

BACH PERFORMANCE

VIDEO GUIDE

BACH PERFORMANCE
By Eric Bach, BS, CSCS
www.bachperformance.com



DISCLAIMER

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including **The Power Primer 2.0**. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30-years-old. Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Eric Bach and Bach Performance, LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.



VIDEO GUIDE

On the following pages you'll find listings of all videos for the Power Primer Exercises. Use this resource to look up all warm-up, dumbbell, barbell, cable, and bodyweight exercises for the program. If you have a particular exercise you're looking for, your fastest route will be running a search within the document rather than skipping the next 55 pages.

All Password Protected Exercises:

Password: Power Primer



**Coach Eric Bach, author of
*The Power Primer 2.0***



Copyright © Bach Performance, LLC. 2016. All Rights Reserved.

All rights reserved. No part of this e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the expressed written permission from Eric Bach. We have unique tracking codes embedded, designed to detect illegal distribution of this e-book and the download links. Do not risk breaking international copyright infringement laws and getting yourself in major trouble.

WARM-UP





WARM UP

Quadruped Fire Hydrant:



Why: The fire hydrant exercise will wake up the core muscles to provide stability in the trunk while working your gluteus medius. Firing up this muscle is vitally important in preventing hip, knee, and foot injuries.

How To: Start on the hands and knees with knees under the hips and hands directly underneath the shoulders. Brace the abs to prevent slouching of the back and lift the bent knee out to the side (abduction) while maintaining neutral spine position. Hold for 1-2 seconds and return the leg back to starting position.

Quadruped Bent Leg Hip Extension:



Why: The quadruped bent leg hip extension engages the core muscles while training the gluteus maximus to work as the primary hip extender. This helps you stand tall, generate tons of speed and power and fill out your jeans like a grown-up.

How To: Start on the hands and knees with knees under the hips and hands directly underneath the shoulders. Brace the abs to prevent slouching of the back while bringing the heel up towards the ceiling until your moving leg and back are even.

Floor Slide:



Why: The floor slide activates muscles of the mid and upper back, namely the mid-lower trap to fire, helping combat poor posture to improve overhead work.

How to: While supine, keep the lower back flat with the arms extended overhead. Without arching, drive the elbows down towards your sides, squeezing through your mid back. Stop your range of motion if you start to arch through the lower work, gradually increasing range of motion (ROM) as allowed.



WARM UP

Hip Thrust:



Why: Hip extension is the basis for explosive lifting. By grooving supine hip activation in your warm-up, we're directly preparing the muscles needed for optimal performance to fire at full capacity.

How to: While supine with the spine neutral, push your heels into the ground, fully extending the hips and squeezing your glutes. Pause for 1-2 seconds and return to starting position.

Inchworm:



Why: The inchworm looks exactly like it reads—it mimics the up and down motion a work makes when moving. This movement warms up the chest, shoulders, lower back, abs, and stretches the hamstrings.

How To: Start in a push-up position with your abs braced and arms locked. Keep the toes dorsiflexed (pointed towards your knees) and knees extended. Now, take small steps with only ankle motion (no bending knees) to walk the feet up to the hands. Walk the feet up as far as possible, then begin walking the hands back out.

T-Push Up:



Why: The T-Push warms-up the chest, shoulders, arms, and back while simultaneously engaging the core to control rotation. In addition, the rotating "T" opens up the shoulders to work on thoracic mobility. If you spend a lot of time sitting and hunched, then this exercise works to break up the lack of mobility in your upper back and shoulders.

How To: Assume a push-up position, perform a full push-up. During the concentric phase of the push-up, rotate the torso and hips concurrently while making a T with the upper body. Your eyes should follow your arm throughout the entire movement. Finish with your right arm rotated to 90 degrees from the starting position. Lower the body to the ground and repeat on the opposite side.



WARM UP

Lateral Squat:



Why: Life is played in multiple planes of movement, not just sagittal (front and back). The lateral squat is a stationary movement used to prepare your body to move laterally in the frontal plane. The lateral squat will warm up your quads, glutes, adductors, and hamstrings.

