

Strength, Stamina, Balance

The inconsistently consistent routine built for "ADV Dual Sporting"

Descriptions of Exercises

The workout sheets include spaces to allow the tracking of your progress. Each block can be used to write down your reps, dumbbell weight, time, etc. as well as little notes to yourself for reminders the next time you perform the routine (i.e. an up or down arrow to signifying "do more reps" or "do less weight"). This will be a visual reminder of what you did the previous week and allow you to track your progress so you can push and/or pull yourself past your last week's progress.

FYI: rep = repetition; a set is a group of reps; a rep is one complete movement of an exercise.

Starting positions and form are described below. Broken down by body part, alphabetic.

Something to note, the routines described include "slow twitch" and "quick twitch" exercises for a well balanced development of muscle fibers. Slow twitch routines generally utilize a slight pause and concentrated flex of the specific muscle targeted, meaning you should concentrate your thoughts on flexing the specific main muscle the exercise is designed to target. Some slow twitch routines simply call for a slower and steady pace without a "pause" at the top or bottom. Quick twitch muscles are generally developed through a fast and steady pace. Slow twitch help with overall muscle strength, think body builder, while quick twitch help with explosive movements, think a sprinter coming out of the blocks. Another form of "inconsistently consistent" would be to switch up some of the exercises from "slow twitch" to "quick twitch" or vice versa. For *The Committed* routines, we note under some days: "Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. ADV Dual Sporting, Dual Sport or Dirt Bike ride!" Ideally these routines will also occasionally include the quick twitch style (Plyo is great for this!).

A word on the use of a Balance Board… extreme caution should be taken when using a Balance Board or similar apparatus. Ensure there is plenty of space around the Balance Board and there are no objects under or in an approximate 8 foot radius around the unit. Ideally the Balance Board is placed on a carpeted surface to provide friction between the carpeted balance beam roller and the floor. If available, the Balance Board should be set on the easiest under-board regulator setting (i.e. shortest) until the user becomes more comfortable with the unit and the noted exercises. Prior to performing any

exercises in the routines, the user should perform basic balance stances and techniques to become familiar with the Balance Board. Once the user gains confidence in their use of the Balance Board, they can adjust the under-board regulator and/or perform the noted exercises in more difficult forms and/or increase dumbbell weight, were applicable. The Balance Board should be serviced or replaced when any damage occurs to the coverings (i.e. grip tape, carpeted cover, etc.), the Balancer Beam, and/or the Balance Board, if applicable.

Ballistic and Static Stretching

Before each workout you must complete 5-10 minutes of a warm-up phase that includes callisthenic style warm-ups as well as a mixture of ballistic and static stretches. It is also advised to perform similar movements for a cool down period for at least 5 minutes at the end of the daily routine. Depending on the focus area of the workout you may need to concentrate on specific groups or full body. In between sets it is also a good idea to continue ballistic style movements.

It is paramount that you perform a well rounded stretching routine prior to and directly after going through a workout routine. By warming up and cooling down after a strenuous exercise you are mitigating the risks of injury. Ballistic and Static Stretches help your body get the blood flowing before the strenuous activities and help your muscles prepare for recovery afterwards.

Groupings for the below listed *Ballistic and Static Stretching Routine*:

1. For a full body workout (circuit style) complete the entire list below prior to starting the workout routine.
2. For the Core Killer workout complete the entire list prior to starting the routine.
3. To use Ballistic and Static Stretching as a workout for the day you can complete the entire routine but take more reps and/or longer times but you can also run through the entire routine multiple times (good for a Recovery Week workout).
4. If you are doing an Upper Body or Lower Body style routine you can run through the entire stretching circuit.
5. For an Upper Body workout you should run through steps 1 through 34, minimum.
6. For a Lower Body workout you should run through steps 1 through 14 and 34 through 52, minimum.
7. To note: the reps or seconds listed are suggestions but the more the merrier. As an example of how to use the numbers, for an Upper Body workout you can use the smaller number on steps 1 through 12 but if you are doing a Lower Body workout it would be more beneficial to use the higher number. If you are performing your workout first thing in the morning it is also a good idea to use the higher numbers to help wake up your body.
8. A shortened version of these Ballistic and Static Stretches should be used for your post-workout cool down period, either by rep/time or by the breakdowns noted above.

Ballistic and Static Stretching Routine

1. Bouncing on your toes with everything loose (straight bounce and/or bounce from foot to foot): 10-12 reps
2. Arms swinging alternating in a self-hug: 8-12
3. Arms swinging from floor to ceiling: 8-12
4. High knees straight walking: 20-30
5. High knees side-to-side walking: 20-30
6. Butt kicks walking: 20-30
7. High knees straight jogging: 20-30
8. High knees side-to-side jogging: 20-30
9. Butt kicks jogging: 20-30
10. Jumping jacks: 20-30
11. Ski runners - arms swinging hip to sky, feet swinging back & front: 20-30
12. Ski runners - arms punching chest to sky, feet swinging back & front: 20-30
13. Neck stretching – ear to shoulder, hold, switch ear to other shoulder: 8-10
14. Neck stretching – head roll from chin on right chest, roll left in complete circle until head on left chest, roll right in complete circle back to start: 8-10
15. Shrug shoulders backwards: 8-10
16. Shrug shoulders forward: 8-10
17. Shoulder press – arms straight and clasp reversed hands in front pulling shoulders in: 8-10 seconds
18. Shoulder spread – arms straight and clasp hands in back, spreading shoulders out: 8-10 seconds
19. Repeat 17 & 18 3-4 times each
20. Front arm bar and overhead – right arm straight and across chest, left arm pulls in at elbow for 10-12 seconds; right arm up and left arm pulls at elbow behind head for 10-12 seconds
21. Repeat 20 on opposite side
22. Triple Trapezius – right arm behind lower back, left arm grabs right at wrist, put left ear on shoulder for 12 seconds; put chin towards left pectoral for 12 seconds; put chin towards air/ear towards left pectoral for 12 seconds; go back to straight (ear on shoulder) for 5 seconds
23. Repeat 22 on opposite side
24. Bounce on your toes, arm swing in alternate hug, arm swing to ceiling: 6 reps each
25. Arm circles – arms straight out to the side, palms up, small tight circles forward for 20-30 reps; same form but small circles in reverse for 20-30 reps; switch hands to fingers pointed down with large circles backward for 20-30 reps; same form but large circles in reverse for 20-30 reps
26. Back stretch – grab a pole or similar with right hand at shoulder height and stand tall, pull body back to feel the stretch in the upper back: 8-12 seconds
27. Repeat 26 on opposite side
28. Back stretch – squat down and grab a pole or similar with right hand above your head, pull body back to feel the stretch in the lower back (Latissimus dorsi): 8-12 seconds
29. Repeat 28 on opposite side

