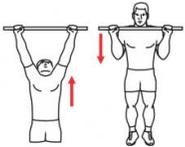


Exercises

1 : Cable fly Stand



2 : Wide Grip Pull-Ups



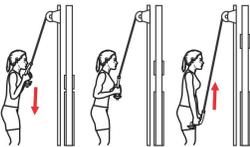
- Place your hands in a wide position. Pull your body up until your chin reaches the bar.

3 : Alternated Dumbbell Biceps Curl Supination Grip



- Keep back straight, abs tight and knees bent - Alternate movement

4 : Cable Triceps Extension



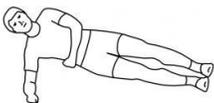
- Keep the abs tight and back straight. Do extensions of the elbows. Neutral grip.

5 : Cook Hip Lift



- Lie on your back with your arms at your sides. Squeeze a tennis ball between your hip and abdomen by bringing one knee in toward the chest. Without letting the ball slip out, lift your buttocks off the ground in a controlled manner. Pause at the top and lower yourself in a controlled manner. Repeat on each side as indicated.

6 : Side Plank



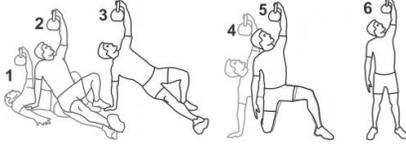
- Lying on the side, do the plank, resting on the forearm and maintain the position. Place the feet one on top of the other. Keep the body straight.

7 : Crunch Knees To Elbows



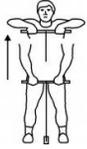
- Lay on your back, pull your knees towards the elbows, keep balance on the buttocks.

8 : Kettlebell Turkish Get Up



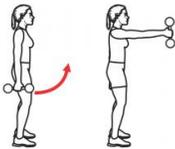
- Keep your abs tight and the arm perpendicular to the ground - Always keep the shoulder under the kettlebell during the lift

9 : Standing Cable Upright Row



- Keep back straight, head up, abs tight and knees slightly bent - Raise elbows at shoulder level - Pronation grip

10 : Dumbbell Shoulder Front Raise



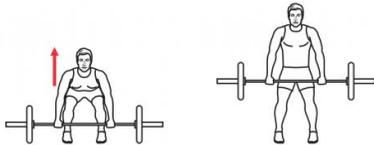
- Keep back straight, abs tight, head up, knees slightly bent - Bent elbows slightly - Raise the arm at shoulder level - Supination grip

11 : 1 Arm Cable Back Fly



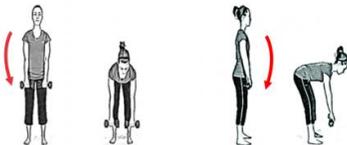
- Keep back straight, abs tight and head up - Knees bent - Pull hand at shoulder level - Neutral or hammer grip

12 : Deadlift



- The feet shoulder width apart, medium grip (thumbs aligned with the shoulders), lift the load while keeping the bar close to you and keeping the back straight, abs tight and head up.

13 : Dumbbell Stiff Leg Deadlift



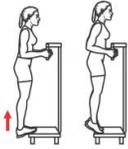
- Keep the back straight, abs tight and head up - Keep your legs straight, bent forward back parallel to the ground - Pronation grip

14 : Single Leg Squat Touch Floor



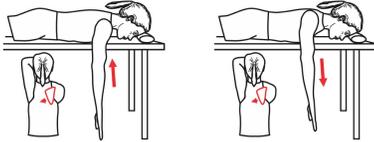
- On one foot, touch the floor beside your supporting foot with your opposite hand. Lower the body until the knee is at an angle of about 90°. Move back up by bringing the knee to the hip level and the hand of opposite arm to shoulder level.

15 : Ankle Flexion Extension On Step



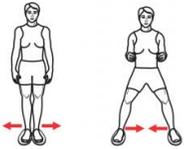
- Knees straight, do flexions and extensions of the ankles. Keep your back straight and head over feet. You can also use a wall for balance.

16 : Scapula depression and Retraction



- Lie face down with the involved side facing the edge of the bed or bench. The involved arm should be hanging straight down off the bed. The forearm of the other arm can be placed under the head to support the head (or use a pillow / cushion) and you should be looking straight down. Keeping the arm relaxed, retracting the scapula back and down towards the spine. Return to start position.

17 : Abduction Adduction On Sliding Disk



- Standing on sliding disk, open and close legs dynamically.