How To: Stand with your feet much wider than your shoulders. Keep your right leg straight and push your hips back and to the left into a lunge position. Return to tall standing position and repeat on the right side.

Front Lunge:



Why: Lunges prepares your body for sagittal plane (front and back) movements, loosening the hip, knee, and ankle for improved mobility in your training.

How to: Starting with the feet under the shoulders, step forward, dropping the hips and knee toward the ground, keeping the front heel flat. Push off the front foot back into a tall standing position, switch legs.

Jump Rope/Jumping Jack:



Why: Jumping rope is a great way to improve your coordination, footwork, conditioning, and agility. In addition, the rapid jumps prepare tissues like your Achilles tendon for rapid movements like sprints, jumps, and most sports.

How To: You should a jump rope that reaches up to your shoulders when folded. Hold the ropes handles out to the side of your body and start jumping to a cadence over the rope. Jump for 100 total skips of the rope for one set. If you don't have a jump rope then jumping jacks will suffice.



WARM UP

Slow Mountain Climber:



Why: The slow mountain climber is essentially a moving plank, tying in both hip extension with knee flexion and extension while keeping your spine neutral. Basically, it prepares your hips and core to stabilize the body under load for better performance.

How to: Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, drive the right leg back, switching legs. The left leg should now be extended behind the body with the right knee forward.

Groiner:



Why: Due to our sedentary nature, most people have terrible hip mobility. This leads to back and knee issues, poor posture, and may hinder your overall ability to stay healthy and athletic. Groiners are here to fix that by loosening your adductors, also known as the groin, and enhance mobility in your hips.

How To: Get into pushup position. Bring your right foot forward, place it next to your right hand (or as close as you can), and lower your hips for a brief moment. Keep the front heel down and stretch the front of the hip. Return to the start, and repeat with your left leg for five reps per leg for one set.

BARBELL EXERCISES





BARBELL EXERCISES

Barbell Deadpull:



How To: With the abs braced, bend the hips and knees while keeping the back straight and grab the barbell with a double overhand grip. Drive your heels into the ground and lift the weight to mid-shin position, pausing for 2-3 seconds while keeping the spine neutral. Lower the bar back to the ground and repeat.

Barbell Military Press:



How To: Holding a barbell over your collarbone with a double overhand grip, drive the bar overhead, pausing at the top before returning to the starting position. Squeeze your glutes throughout for additional stability.

Trap Bar Deadlift:



How To: Bend at the hip and knee, keeping a neutral spine position and grab the neutral grip bars with a double overhand grip. Brace the abs and drive your heels into the ground, rising evenly through the hips and shoulders and fully extending the hips at the top. Return the bar to the ground and repeat for reps.



BARBELL EXERCISES

Back Squat:



How To: After dismounting bar from rack set between nipple and shoulder height, push the hips back while flexing the knees, keeping the lower back flat. Descend below parallel OR to where the heels start to rise or lower back rounds.

Drive the heels into the ground, keep your abs tight, and fully extend the hip and knee, squeezing the glutes at the top.

Barbell Forward Lunge:



How To: From the rack with barbell upper chest height, position bar on the back of your shoulders and grasp barbell with a double-overhand grip.

Step forward with the front leg and lower your body by flexing knee and hip of front leg until knee of rear leg is almost in contact with the floor. Keep the front foot flat, then return to original standing position by forcibly extending hip and knee of forward leg. Perform all reps, then switch sides.

Barbell Split Squat:



How To: Position barbell on back of shoulders and grasp barbell to sides. Stand with feet far apart; one-foot forward and other foot behind. Lower your body by flexing knee and hip of front leg until knee of rear leg is almost in contact with the floor. Return to original standing position by extending hip and knee of forward leg. Repeat. Continue with opposite leg.



BARBELL EXERCISES

Barbell Reverse Lunge:



How To: From rack with barbell upper chest height, position the bar on the back of shoulders and grasp barbell with a double overhand grip.

Step back with one leg, lowering the body by flexing knee and hip of supporting leg until knee of rear leg is almost in contact with the floor.

Return to original standing position by extending hip and knee of forward supporting leg and return rear leg next to supporting leg. Repeat for all reps before moving to the other side.