30. Chest stretch - grab a pole or similar with right hand at shoulder height and stand tall, push body forward to feel the stretch in the chest: 8-12 seconds
31. Repeat 30 on opposite side
32. Chest stretch – use two poles, grab with each hand, push weight forward to stretch full chest
    a. Alternate is to use a pull-up bar, grab with both hands, push weight forward to stretch full chest
33. Forearm stretch – use a bench, two-step ladder, chair, etc., stand and place hands so fingers are pointed at body and inner wrist is pointed away, lean back to feel stretch in forearm
34. Bounce on your toes, arm swing in alternate hug, arm swing to ceiling: 6 reps each
35. Straight leg toe touch: 12-15 seconds
36. Legs spread hands straight down to the floor: 12-15 seconds
37. Legs spread hands to the right foot: 12-15 seconds
38. Legs spread hands to the left foot: 12-15 seconds
39. Legs spread Groin stretch to the right – bend right knee and keep left straight: 12-15 seconds
40. Repeat 37 for opposite side
41. Hip flexor stretch to the right – right foot forward and left back in a lunge, knee on the ground, shift body weight forward with a straight back: 12-15 seconds
42. Repeat 39 for opposite side
43. Squat groin stretch – heels together and squat down, elbows inside knees, lean weight forward: 12-15 seconds
44. Quad stretch – both knees on the ground, reach back and grab feet or ground, sit back towards your feet to feel quad stretch: 12-15 seconds
45. Lower back/oblique stretch – sit on floor, left leg straight, right foot flat on left side of left knee, left elbow on right side of right knee, attempt to look behind you using left arm for leverage: 12-15 seconds
46. Repeat 42 for opposite side
47. Calf stretch – push-up / downward dog style position, put right heel towards the ground to feel stretch, hold for 12-15 seconds; switch to left heel for 12-15 seconds; you can continue switching back and forth several times but can also place your foot in different spots to stretch more of each calf
48. Quad stretch – standing pull right foot back towards buttocks and grab with right hand: 12-15 seconds (balance yourself or hold on to a pole or similar, if necessary)
49. Repeat 46 for opposite side
50. Quad Stretch – standing pull right foot back towards buttocks and grab with *left* hand: 12-15 seconds (balance yourself or hold on to a pole or similar, if necessary)
51. Repeat 48 with opposite
52. Bounce on your toes, arm swing in alternate hug, arm swing to ceiling: 6 reps each

Chest Routines

Balance Board Push-Ups: set up the board on a flat, carpeted floor with no obstructions and a wide, open radius. You may want to use gloves or some covering on the board if it utilizes grip tape. Place hands as wide as possible on the board (depending on the size of the board). Ideally shoulder width to slightly wider. Position body as noted for "Push-Up" below with the exception of your feet. When first starting, wide feet approximately shoulder width apart may be necessary. Once you are comfortable with the routine you can start to move your feet closer together or one foot over the other. With back flat and eyes forward lower your chest down to the board slowly, come to within an inch or touch the board with your chest, slowly raise back to starting position, repeat. The following notations can be used on the Workout Sheet to help record and track your variations: WF=Wide Foot; SF=Shoulder Width Foot; TF=Tight Foot; CF=Cross Foot.

Clap Push-Ups: feet apart shoulder width, legs straight, core tight, back flat, arms extended with hands directly below your shoulders, lower down 2" from the floor and push-up as hard and fast as you can, remove hands from the ground and clap them together, catch yourself and go directly down to repeat. BONUS: bring your feet off the ground when your hands come up

Cocked Grip Push-Ups: head either straight eyes on floor or head back eyes in front, flat back, core tight, one foot over the other, arms extended shoulder width apart with hands pointed out away from the body and fingers spread, slowly lower down 2" from the ground keeping your buttocks slightly elevated where your hands should be in a straight line with your chest and full extension back to starting position

Decline Push-Up: starting position and form as noted for Push-Up with feet propped up using a 2-step ladder, workout bench, chair, or similar height.

Dumbbell Bench: lying flat on a workout bench with dumbbell in each hand, palms towards feet, and arms extended, single dumbbell hexheads touching, core tight, slowly bring the dumbbells down towards your shoulders and press back to start.

Dumbbell Flies: lying flat on a workout bench with dumbbell in each hand, palms pointing inward towards each other, and arms extended, both dumbbell hexheads touching, core tight, slowly bring the dumbbells directly out towards the ground with slightly bent elbows until chest is stretched then squeeze chest muscles while returning to starting position. As a bonus, twist your wrists so the hexhead opposite your head touch with palms open towards your face.

Heart2Heart Push-Ups: feet spread apart, hands in a diamond (heart) pattern with first fingers touching in a V-shape (thumbs can touch extended out or in), arms straight, flat back, core tight, slowly lower down 2" from the ground and full extension back to starting position

Jack Palance 1-Arm Push-Ups: Three forms of difficulty level with different foot/leg positions. Easier positioning includes spread leg with knees on the floor, moderate positioning includes legs straight and spread out, difficult positioning includes straight legs with feet together. Use a leg position noted, straight back, core tight, place one hand on the floor in the middle of your body, keep the other one out

of the way (I will generally place it back on my leg), slowly lower down as far as you can go and full extension back to starting position, move other hand to middle position and place the hand that was on the ground out of the way and slowly lower as noted, repeat

Kinetic Push-Ups: feet spread apart, buttocks in the air, hands slightly wider than shoulder width placing body in a V-shape, bend elbows and rotate your shoulders and body forward and towards the ground, as your head and chest are 2" from the ground push yourself up as you move your buttocks towards the ground all the while keeping legs straight, reverse the sequence to move back to start. I.E. it should look as though you are sliding your body underneath an imaginary wall with a gap at the bottom.

Push-Up: head either straight eyes on floor or head back eyes in front, arms extended, flat back, core tight, one foot over the other, hands wider than shoulder width, slowly lower down 2" from the ground and full extension back to starting position

Push-Up Flies: feet together, legs straight, core tight, back flat, arms extended with hands directly below your shoulders, keep your left hand planted, pick up your right hand and as you place it wide your chest lowers 2" above the floor, as you push back up your right hand returns to original position, next move perform the same function on the opposite side keeping right hand planted and left hand moves, back to the right, back to the left, etc.

