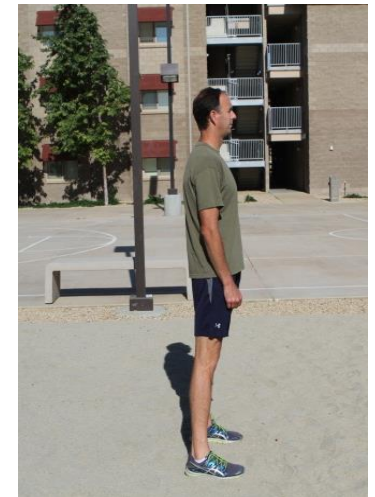


Body Weight Squat

- Feet are shoulder-width apart (instep of foot should be even with outside of shoulder), toes pointing straight ahead.
- Prior to initiating the movement squeeze your gluts and tightening your core by pulling your belly button toward your spine.
- Unlock your hips and keep sending hips backward as the knees begin to bend. As you squat, extend arms in front, make sure chest and shoulders stay upright, and keep your back straight. Keep the head facing forward with eyes straight ahead for a neutral spine.
- Let the hip joint squat even (or lower) with the knees.
- Exhale while driving through mid-foot to return to starting position. Remembering to reengage your gluts at the top.



Walking Lunge

- Start with an upright posture.
- Take an exaggerated step out, landing softly on your heel.
- Lower under control to a point where your back knee is just above the ground.
- Keeping the core tight, drive forward to the starting position.
- Step out with the opposite foot and repeat exercise.



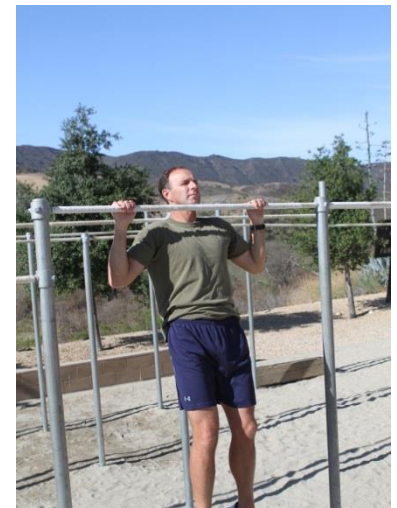
Push-up

- In a prone position with your feet together. Position your hands slightly wider than your shoulders at or near shoulder level. Squeeze your glutes and tighten your core.
- Raise your body off the ground so you are balanced on your toes and hands. Keep your body in a straight line from head to toe without sagging in the middle or arching your back.
- Lower yourself down until your chest lightly touches the ground then return to the raised position.



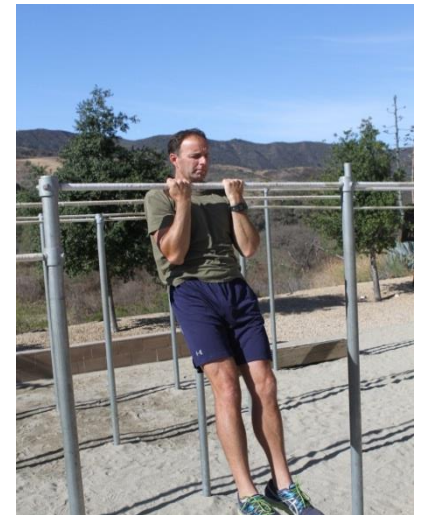
Pull Up Normal Grip

- Stand below the bar with your feet shoulder width apart. Grip the bar with an overhand grip slightly wider than shoulder width.
- Squeeze glutes and tighten core. Engage shoulders and focus on pulling the bar down instead of pulling the body up. Expand the chest towards the bar as you pull.
- Lower under control and keep shoulders engaged when arms are fully extend.



Chin-up

- Stand below the bar with your feet shoulder width apart. Grip the bar with your palms facing towards you. Grip bar inside shoulder width.
- Squeeze glutes and tighten core. Engage shoulders and focus on pulling the bar down instead of pulling the body up. Expand the chest towards the bar as you pull.
- Lower under control and keep shoulders engaged when arms are fully extend.



Pull-up Wide Grip

- Stand below the bar with your feet shoulder width apart. Grip the bar with an overhand grip as wide as possible.
- Squeeze glutes and tighten core. Engage shoulders and focus on pulling the bar down instead of pulling the body up. Expand the chest towards the bar as you pull.
- Lower under control and keep shoulders engaged when arms are fully extend.