Sumo Deadlift:



How To: Assume a wide stance, with feet well outside shoulder-width and the toes pointed out at 45 degrees. With the abs braced, bend the hips and knees while keeping the back straight and grab the barbell with a double overhand grip.

Drive your heels into the ground and lift the weight until you're standing tall. Lower the bar back to the ground and repeat.

Front Squat:



How To: From rack with barbell upper chest height, position bar in front of shoulders on the tips of the fingers while keeping the elbows parallel to the ground.

After dismounting bar from rack set between nipple and shoulder height, push the hips back while flexing the knees, keeping the lower back flat. Descend below parallel OR to where the heels start to rise or lower back rounds.

Aggressively drive the elbows up and the heels into the ground, keeping your abs tight, and fully extending the hip and knee, squeezing the glutes at the top.



BARBELL EXERCISES

Hang Clean:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip's width apart or slightly wider. Bend knees and hips so barbell touches just below the base of the knee with your shoulders over the bar and back flat. Keep your arms straight with elbows pointed along bar. Chest is spread and wrists are slightly flexed.

Drive the feet into the ground, extending the hip and knee. As the bar passes the hip, drive the elbows up, keeping the bar close to the body. Rotate the elbows forward, catching the bar back in the fingertips and racking on the front of the shoulders. Drop into a squat position, then immediately standing back up. Bend knees slightly and lower the barbell to mid-thigh position.

Hang High Pull:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip's width apart or slightly wider. Bend knees and hips so barbell touches just below the base of the knee with your shoulders over the bar and back flat.

Keep your arms straight with elbows pointed towards the bar. Keep your chest spread with wrists are slightly flexed. Drive the feet into the ground, extending the hip and knee.

As the bar passes the hip, drive the elbows up, keeping the bar close to the body and bringing the bar up to chest or neck height. Lower the bar to mid-thigh and repeat for reps.

Hang Power Clean:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip's width apart or slightly wider. Bend knees and hips so barbell touches just below the base of the knee with your shoulders over the bar and back flat. Keep your arms straight with elbows pointed along the bar. Chest is spread and wrists are slightly flexed.

Drive the feet into the ground, extending the hip and knee. As the bar passes the hip, drive the elbows up, keeping the bar close to the body. Rotate the elbows forward, catching the bar back in the fingertips and racking on the front of the shoulders.

Bend knees slightly and lower barbell to mid-thigh position.



BARBELL EXERCISES

Power Clean:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip's width apart or slightly wider. Bend knees and knees and grab the bar with a flat back position and shoulders slightly over the bar. Keep your arms straight with elbows pointed along bar. Chest is spread and wrists are slightly flexed.

Drive the feet into the ground, extending the hip and knee. As the bar passes the hip, drive the elbows up, keeping the bar close to the body. Rotate the elbows forward, catching the bar back in the fingertips and racking on the front of the shoulders.

Bend knees slightly and lower barbell to mid-thigh position.

Clean:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip's width apart or slightly wider. Bend knees and knees and grab the bar with a flat back position and shoulders slightly over the bar. Keep your arms straight with elbows pointed along bar. Chest is spread and wrists are slightly flexed.

Drive the feet into the ground, extending the hip and knee.

As the bar passes the hip, drive the elbows up, keeping the bar close to the body. Rotate the elbows forward, catching the bar back in the fingertips and racking on the front of the shoulders. Drop into a squat position, then immediately standing back up.

Bend knees slightly and lower barbell to mid-thigh position

Deadlift:



How To: Assume a shoulder-width stance with the feet under the hips. With the abs braced, bend the hips and knees while keeping the back straight and grab the barbell with a double overhand grip. Drive your heels into the ground and lift the weight until your hips are fully extended and you're standing tall. Lower the bar back to the ground and repeat.



BARBELL EXERCISES

Hackey Pull:



How To: Begin with a flat-back RDL position and the bar just below knee-level. Accelerate the bar as it passes the knees, aggressively extending the hips forward, “popping” the bar off the thighs. This movement teaches you to reach full hip extension before breaking at the elbows during the pull. If the elbows bend, the power ends. The hips must extend first or the athletic carryover of triple extension is minimized, thereby reducing speed and power. If you jump forward or drop under the bar too early, you’re likely missing hip extension.