Military Push-Up: starting position and form as noted for Push-Up with hands shoulder width apart

Sideways Push-Ups: feet apart shoulder width, legs straight, core tight, back flat, arms extended with hands directly below your shoulders, slide left foot and right hand (feet come together, hands are set-up wider than shoulder width), and perform a Push-Up, once back up walk both feet to the left, walk both hands to the left (feet should be back together, hands should be set-up wider than shoulder width), and perform a push-up, repeat to the right, etc.

Slow Push-Ups: follow basic position and form as noted for Push-Up but count 4- to 5-Mississippi on the way down as well as the way back up. BONUS: each week change up the Mississippi count in a Pyramid style (i.e. on the way down do a 10 count, straight up with no count, down on a 9 count, up on a 2 count, down on an 8 count, up on a 3 count, etc. until you can't go anymore or complete the Pyramid)

Wide-Fly Push-up: starting position and form as noted for Push-Up with hands spread out wider than standard push-up

Varied Twitch Push-Ups: Perform 5 Push-Ups as noted above, perform 5 Slow Speed Push-Ups as noted above, repeat the pattern until you can't push anymore

Yoga Push-Ups: follow basic position and form as noted for Push-Up but after you return to the starting position shift your body perpendicular to the floor and feet one on top of the other while raising your arm straight up into the air, keep body position and swing your arm underneath (in between the ground and your body), swing your arm back to the air, shift body back to a push-up starting position, repeat on the opposite side

Back Routines:

To note, your pull-up bar will need to have the ability to accommodate multiple hand positions for the workouts described above. If your workout bar is basic, replace exercises with a substitute such as a basic Pull-Up &/or Dumbbell Rows

Back Flies: seated on the edge of a workout bench with legs extended out feet together, place dumbbells in both hands under legs keeping lower back straight (DO NOT HUNCH), slowly pull both hands back and squeeze for a second, return to start, repeat.

Dumbbell Rows: knee on a workout bench, back straight (DO NOT HUNCH) other leg straight with foot on the floor, one hand gripping the side of the bench, the other holding a dumbbell with a straight arm, slowly pull the dumbbell up towards your chest keeping your elbow at approximately 45 degree angle from your body and slowly back to start, repeat.

Chin Up: follow basic position and form as noted for Wide Grip Pull-Up but place hands with palms pointing towards your body at shoulder width.

Elbows Out Dumbbell Rows - follow basic position and form as noted for Dumbbell Rows but put your elbow out at closer to 90 degrees from your body

Hammer Pulls: follow basic position and form as noted for Wide Grip Pull-Up but place hands with palms pointing towards each other

Narrow Grip Pull-Up: follow basic position and form as noted for Wide Grip Pull-Up but place hands so that extended thumbs are touching.

Off Kilter Pull-Ups: follow basic position and form as noted for Wide Grip Pull-Up but wrap and dangle a towel from one side of the pull-up bar slightly wider than shoulder width, grip the towel just below the bar, with the other hand placed slightly wider than shoulder width, perform a pull-up as noted, repeat for 2-5 reps and switch the towel to the other side and repeat without delay, switch and repeat, switch and repeat

Pull-Up Shifting: follow basic position and form as noted for Wide Grip Pull-Up but place hands so that they are slightly wider than shoulder width, perform the pull-up but pause at the top and shift left so the center of your body is near your left hand, shift right as noted, back to center but shift your body backwards, return to starting position, repeat

Reverse Grip Standing Rows: place a foot flat on the floor, squat and place the other behind you on the balls of your feet for balance, hold dumbbells in each hand and point palms forward slightly cocked inward, pull the dumbbells up and squeeze your upper middle back, return to start, repeat

Switch Grip Pull-Ups: perform 2-5 reps for each exercise noted, moving with no delay between each noted routine

Wide Grip Pull-Up (also noted as Pull-Up): hanging from a pull-up bar, place hands with palms pointing away from your body wider than shoulder width, tuck legs with feet below buttocks, slowly pull yourself up so your face is looking at the bar with chest as close to bar as possible, slowly return to start, repeat. CHEATERS: for a little help you can place a foot or two on a 2-step ladder to aid the beginning of your ascent, you can also use your bent legs crossed feet and pull them up at the bottom of your pull-up to "jumpstart" your ascent. BONUS: strap a weight around your person

Shoulder Routines:

3-Count Shrugs: stand with feet shoulder length apart, dumbbells in each hand with palms facing quads, shrug your shoulder straight up trying to touch ears, roll your shoulders back as you bring your shoulders back down, roll your hands so they follow the curve of your thigh, return to start, repeat

Alternating Military: Sitting on a bench or chair, straight back (DO NOT HUNCH), dumbbells in each hand with palms facing forward, weights resting on or near shoulders, with one arm slowly press the weight up and twist your palms inward, twist back to start, perform with the other arm, repeat with initial arm, etc

Balance Board Shoulder Circuit: See note above in reference to the general use of the Balance Board. Set up the board on a flat, carpeted floor with no obstructions and a wide, open radius. A lighter weight should be used when first using the Balance Board. With dumbbells in each hand, step on the Balance Board and shift to an even stance (i.e. feet wide and board in the center of the balance beam). Perform the routines noted below in the “Dumbbell Shoulder Fly” exercises. When first starting, it is recommended to perform the “Out” version until you are comfortable. Once you have a grasp, throw in the “In” and “Back” versions. To step it up, perform several reps of “Out”, several reps of “In”, and several reps of “Back” to complete one set. Be prepared for the board to shift back and forth, for the board to hit the regulators or to have to place one end of the board back on the ground to regain your balance. There is a high probability of one or more of those things occurring including the potential to fall if you are not careful.

