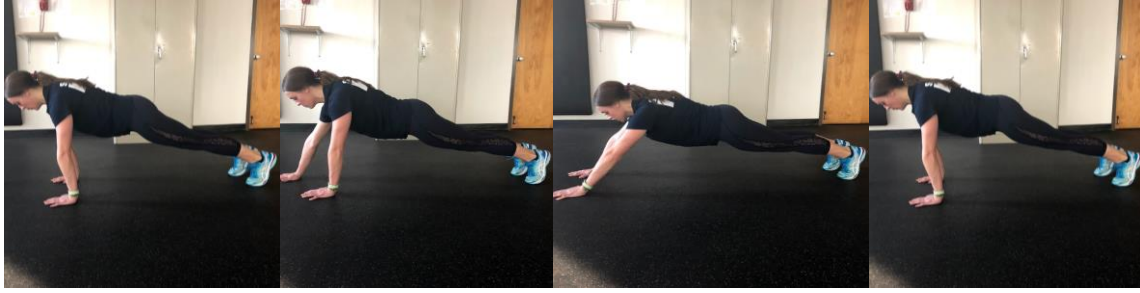
- Straight Arm Plank with alternating arm lifts, you can incorporate lifting alternate legs if able



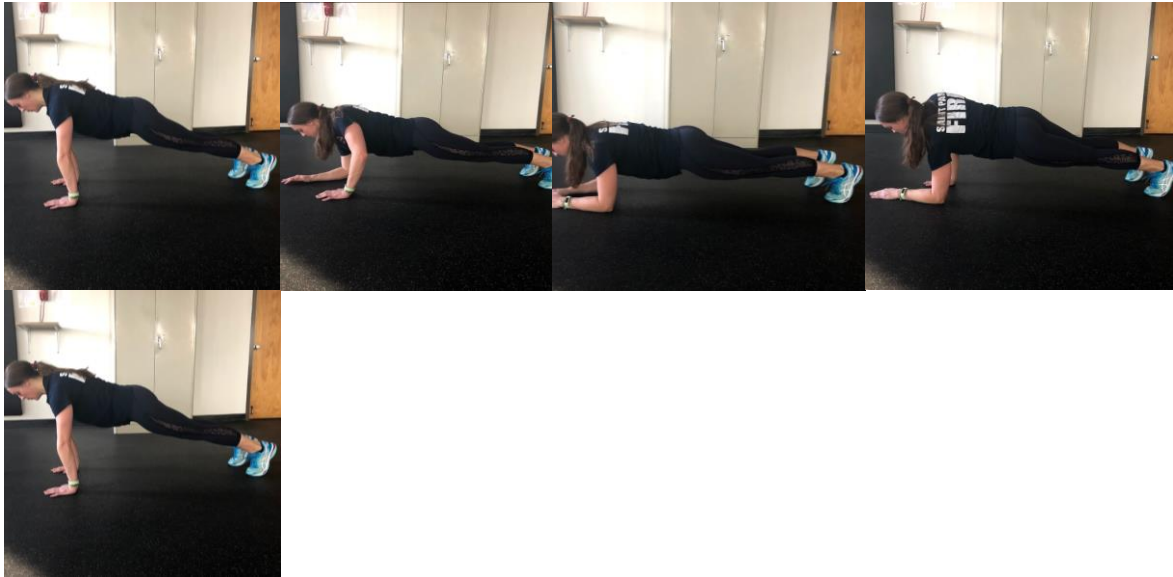
- Plank Jack



- Prone Walk out



- Plank to push up



SQUATS

- Body weight squat to bench
 - Start with feet shoulder width apart
 - Squat down (like you are going to sit on the bench without actually touching it)
 - Make sure knees and toes are aligned
 - Have weight distributed through the midpoint of the feet
 - Avoid being too far into your toes