High Pull:



How To: Stand tall and grab the barbell with an overhand grip slightly wider than shoulder width. Feet point forward hip’s width apart or slightly wider. Bend knees and knees and grab the bar with a flat back position and shoulders slightly over the bar.

Keep your arms straight with elbows pointed towards the bar. Keep your chest spread with wrists slightly flexed. Drive the feet into the ground, extending the hip and knee. As the bar passes the hip, drive the elbows up, keeping the bar close to the body and bringing the bar up to chest or neck height. Lower the bar to mid-thigh and repeat for reps.

Barbell Bent Over Row:



How To: Bend knees slightly and bend towards the bar, keeping your back straight. Grasp bar with a shoulder-width overhand grip.

While holding flat-back position, pull the bar to your mid-abdomen, pausing near your body. Extend the arms back to the beginning position without rounding your shoulders or lower back. Repeat.



BARBELL EXERCISES

Barbell Supinated Grip Bent Over Row:



How To: Bend knees slightly and bend towards the bar, keeping your back straight. Grasp bar with a shoulder-width underhand grip.

While holding flat-back position, pull the bar to your mid-abdomen, pausing near your body. Extend the arms back to the beginning position without rounding your shoulders or lower back. Repeat.

JUMPS AND EXPLOSIVE





JUMPS AND EXPLOSIVE

Kettlebell Swing:



How To: Stand behind kettlebell with feet slightly wider apart than shoulder width. Bend over at hip with knees bent and back straight. Holding the kettlebell between your legs with a double overhand grip, hinge back and explosively extend the hips forward, swinging the bell forward until you reach full hip extension.

Once the kettlebell gets to shoulder height maintain tension and throw the kettlebell back down, as if throwing it at your groin.

Keep the kettlebell above the knees at all times—this is a hinge, not a squat. Reverse the action and keep on swingin'!

Dumbbell Jump Squat:



How To: Holding a dumbbell in each hand start by standing tall. Rapidly drop into a squat position, then reverse your motion, driving through the heels into a jump, fully extending the hip, knee, and ankle.

Land in a solid, athletic position.

- Keep the feet flat, rather than shifting the weight forwards or backward.
- Knees should be neutral, rather than in valgus or varus (diving in and out, respectively)
- Abs braced: Any rounding of the lower back signals a weak link in the body and puts additional stress on the hips, knees, and ankles.
- Eyes up and chest up: If your head drops upon landing you'll lose solid body position. Pause for a brief second on each jump to reinforce body position.

Jump Squat:



How To: Starting in a quarter squat position, rapidly drive through the heels into a jump, fully extending through the hip, knee, and shoulder.

Land in a solid, athletic position.

Look for the Following landing mechanics.

- Keep the feet flat, rather than shifting the weight forwards or backward.
- Knees should be neutral, rather than in valgus or varus (diving in and out, respectively)
- Abs braced: Any rounding of the lower back signals a weak link in the body and puts additional stress on the hips, knees, and ankles.
- Eyes up and chest up: If your head drops upon landing you'll lose solid body position. Pause for a brief second on each jump to reinforce body position.



JUMPS AND EXPLOSIVE

Box Jump:



How To: Starting in a tall position with the arms overhead, rapidly throw the arms down while bending at the hip and knee into a quarter squat position.

Drive through the heels and fully extend the hips, jumping on top of the box and landing in an athletic position.

Look for the Following landing mechanics.

- Keep the feet flat, rather than shifting the weight forwards or backwards.
- Knees should be neutral, rather than in valgus or varus (diving in and out, respectively)
- Abs braced: Any rounding of the lower back signals a weak link in the body and puts additional stress on the hips, knees, and ankles.
- Eyes up and chest up: If your head drops upon landing you'll lose solid body position. Pause for a brief second on each jump to reinforce body position.

Broad Jump:



How To: There are three phases to the broad jump: loading, exploding, and landing.