Dumbbell Fly to Row to Press - standing, execute Dumbbell Shoulder Fly Out, Upright Row, and Dumbbell Military Press as your first rep, repeat (to note: flow from one exercise to the next, as you perform the Row keep the dumbbells at your chin and rotate your elbows down and dumbbells into the starting position for the Military Press then drop back to start)

Dumbbell Shoulder Fly: these are noted as "In", "Out", & "Back", can be performed sitting or standing, can be performed one after the other (i.e. perform an "In" rep followed by an "Out" rep then repeat the sequence), and all should be performed with straight back

**In - with dumbbells in both hands down at your sides, keep elbows slightly bent (don't lock), and raise the dumbbells straight ahead of you (perpendicular) until at eye height, return to start. You can either keep your hands with palms in towards each other or facing the ground

**Out - with dumbbells in both hands down right in front of your body, keep elbows slightly bent (don't lock), and raise the dumbbells directly out beside you (parallel) until at a 90 degree angle from your body, keeping hands with palms facing the floor, return to start

**Back - with dumbbells in both hands down right in front of your body, keep back straight and bend slightly forward, keep elbows slightly bent (don't lock), raise the dumbbells so that they are angled slightly behind you, return to start

**Back (alternate version) - use a workout bench, place weight at the head on one side, lay sideways on the bench, place one hand on the ground (or grab the bench leg), grab the dumbbell with the other hand, hook the bench with your legs/feet, in a rounding motion with elbow slightly bent raise the dumbbell from the floor, up above your head, your palm will go from facing you to facing out to target the back of the shoulder, return to start, repeat. Switch sides when the set is complete.

Fly-Row-Press Balance Board: See note above in reference to the general use of the Balance Board. Set up the board on a flat, carpeted floor with no obstructions and a wide, open radius. A lighter weight should be used when first using the Balance Board. With dumbbells in each hand, step on the Balance Board and shift to an even stance (i.e. feet wide and board in the center of the balance beam). Perform the routines noted below in the “Dumbbell Fly to Row to Press” exercises. Start with light weight and increase as confidence and strength are gained. Be prepared for the board to shift back and forth, for the board to hit the regulators or to have to place one end of the board back on the ground to regain your balance. There is a high probability of one or more of those things occurring including the potential to fall if you are not careful.

Front Shoulder Fly Syn - sitting in a chair, buttocks towards the front, back straight with upper back leaning on chair back, perform Dumbbell Shoulder Fly In, pause at the top, keep elbows tight and pointed forward as you bring the dumbbells back towards your head, back to straight, return to start, repeat

Light Weight Shoulder Circles - using a light dumbbell hold your arms straight out to make a "T", dumbbell in hand with palms down, slight bend in elbows, roll your arms in small circles forward for a count of 10 seconds, roll in small circles backwards, repeat forwards and backwards one more time each, done

Military Shoulder Press: Sitting on a bench or chair, straight back (DO NOT HUNCH), dumbbells in each hand with palms facing forward, weights resting on or near shoulders, slowly press the weight straight up and squeeze together (dumbbells should touch above your head), slowly return to start, repeat

Rotator Cuff Doubles: there are two forms and both should be completed with light weights

** Standing - feet shoulder width apart, back straight, dumbbells in hand, elbows straight out with forearms/fists pointing towards the floor, palms pointing behind you, twist the dumbells so that they go from below your arm to above, maintain the two 90 degree angles between your body and upper arms and at your elbow

** Laying - lay down on a workout bench, dumbbells in hand, elbows straight out with forearms/fists pointing parallel with your head, palms pointing towards the ceiling, twist the dumbbells so that they point straight towards the ceiling, maintain the two 90 degree angles between your body and upper arms and at your elbow

Rotator Press: Sitting on a bench or chair, straight back (DO NOT HUNCH), dumbbells in each hand with palms facing face and arms in a boxer protection alignment, with one arm fully twist your hands so you palms face forward as you press the dumbbell above your head, return to start twisting back to original position, perform with the other arm, repeat

Twist Shoulder Flies: follow basic position and form as noted for Dumbbell Shoulder Fly Out but at the top of the movement hold the fly and twist your wrists forward (point thumb to the ground) and back before returning to start, repeat

Upright Rows: stand with feet shoulder length apart, dumbbells in each hand with palms facing quads, with elbows up and pointing to the ceiling, keep the dumbbells together and palms facing your body, bring the dumbbells up right below your chin and hold, return to start, repeat

Y Shoulder Dumbbell Press: follow basic position and form as noted for Military Shoulder Press but when pressing the weight up keep the dumbbells wide so that they end up slightly wider than shoulder length apart at the top of the press, return to start, repeat

Yoga Shoulder Press: with push-up bars or dumbbells on the ground slightly wider than shoulder width, get into a downward dog (hands on the bars, balls of feet in a V-shape with buttocks in the air), keeping back and legs straight maintaining the V-shape, slowly lower your forehead to the ground and push back to starting position, repeat

Biceps:

4arm Triple: PHASE ONE sit with dumbbells in both hands, and elbows resting on the edge of the knees, palms facing up, allow the dumbbell to roll down to the bottom of your fingers, squeeze hand back so the dumbbells are raised above your forearms, repeat for 10-15 reps; PHASE TWO keep same basic position but face the palms down while holding the dumbbells, pull your hand up until the dumbbells are above your forearm, repeat for 10-15 reps; PHASE THREE stand with dumbbells in hand, arms slightly bent but at your sides, fully twist the the dumbbells back and forth as far as your wrists allow, repeat a full back and forth for 15-25 reps

Corkscrew Concentration Curl: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing backwards, keep elbow in place, lift dumbbell forward with one arm, twist wrist on the way up so that palm comes into the shoulder, squeeze the bicep and hold for 2 seconds, return to start with reverse motion, perform with other arm, repeat (this is similar to Twist Concentration Curl except for the starting position of the hands)

Curl Up/Hammer Down: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing in front of body, keep elbow in place, lift both dumbbells forward with both arms, keep hand in the same position as dumbbell comes to the shoulder, squeeze the bicep, switch to a Hammer grip (face palms towards each other) and return to start, repeat

Dumbbell Cross Body Curls: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing in front of body, with one arm curl the dumbbell inside and sweep in front of the body up to the opposite pectoral, squeeze bicep, return to start, repeat with the other arm, repeat

Dumbbell Twenty Ones: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing in front of body, keep elbow in place, lift dumbbell forward with both arms, keep hand in the same position as dumbbell comes to the mid-point (90 degree elbow), return to start, perform 7 reps and on the last rep, keep it at mid-point, keep elbow in the same position and complete 7 reps from the mid-point to the shoulders, after the 7 reps return to start and complete 7 full Dumbbell Curls

Dumbbell Curl: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing in front of body, keep elbow in place, lift dumbbell forward with one arm, keep hand in the same position as dumbbell comes to the shoulder, squeeze the bicep, return to start, perform with other arm, repeat. TO NOTE: this exercise can be performed with both arms at the same time (use both arms for "Max Out Curl")

Hammer Curl: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing body, keep elbow in place, lift dumbbell forward with one arm, keep hand in the same position as dumbbell comes to the shoulder, squeeze the bicep, return to start, perform with other arm, repeat.