- Body weight squat



- Barbell Back Squat



- Barbell Front Squat



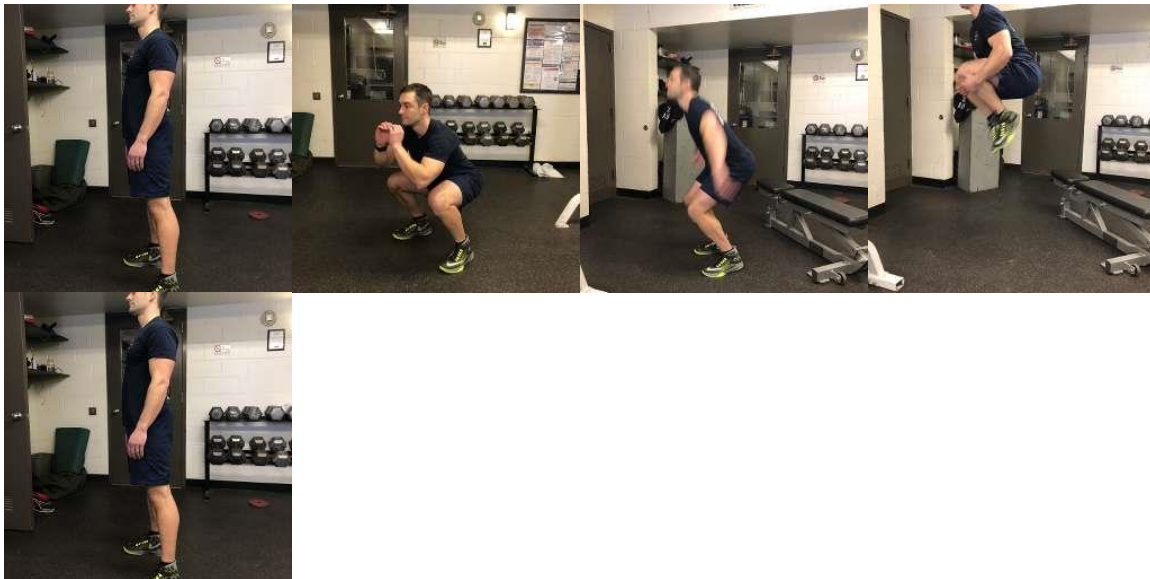
- Goblet Squat



- Squat Jumps



- Tuck Jump



- Wall Sit

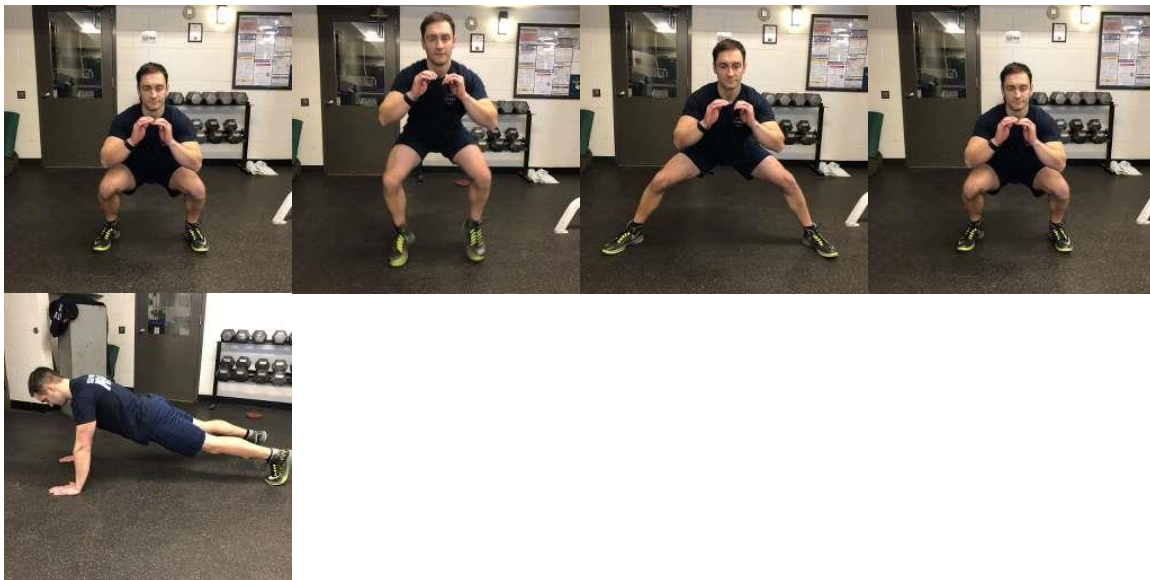


- Box Jump



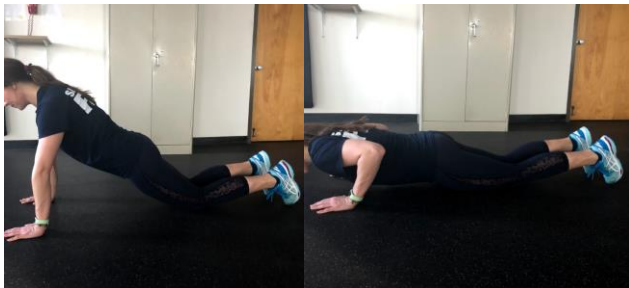
- Squat Jacks

- Standing with your feet close together and your hands clasped behind your head or in front, push your hips back to get into a half-squat position.
- Jump your feet out to the sides, maintaining the squat position



PUSH UP VARIATIONS

- Knees



- Incline



- Regular



- Military



- Wide



- Diamond



- Decline



- Med Ball



- Explosive



- Hand Stand Push up



- Weighted Push up: Same as a standard push up, just place a plate on shoulder blades
- Push up with Band: Wrap a band across back and under hands, complete standard push up

THRUSTERS

- A thruster is a combination of two traditional compound weight-training exercises: the front squat and overhead press.
- The thruster can be performed using dumbbells, kettlebells, barbells, a medicine ball or a sandbag.
- Box/Bench Thrusters



- Standard Thruster



TRICEPS DIPS

- Important with all exercises listed below that shoulders are back and down to prevent injury
 - Bench with legs at 90 degrees



- Bench with straight legs



- Bench with legs on ball



- Triceps dips on bar assisted
 - Can be done at gym with machines that have weighted assist or utilize bands



- Bar dips unassisted



FARMERS CARRY

- Can utilize any of the following Kettle Bells, Dumbbells, Plate Carry's



Wrist curls with weighted rope

- Static hold with lateral raise

PULL UP

- Strict pull up unassisted



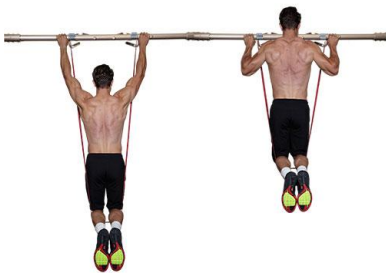
- Chin Up or Narrow grip



- Wide Grip pull up



- Assisted Pull ups can be completed with band



- Assisted pull up on machine



- Jumping pull up



- Eccentric pull up



- Static Hold (can be completed in narrow, neutral, or wide grip)



- Static straight arm hang
 - Make sure shoulder blades are engaged, retracted and depressed



WALL BALL

- Front squat and push-press combination
- Throwing an object from overhead, catching it, and sitting back into squat
- Typically a 14-20 lb. Medicine Ball and a flat vertical target located about 8-10 feet above the ground



DUMMY DRAGS WITH LIVE VICTIM