Loading: Set up with feet about shoulder-width apart in an athletic stance with arms up at chest height. Then, during the loading phase, simultaneously swing the arms while flexing at the hips and knees, loading up the legs.

Exploding: Immediately after loading, swing the arms simultaneously with the jump, driving off the legs and pushing the hips forward. Aim to jump both out and up, because adding a vertical component to the jump reduces shear stress on the knees. Bring your feet and arms back in front of you in preparation for landing.

Landing: Drop your hips as you near the ground to absorb force in a flatfoot position. Stick your landing for a moment to reinforce proper position, then get high fives for your acrobatics.

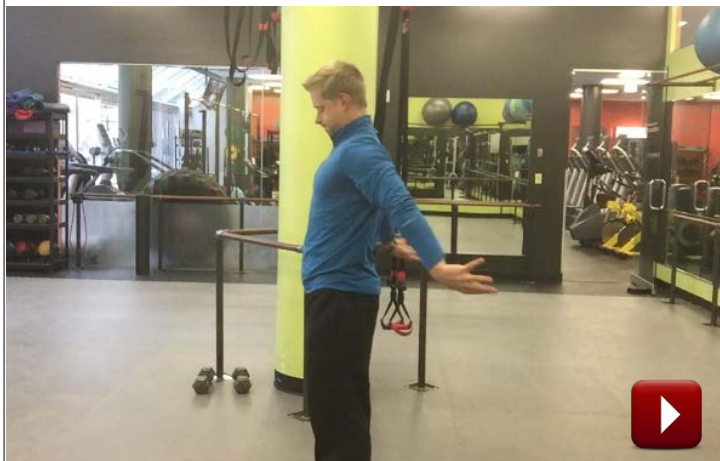
Look for the Following landing mechanics.

- Keep the feet flat, rather than shifting the weight forwards or backward.
- Knees should be neutral, rather than in valgus or varus (diving in and out, respectively)
- Abs braced: Any rounding of the lower back signals a weak link in the body and puts additional stress on the hips, knees, and ankles.
- Eyes up and chest up: If your head drops upon landing you'll lose solid body position. Pause for a brief second on each jump to reinforce body position.



JUMPS AND EXPLOSIVE

Overhead Medicine Ball Slam:



How To: Use a non-bouncy medicine ball and hold it overhead. (If the ball is bouncy, you'll need to wear a nut cup and mouth guard.)

Brace the abs like you would before someone pokes you in the stomach.

Now, with the weight overhead and abs braced, throw the ball to the ground while keeping the chest tall and eyes straightforward.

Your goal is to throw as hard as possible without bending through the waist or rounding in your shoulders.

Multi-Response Squat Jump:



How To: Loading: Set up with feet about shoulder-width apart in an athletic stance with arms up at chest height or overhead. The loading phase utilizes a simultaneous downward arm swing with flexing at the hips and knees, thus loading up the legs. Exploding: Rapidly swing the arms up while driving your feet into the ground and extending the hips and knees, and then taking off on the balls of the feet. Fully extend the arms overhead and aim to fully extend the body with the ankle, knee, hip, trunk, shoulder, and ear all being aligned. Landing: Bend your knees into a squat position and absorb force evenly through the foot, not just through the toes. Keep your chest and head up, looking directly ahead. Your shins should be vertical and knees straight to avoid valgus and varus positions, which put more stress on the knees. While minimizing time on the ground, reverse the motion, completing another jump.

DUMBBELL EXERCISES





DUMBBELL EXERCISES

Dumbbell Hang Clean:



How To: Squat down with dumbbells on sides just below the knee in the “hang” position. With the dumbbells just below knee level and shoulders retracted, aggressively extend the hips and knees. As the dumbbells pass the hips, aggressively shrug and pull the elbows upwards, rotating the elbows until their parallel to the ground.

Pull your body underneath the dumbbells while moving into squat position. Hitting bottom of squat, stand up immediately.

Lower dumbbells to the hang position and repeat.

Dumbbell Step-Up:



How To: Stand with dumbbells grasped to sides facing side of the bench. Place the foot of your first leg on the bench. Stand on bench by extending hip and knee of the first leg and place the foot of the second leg on the bench. Step down with the second leg by flexing hip and knee of the first leg. Return to original standing position by placing the foot of the first leg to the floor. Repeat all reps on one side before switching.