TO NOTE: this exercise can be performed with both arms at the same time

In & Out Curl: follow basic position and form as noted for Dumbbell Curl with both hands at the same time for first rep, for the second rep use both hands and curl parallel with the body, squeezing the bicep with the dumbbell next to the outside of the shoulder (i.e. picture you are trying to curl with your toes and nose flush with a wall), repeat combination

In & Out Hammer Curl: follow basic position and form as noted for In & Out Curl but with a Hammer grip

Lateral Arm Curl: follow basic position and form as noted for Dumbbell Curl with both hands at the same time, curl parallel with the body, squeezing the bicep with the dumbbell next to the outside of the shoulder (i.e. picture you are trying to curl with your toes and nose flush with a wall), repeat

Max Out Curl: follow basic position and form as noted for Dumbbell Curl, performing at a quick pace

Reverse Curl: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing behind body, keep elbow in place, lift dumbbell forward with one arm, keep hand in the

same position as dumbbell comes to the shoulder, squeeze the bicep, return to start, perform with other arm, repeat. TO NOTE: this exercise can be performed with both arms at the same time

Solo Flex Curl: standing feet shoulder width apart, one arm straight down with dumbbell in hand and palm facing body, the other arm with dumbbell in hand is at a 90 degree angle (forearm parallel with the floor), as the one arm is holding the weight in place the other arm is performing 4 reps of Hammer Curl, after the 4 reps the positions are switched immediately and the opposite arm is not holding while the other Hammers, repeat the sequence one more time

Twist Concentration Curl: follow basic position and form as noted for Twist Curl but squeeze each arm at the top for a 2-second count before returning to start

Twist Curl: standing feet shoulder width apart, arms straight down with dumbbells in hands and palms facing body, keep elbow in place, lift dumbbell forward with one arm, twist wrist on the way up so that palm comes into the shoulder, squeeze the bicep, return to start with reverse motion, perform with other arm, repeat

Triceps:

Chair Dips: use a workout bench, chair, or similar sturdy structure and sit on the edge, place hands on the bench flush with the edges of your buttocks, keep arms straight and slide your body forward off the bench, with feet straight out, knees straight, slowly dip your body down until your elbows drop below 90 degrees, slowly push up to start, repeat until exhaustion. BONUS: use a 2-step ladder and place your straight legs, crossed feet on the top step and perform exercise

Kickbacks: kneel on the floor, one knee down and the other leg in front at 90 degrees, dumbbells in both hands, lay stomach/chest on front knee, keep elbows tight aligned with your body and hands/dumbbells pointed towards the floor, palms facing in front of you lift the weight towards your buttocks and squeeze at the top, return to start, repeat

Kickback Twist: kneel on the floor, one knee down and the other leg in front at 90 degrees, dumbbells in both hands, lay stomach/chest on front knee, keep elbows tight aligned with your body and hands/dumbbells pointed towards the floor, palms facing behind you lift the weight towards your buttocks and squeeze at the top, return to start, repeat the same way, the next two reps twist your hands so that your palms are facing forward, repeat with backward palms, repeat with forward palms, etc.

Lying Solo Tri Extensions: using a rubber mat lie on one side, upper leg foot stacked in front of lower, floor side arm wrapped with hand on opposite shoulder, ceiling side hand tucked next to floor side pectoral with fingers pointing towards head, pivoting at the hip press up to lift upper body off the ground in a fast motion, on the downward motion do not return fully to the ground, when you feel your floor side shoulder contact your hand thrust your upper body up, repeat until exhaustion

Lying Underhand Extensions: laying flat on a workout bench, dumbbells in both hands, elbows at a 45 degree angle from your obliques (sides), palms facing chest, one arm at a time extend your arm towards the ceiling and concentrate on flexing the tricep, return to start, perform with the opposite, return to start, repeat sequence. TO NOTE: this exercise can be performed at quick or slow pace

Max Out Dips: follow basic position and form as noted for Dips, performing at a quick pace

Overhead Front & Back Tri Extensions: follow basic position and form as noted for Overhead One Arm Skull Crusher for two reps then follow Overhead One Arm Front Skull Crushers for two reps, repeat

Overhead One Arm Front Skull Crushers: follow basic position and form as noted for Overhead One Arm Skull Crusher but sit back slightly and lower the dumbbell to your chest then back to start, repeat

Overhead One Arm Skull Crusher: sitting with straight back on a bench or chair, grasp one dumbbell in one hand, thumb around stem and palms on one of the hexheads, arm with dumbbell will be raised to align with the body, elbow bent with dumbbell behind your head, keep elbow locked in the same place next to your ear and raise the dumbbell above your head slowly, return to start slowly, repeat, other arm can be used to steady your body by holding onto the bench, switch to the other arm

Overhead Skull Crusher: sitting with straight back on a bench or chair, grasp one dumbbell with both hands, cross thumbs around stem and place palms on one of the hexheads, arms will be raised to align with the body, elbows bent with dumbbell behind your head, keep elbows locked in the same place next to your ears and raise the dumbbell above your head slowly, return to start slowly, repeat

Skull Crushers: laying flat on a workout bench, dumbbells in both hands, palms pointing towards feet, arms straight up towards ceiling, keep elbows in place (lower arm 90 degrees from body), slowly move your hands towards your head until the dumbbells are even with your forehead, wrists may rotate inward slightly but keep elbows in place, slowly return to starting position, repeat.

Skull Crusher Twist: basic position and form as noted for Skull Crushers but as you lower the dumbbells completely twist your wrists so that your hands are in a hammer position as the dumbbells come even with your forehead (palms towards ears). When you move hands to starting position, rotate your wrists again so the palms are pointed back towards your feet.

Core (including Killer and Dynamic):

To note, it is recommended to use a mat for a majority of the Core exercises (i.e. rubber mat, yoga mat, carpet, grass, etc.)