Dumbbell Single Leg RDL:



How To: Start in a standing position with the feet together and a dumbbell in each hand. Lift the right leg slightly and bend the knee. Hinge over while keeping your back straight, and pushing your right foot backward. Keep your back flat. Go until your hands are at the base of the knee, then return to standing position, squeezing your glutes at the top. Rinse and repeat.



DUMBBELL EXERCISES

Dumbbell Step Back Lunge:



How To: Stand with dumbbells held at your sides and step back, lowering your body by flexing knee and hip of supporting leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of forward supporting leg and return rear leg next to supporting leg. Repeat for reps, and switch legs.

Dumbbell Low-High Carry:



How To: Grab two dumbbells, one relatively heavy and one relatively light. Deadlift both dumbbells up to waist height, then extend the lighter dumbbell overhead, fully extending the shoulder and elbow. Walk slowly with a heel-to-toe walk, holding the lighter dumbbell overhead and heavier dumbbell at your side, preventing swaying from side-to-side.

Dumbbell Hammer Curl:



How To: Position two dumbbells to sides, neutral grip (palms in) with your arms straight. Curl one dumbbell while keeping a neutral grip, curl the dumbbell until forearm is vertical and thumb faces shoulder. Lower to the original position and repeat on your opposite arm, alternating for reps.



DUMBBELL EXERCISES

Goblet Bulgarian Split Squat:



How To: Hold a dumbbell or kettlebell at chest height. With the rear leg elevated on a bench behind you, drop your back knee towards the ground, aiming for at least parallel position while keeping the front foot flat on the ground. From there, fully extend the front leg, pausing for one second before completing additional reps. After all reps have been completed on one side, repeat on opposite side.

Dumbbell Bulgarian Split Squat:



How To: While holding a dumbbell in each hand, step forward with the front leg and lower your body by flexing knee and hip of front leg until knee of rear leg is almost in contact with the floor.

Keep the front foot flat, then push off of the back foot, stepping to a tall position before going a lunge on the opposite leg. Perform all reps, then switch sides.

Dumbbell Romanian Deadlift:



How To: Hold two dumbbells at your sides with the feet shoulder width apart. While keeping the shoulders retracted, push your hips back into a hinge position. When the dumbbells reach just below the base of the knee, push the hips forward and return to a tall standing position and squeeze the glutes.



DUMBBELL EXERCISES

Dumbbell Goblet Squat:



How To: Hold a dumbbell or kettlebell at chest height. Squat down between your legs, keeping the feet flat and descending to the deepest position you can without shifting weight forward or rounding your back.

Stand tall to the starting position by driving your heels into the ground and fully extending your hips. Repeat for reps.

Dumbbell Goblet Reverse Lunge:



How To: Hold a dumbbell under the “bell” at chest height. Step back with your right leg, flexing at the hip and knee and dropping the knee just above the ground while keeping the front foot flat. Push from the back foot, returning to the starting position with the hips fully extended. Repeat for reps, then switch sides and repeat.

Dumbbell Goblet Front Lunge:



How To: Hold a dumbbell under the “bell” at chest height. Step forward with your right leg, flexing at the hip and knee and dropping the knee just above the ground while keeping the front foot flat. Push from the front foot, returning to the starting position with the hips fully extended. Repeat for reps, then switch sides and repeat.



DUMBBELL EXERCISES

Dumbbell One Arm Snatch:



How To: This is an awesome exercise for developing explosive power. Start with a dumbbell on the ground between your legs. In an athletic position holding the dumbbell, drive through your heels; fully extend the hip, and then driving the elbow high, catching the dumbbell in an overhead position. Pause overhead, then lower the dumbbell under control and repeat.

Dumbbell Offset Split Squat:



How To: Assume a split position, with your feet at shoulder width, one split behind you and one in front.

Hold one dumbbell on the same side as your back leg.

Drop your hips, flexing at the hip and knee while dropping the knee just above the ground and keeping the front foot flat. Push through the front foot, returning to the starting position with the hips fully extended. Repeat for reps, then switch sides and repeat.

Dumbbell Split Squat:



How To: Assume a split position, with your feet at shoulder width, one split behind you and one in front.

Hold two dumbbells at your sides. Drop your hips, flexing at the hip and knee while dropping the knee just above the ground and keeping the front foot flat. Push through the front foot, returning to the starting position with the hips fully extended. Repeat for reps, then switch sides and repeat.



DUMBBELL EXERCISES

Dumbbell Curl to Press:



How To: Stand tall with two dumbbells in front of your body and a supinated (palms forward) grip. Perform a biceps curl, then, a shoulder press by fully extending your arms overhead. Return to the starting position by first lowering the dumbbells to your shoulders, then performing an eccentric curl. Repeat for reps.

Dumbbell Military Press:



How To: Stand tall and position dumbbells to each side of shoulders with elbows below wrists. Press dumbbells overhead until arms are extended overhead, squeezing your glutes for overhead stability. Lower to sides of shoulders and repeat.

Dumbbell Push Press:



How To: Standing tall and holding two dumbbells at shoulder height. Rapidly dip into a quarter squat, and then reverse momentum performing a push press, locking the press overhead then lowering the weight back to your shoulders.



DUMBBELL EXERCISES

One-Arm Dumbbell Press:



How To: Standing tall and holding a dumbbell at shoulder height, drive the bell overhead, pausing at the top before returning to the starting position. Squeeze your glutes throughout for additional stability.

One-Arm Dumbbell Push Press:



How To: Standing tall and holding one dumbbell at shoulder height. Rapidly dip into a quarter squat, and then reverse momentum performing an explosive overhead press, locking the press overhead then lowering the weight back to your shoulders. Repeat for reps, then switch sides.

Dumbbell One Arm Row:



How To: Kneel on one side of the bench, holding a dumbbell in one arm and actively pushing the stabilizing arm into the bench. Position foot of opposite leg slightly back to side, and hold a flat-back position.

Pull the elbow back in a “J” pattern, bringing the dumbbell to your side while pushing into the bench with your opposite arm and keeping the back flat. Extend arm back towards the ground while holding position, repeat and continue with opposite arm.



DUMBBELL EXERCISES

Dumbbell Split Row:



How To: Dumbbell split rows are a row variation that adds an anti-rotation stress to the mix. With a heavy dumbbell in one hand, lock the opposite arm out on a bench and hold a flat back position. Keep the feet slightly staggered, and row the dumbbell up towards your chest, preventing your torso from twisting and rotating. Perform desired sets and reps, repeat on opposite side.

Dumbbell Bench Press:



How To: Sit down on a bench with dumbbells resting on lower thigh. Kick weights to shoulder and lie back, positioning dumbbells to the sides of your chest with the forearm and upper arm forming a 90-degree angle under each dumbbell.

Explosively press the dumbbells up until the elbows are fully extended, lowering the weight back under control just outside the chest. Repeat for reps.

Alternating Dumbbell Bench Press:



How To: Sit down on a bench with dumbbells resting on your thighs. Kick weights to shoulder and lie back, positioning the dumbbells over your chest and fully extended.

Bring one dumbbell just outside your chest, keeping your eyes on the other, fully extended dumbbell. Press the dumbbell overhead, then alternate and press with the opposite arm.

Repeat for reps, then repeat on opposite side.



DUMBBELL EXERCISES

Dumbbell 1-1-2 Bench Press:



How To: Set up for a normal dumbbell bench press, with both arms extended over your chest. Keep one arm locked out and your eyes on that dumbbell, while performing a one-arm press.

Then, repeat the press on the opposite arm. To complete the first rep, finish with a regular dumbbell bench press, hence the name “1-1-2 Dumbbell bench press.”

One Arm Dumbbell Bench Press:



How To: Lay face down on a bench inclined to 45 degrees with a dumbbell in each hand. Position yourself so your head is neutral over the top of the bench to maintain cervical spine position.

For a count of two seconds, pull the dumbbells up to your chest, pause for a count of two seconds, and lower the dumbbells until your hands are extended for another two to three seconds. The slow tempo and longer eccentric will improve muscular recruitment in your muscles and break down more muscle fibers.