Bicycles: buttocks on the mat, hands on the ground for stabilization, feet extended 6" off the ground, upper body 30-45 degrees from the ground, without touching the ground circle your feet as though you are peddling a bicycle, both feet returning to a starting position is 1 rep, repeat

Burpees: standing tall with hands at your side and feet shoulder width apart, squat down and place your hands on the ground, kick both of your feet back, perform a push-up, jump both knees back to your hands, stand up from your squat and jump several inches in the air, repeat, these should be completed rapidly. BONUS: after the push-up stay in position and raise each knee once to your chest before jumping back to squat

Core Rolls: lay with your stomach on a mat, straight arms above your head and straight legs, teeter on your stomach raising feet and hands off the ground as far as you can, hold for 6-10 seconds, roll left and stop on the side of your buttocks and maintain a V-shape with feet and hands still off the ground and hold for 6-10 seconds (oblique), roll left and stop in the middle and maintain V-shape with feet and hands still of the ground and hold for 6-10 seconds, roll left and hold on the oblique, roll left onto stomach and hold for lower back, pass back to the right in the same sequence, returning to start is Pass One, repeat the entire sequence one more time

Core Rolls Reverse: same premise as above but starting position is on your back.

Criss Cross Sit-Ups: sit on a mat with criss cross legs, roll backwards with hands/arms in a boxer's block, once you roll flat start to sit back up with one arm raised out and the other remaining in the block, the raised arm should shoot towards the sky and as you return to starting position reach out past the opposite knee, twisting your body, return upper body to the ground and repeat with other arm, repeat sequence

Crunch Twist: sitting on a mat, feet stabilized (stair, dumbbell, etc.), knees bent, arms crossed with hands on opposite shoulders, lean back so that only lower back touches the floor then sit up and twist so that left elbow go over top right knee, return to start so only lower back touches and repeat with right elbow over left knee, repeat

Dumbbell Shoulder Press Lunges: standing tall feet together, hands straight down with light dumbbells, step into a front lunge, with straight back lean body forward slightly, raise dumbbells from floor to ceiling slightly in front of your lunge in a full length leaning Military Press, return dumbbells back down, step back leg forward and stand, step forward with the opposite leg and repeat sequence, turn around and repeat sequence back to your starting position, repeat until you reach 12-15 reps, each single lunge is a rep

Engine Crushers: standing with feet shoulder width apart, place hands behind the base of your neck, DO NOT PULL ON YOUR NECK, keep your eyes forward, bring your right knee as high as possible while at the same time twist your upper body and attempt to touch your left elbow to your right knee, return to start, do the same with left knee and right elbow, repeat sequence, these should be completed quickly

Heels to the Sky: laying on a mat, hands at your sides next to your buttocks, point both feet towards the ceiling with straight legs, pulse your feet towards the ceiling keeping straight legs, raising your buttocks off the mat, return to start, repeat

Hip Flexor Pulse: laying on a mat, hands at your sides next to your buttocks, bend your knees and place the balls of your feet together making a semi-circle with your legs, keep legs off the ground 6" then raise them so your feet point towards the ceiling, at the top of the movement pulse your feet towards the ceiling, raising your buttocks off the mat, return to starting 6" without your legs/feet touching the ground, repeat

Hips to the Sky: laying sideways place your elbow on the mat with hand in front of you, place the side of your foot down with the other foot on top, raise your body so that only your elbow/forearm and side of your foot are touching the ground, place ceiling side hand on your hip with elbow pointing towards ceiling, pulse your hip towards the ceiling and return to straight, repeat until completion, switch sides and repeat routine

Kayaker Twist: sit on a mat, lean your back at a 30-45 degree angle, keep feet apart and knees bent and raise them off the ground, upper leg (quad/ham) should be about 45 degrees, lock your hands/fingers together and place them on one side of your hips while also angling your torso in the same direction, twist torso and move hands to the opposite side, return to start, repeat, this "side to side paddling" should be done at a rapid pace

Lunge Kickback Curl Dumbbell Press: stand tall with light dumbbells, feet shoulder width apart and hands at sides, keeping dumbbells in the same place lunge forward with one leg, keep body pointed forward, hold position and perform a Tricep Kickback with both arms, hold lunge and straighten up your back then perform a Bicep Curl with both arms, hold lunge and perform a Military Press with both arms, bring dumbbells back down and stand straight up moving rear leg forward, repeat with the other leg going forward, turn around and repeat sequence, repeat

Oblique Crunches: sit on a mat, roll over to your right buttocks, right elbow/forearm on the ground, feet together raise them off the ground 6", legs slightly bent, left hand next to your left ear and elbow pointed out (you should be in a V-shape resting sideways), crunch your left elbow towards your left hip and at the same time bring your slightly bent legs in towards your core, return to start, repeat, switch sides and repeat routine

Plank: place elbows on the mat directly below shoulders with hands pointed towards you head, both feet directly behind you and body straight in a plank position, flat back with only toes and elbows/forearms/hands on the ground and core tight, keep core tight and remain in position for designated times or until you can't hold it anymore

Plank Push-Up: place elbows on the mat directly below shoulders with hands pointed towards you head, both feet directly behind you and body straight in a plank position, flat back with only toes and elbows/forearms/hands on the ground and core tight, straighten your elbows and push up to your hands keeping flat back and core tight, return to your elbows, repeat

Plank Run: place hands on the mat directly below shoulders with hands pointed towards you head, both feet slightly apart directly behind you and body straight in a plank position, flat back with only toes and hands on the ground and core tight, remove one foot from the ground and pump your knee towards

your core before bringing back, repeat with the other leg, legs should pump in a running sequence at a quick pace, both legs pump equals one rep

Reach Twists: using no or light weight dumbbells (5 or 10 lbs), stand with feet shoulder width apart and single dumbbell in both hands (grip around the hexheads), lunge down to the left foot with the weight, staying on the balls of your feet move the dumbbell from the floor on your left side to the ceiling above your shoulder on the right side twisting your core, return to start, repeat, switch sides

Scissor Kicks: lay on the mat with a straight body, arms at sides, with legs straight raise one towards the ceiling and keep one 6" off the ground, change leg positions keeping both legs straight and count 1-Mississippi, change leg positions and count 2-Mississippi, etc

Shuffle Push-Ups: place hands on the mat directly below shoulders with hands pointed towards you head, both feet slightly apart directly behind you and body straight in a plank position, flat back with only toes and hands on the ground and core tight, keeping arms and legs as stiff as possible, back straight, core tight, shuffle/walk it forward 4 paces, backwards 4 paces, left 4 paces, right 4 paces, repeat the sequence

Sitting Ab Pump: buttocks on the mat, hands on the ground for stabilization, feet extended 6" off the ground, upper body 30-45 degrees from the ground, pull in both your knees and your body, extend legs and upper body back to start, do not let them return to the ground until after final rep

Sitting Ab Pump Syn: follow basic position and form as noted for Sitting Ab Pump but spread your arms making a T with your upper body, when your knees tuck, circle your arms around them without touching your legs, return to start, repeat

Sit-Ups: laying flat on a mat, feet stabilized (stair, dumbbell, etc.), knees bent, arms crossed with hands on opposite shoulders, sit up so that elbows go over top knees, return to start

Sit Up to V Up: Laying flat on a mat, legs together and straight, point straight arms towards the ceiling, keeping arms straight in a 90 degree angle from the body raise up and touch your toes, as your lower back returns to the mat pick your straight and together legs up to a 45 degree angle and pulse your hands to your feet again, return to start, repeat. TO NOTE: each time you touch your toes it is counted as one rep

Squat Dumbbell Press: feet slightly wider than shoulder width and toes pointed outward 45 degrees, light dumbbells in hand squat straight down so hands are directly below shoulders, straighten legs and at the same time raise dumbbells up in a wide Military Press, return to start, repeat

Squat Sprint: get in a sprinters stance on the balls of your feet with one foot in front of the other, using light or no weight keep core tight and pump arms in a stationary run while moving hips side to side and rotating slightly on the balls of your feet, after 20-30 seconds switch foot stance and continue for another 20-30 seconds

Superman: lay with your stomach on a mat, straight arms above your head and straight legs, teeter on your stomach raising feet and hands off the ground as far as you can, hold for 8-15 seconds, return to start and rest for 5-8 seconds, repeat

Stacked & Staggered Plank-Ups: one foot on the ball on the floor, second foot toe to heel on top, flat back, tight core, one hand in normal push-up position, the other hand military push-up position, keeping core tight lower slowly 2" from the floor and back up slowly, repeat 2-4 times and switch feet and hand positions, repeat 2-4 times, repeat sequence

Tire Drill: in a wide open space, high knee run through imaginary tires, forward for four steps, backwards for four steps. BONUS: imagine your tires are placed super wide

Toe Bouncers: using a mat, stand with feet slightly spread apart, hold at the top of a calf raise while keeping core tight, bounce on the balls of your feet at a quick pace shuffling left to right for a 10 count, back and forward for a 10 count, repeat the sequence for 50-100 total reps

Legs including Quad, Hammies, & Calf

Balance Board Squats: See note above in reference to the general use of the Balance Board. Set up the board on a flat, carpeted floor with no obstructions and a wide, open radius. A lighter weight should be used when first using the Balance Board. Step on the Balance Board and shift to an even stance (i.e. feet wide and board in the center of the balance beam). Maintaining your balance and attempting to keep the board centered on the balance beam, slowly squat down, bending at the knees with flat back until your legs are parallel with the ground, return to starting position and repeat (use your hands/arms to help maintain your balance). Be prepared for the board to shift back and forth, for the board to hit the regulators or to have to place one end of the board back on the ground to regain your balance. There is a high probability of one or more of those things occurring including the potential to fall if you are not careful. Once the user is comfortable, attempt to touch the board or the tops of your feet with both fingertips at the same time. Another option is to alternate touching the center of the board when squatting with your right hand on one rep, left hand on the second rep, and so on. For both of those options, start by touching the tips of your fingers and eventually try to grab the edge of the board. When touching or grabbing the board ensure that your fingers are not in the “pinch zone”! Fingers and hands should stay outside of the under-board regulators to avoid getting pinched by the roller. If you are ready for more intensity, start with light dumbbells and attempt to squat while holding the dumbbells to your side. Increase the weight as you gain confidence and strength. The following notations can be used on the Workout Sheet to help record and track your variations: SQ=Straight Squat; TT=Toe Touchers; BT=Board Touchers; Alt=Alternating Hands; BG=Board Grabber.

Balanced Deadlift Squat: stand with left foot flat, raise right foot off of the ground keeping it positioned below your buttocks, squat down with right leg and touch the floor with both hands (finger tips,

knuckles, or palms), stand back up, repeat, do not let your right foot touch the ground until the set is complete, repeat the sequence with your other leg

Balanced Lunges: using a 2-step ladder or workout bench place one foot (toes or ball) behind you on the ladder/bench and the other in front of you, while keeping your balance squat down with your forward leg until your knee is a 90 degree angle while keeping your rear leg straight, your knee should not track out further than your toes, return to start, repeat, repeat sequence with your legs switched

Balanced Front/Back Kick: stand with one leg in front of the other in a karate stance, pivot on the front foot and kick with your rear foot bringing your knee up first and then your foot, the bottom of your leg (calf/foot) should whip upwards, bring back to start and without touching the ground use the same leg to perform a backward kick (also known as a donkey kick), bring back to starting position, repeat. BONUS: don't allow the kicking leg to touch the ground through the entire sequence. TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

Balanced F(ront)/Side/B(ack) Kick: stand with one leg in front of the other in a karate stance, pivot on the front foot and kick with your rear foot bringing your knee up first and then your foot, the bottom of your leg (calf/foot) should whip upwards, bring back to start and without touching the ground use the same leg to perform a side kick with open hips, bring back to start and without touching the ground use the same leg to perform a backward kick (also known as a donkey kick), bring back to starting position, repeat. BONUS: don't allow the kicking leg to touch the ground through the entire sequence. TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

Balanced Skater Squats: standing on the right leg slightly bent, body positioned over that foot, the right leg will squat down as the left leg and right arm will swing backwards, the left arm will swing forward, keeping a slight squat you will bring it all back in and attempt to not touch the left leg to the floor and remain balanced on one leg, repeat the sequence, repeat with your legs switched

Calf 3-Way: a stack set using Feet Together Balanced Calf, Toes In Balanced Calf, Toes Out Balanced Calf

Calf-Raise Dumbbell Squats: holding dumbbells at your side, feet shoulder width apart, straight back, bend at the knees and squat down so your thighs are parallel with the floor keeping back straight, push yourself back up to start but at the top, come up on the balls of your feet and squeeze your calf muscles, repeat

Calf Super Set: using a quick pace perform the exercises in the order presented, these can be performed as "Balanced" or "Guided". Balanced would be with the arm movements as noted in the individual routines. Guided would be placing your fingers on a wall or steady surface so you can concentrate specifically on speed.

Double Tap Front/Back Kick: stand with one leg in front of the other in a karate stance, pivot on the front foot and kick with your rear foot bringing your knee up first and then your foot, the bottom of your

leg (calf/foot) should whip upwards, keep your knee in place and lower your foot then kick a second time, without touching the ground bring back to start perform a backward kick (also known as a donkey kick), bring back to starting position, and kick backwards again, return to start and repeat. BONUS: don't allow the kicking leg to touch the ground through the entire sequence. TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

Double Tap F/S/B Kick (Front/Side/Back): stand with one leg in front of the other in a karate stance, pivot on the front foot and kick with your rear foot bringing your knee up first and then your foot, the bottom of your leg (calf/foot) should whip upwards, keep your knee in place and lower your foot then kick a second time, without touching the ground bring back to start perform a side kick with open hips, bring back to start and without touching the ground kick sideways again, bring back to start, without touching the ground bring back to start perform a backward kick (also known as a donkey kick), bring back to starting position, and kick backwards again, return to start and repeat. BONUS: don't allow the kicking leg to touch the ground through the entire sequence. TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

Dumbbell Lunges Back: dumbbells in hands at your sides, feet together, step back with you left leg, keep left leg straight, right leg should bend down to a 90 degree angle, right thigh parallel with floor, right knee lined up directly above right foot, push off with your back foot, flex your right thigh as you return to start, repeat, repeat sequence with the other leg

Dumbbell Lunges Front: dumbbells in hands at your sides, feet together, step forward with your left leg, as your left foot hits the ground bend knee to 90 degrees controlling the descent, left thigh parallel with the floor, left knee lined up directly above left foot, right leg should be slightly bent at the knee and on the balls of the right foot, push/explode off with your left foot and return to starting position, repeat the form stepping forward with right leg, repeat left, etc

Dumbbell Side Lunge: dumbbells in hands at your sides, feet together, step sideways 30-45 degrees with your left leg, as your left foot hits the ground bend knee to 90 degrees controlling the descent, left thigh parallel with the floor, left knee lined up directly above left foot, right leg should be straight at the knee and on the balls of the right foot, push/explode off with your left foot and return to starting position, repeat the form stepping sideways with right leg, repeat left, etc

Dumbbell Squat: holding dumbbells at your side, feet shoulder width apart, straight back, bend at the knees and squat down so your thighs are parallel with the floor keeping back straight, push yourself back up to start, repeat

Feet Apart Balanced Calf: using a step or block of wood place the balls of your feet on the edge, feet should be shoulder width apart, slowly raise up on your toes squeezing your calves raising your heels as high as possible, lower your heels slowly below the balls of your feet, repeat. TO NOTE: as you are raising your heels up and down you should be moving your hands and arms around in different places as

to challenge your balance (hands stretched in front for a rep or two, above your head, out to the side, behind your back, behind your head, etc.)

Feet Together Balanced Calf: using a step or block of wood place the balls of your feet on the edge, feet should be touching (inside balls and heels), slowly raise up on your toes squeezing your calves raising your heels as high as possible, lower your heels slowly below the balls of your feet, repeat. TO NOTE: as you are raising your heels up and down you should be moving your hands and arms around in different places as to challenge your balance (hands stretched in front for a rep or two, above your head, out to the side, behind your back, behind your head, etc.)

Hammy three Way (Straight): stand with feet slightly separated, lunge directly to the right keeping left leg straight and bending right knee to 90 degrees with knee over toes, push yourself back towards starting position with right foot, as your right foot comes close to start keep it raised from the ground and perform a straight leg kick to the right side, return to starting position, with the same leg/foot perform the same process but lunge at a 45 degree angle to the right, return to starting position , with the same leg/foot perform the same process but lunge directly to the front, repeat the sequence, repeat the sequence kicking with the other leg/foot.

Iso Lunge: stand in a lunge stance, one leg out in front bent, the other straight back, the back leg you should be on the ball of your foot, the front knee should be above and slightly behind the foot, front thigh should be parallel to the floor, roll your back foot to your toes which should slide your front knee directly above the foot, return to start, repeat, repeat sequence with the other leg. TO NOTE: these can be done at a slow or quick pace

Kick Whip: stand with one leg in front of the other in a karate stance, pivot on the front foot and kick with your rear foot bringing your knee up first and then your foot, the bottom of your leg (calf/foot) should whip upwards, bring back to start, repeat. TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

> To add an extra challenge and work on balance, do not drop your foot back to the ground when you come back to the start stance. Attempt to keep your foot from touching the ground for each repetition.

3rd World Army Hammy: stand with feet slightly apart, arms straight and hands at sides, keeping legs and arms straight kick your left leg as high as possible** and right arm towards the ceiling, return to start, repeat with the other arm/leg combo, repeat the sequence, etc. **TO NOTE: when you first start out do not attempt to kick too high until your hamstrings are used to the movement. Once you get through the first couple weeks you should try to kick as high as you can.

Toes In Balanced Calf: using a step or block of wood place the balls of your feet on the edge, balls of the feet/big toes should be touching with heels spread out in na V-shape, slowly raise up on your toes squeezing your calves raising your heels as high as possible, lower your heels slowly below the balls of your feet, repeat. TO NOTE: as you are raising your heels up and down you should be moving your

hands and arms around in different places as to challenge your balance (hands stretched in front for a rep or two, above your head, out to the side, behind your back, behind your head, etc.)

Toes Out Balanced Calf: using a step or block of wood place the balls of your feet on the edge, balls of the feet/big toes should spread out in a V-shape with heels touching, slowly raise up on your toes squeezing your calves raising your heels as high as possible, lower your heels slowly below the balls of your feet, repeat. TO NOTE: as you are raising your heels up and down you should be moving your hands and arms around in different places as to challenge your balance (hands stretched in front for a rep or two, above your head, out to the side, behind your back, behind your head, etc.)

Single Leg Calf Raise: using a step or block of wood place the balls of one foot on the edge, drop the other foot behind your heel (it should not touch the ground), at a brisk pace, raise up on your toes squeezing your calves raising your heels as high as possible, lower your heels below the balls of your feet, repeat.

Wall Squat: feet shoulder width apart lean back on a wall or solid structure, act as though you are going to sit on an imaginary chair with knees at a 90 degree angle, feet directly below your knees, legs parallel with the floor, after 10-15 seconds keep your feet planted and slide your back up the wall 4-6 inches and hold, after 10-15 seconds return to previous position (knees at 90), repeat for 60-90 seconds total



*See Medical Disclaimers in accompanying *Appalachian ADV Workouts- Strength, Stamina, Balance*