Chest Supported Dumbbell Row:



How To: Lay face down on a bench inclined to 45 degrees with a dumbbell in each hand. Position yourself so your head is neutral over the top of the bench to maintain cervical spine position.

For a count of two seconds, pull the dumbbells up to your chest, pause for a count of two seconds, and lower the dumbbells until your hands are extended for another two to three seconds. The slow tempo and longer eccentric will improve muscular recruitment in your muscles and break down more muscle fibers.



DUMBBELL EXERCISES

Incline Dumbbell Press:



How To: Sit down on a bench at 15-30 degrees with dumbbells resting on lower thigh. Kick weights to shoulder and lie back, positioning dumbbells to the sides of your chest with the forearm and upper arm forming a 90-degree angle under each dumbbell.

Explosively press the dumbbells up until the elbows are fully extended, lowering the weight back under control just outside the chest. Repeat for reps.

Incline Alternate Dumbbell Press:



How To: Standing tall with a dumbbell in each hand and a neutral grip, alternate curling the weight up, fully flexing the arm before returning back to the starting position. Alternate with opposite arm for reps.

Alternating Dumbbell Hammer Curl:



How To: Standing tall with a dumbbell in each hand and a neutral grip, alternate curling the weight up, fully flexing the arm before returning back to the starting position. Alternate with opposite arm for reps.



DUMBBELL EXERCISES

Incline Dumbbell Curl:



How To: Lay back on an incline bench at 30-45 degrees and dumbbells in each hand. Let the elbows fully extend, then perform a bicep curl, then lowering back until the arms are fully extended at the bottom.

Curls while seated on an incline places the biceps under an extreme stretch. This increase in range of motion puts your biceps at a mechanical disadvantage and thus, they need to work harder. Keep the weight lighter and emphasize a full stretch to damage more muscle fibers and get your pipes' growin'.

CABLE EXERCISES





CABLE EXERCISES

½ Kneeling Cable Lift:



How To: Assume a half kneeling position with hips perpendicular to a cable machine with the inside knee down. Holding a rope handle or cable handle with both hands from low cable. While holding lumbar position, turn shoulders slightly towards the machine, keeping the chest up and abs braced. Pull the handle towards the chest and up+ away from the body. Return to starting position. Repeat on opposite side.

Cable Face Pull:



How To: With a cable set at eye-level, hold the arms extended, stand tall with the elbows slightly bent and up at shoulder level.

Pull the cable towards your face, keeping the elbows at shoulder height until elbows travel slightly behind back. Allow wrists to follow elbows. Keep upper arms horizontal, perpendicular to your trunk. Return until arms are fully extended and repeat.

½ Kneeling Isohold:



How To: Assume a half kneeling position with hips perpendicular to a cable machine, with the inside knee down.

Hold a cable handle with both hands in front of your body, directly in front of your chest from a cable set at mid-chest height. Squeeze your glute on the down leg, keeping the arms fully extended, actively resisting the movement from the pulley. Hold position for time and repeat. Repeat on opposite side.



CABLE EXERCISES

½ kneeling Pallof Press:



How To: Assume a half kneeling position with hips perpendicular to a cable machine, with the inside knee down. Hold a cable handle with both hands directly in front of your chest from a cable set at mid-chest height. Press and fully extend the arms, preventing the weight from pulling you over, lower under control, and repeat for reps or time. Repeat on opposite side.

Tall Kneeling Lat-Pull Down:



How To: Face a cable machine with both knees on the ground and the hips fully extended. Reach up, grabbing each handle on the cable stack with an overhand grip.

While holding neutral position through the trunk and squeezing your glutes, pull the elbows down, squeezing the lats for a 2-second pause. Fully extend the arms and repeat for reps.

½ Kneeling Lat-Pull Down:



How To: Face a cable machine with one knee on the ground in the half-kneeling position. Reach up, grabbing each handle on the cable stack with an overhand grip. While holding neutral position through the trunk and squeezing your glutes, pull the elbows down, squeezing the lats for a 2-second pause. Fully extend the arms and repeat for reps.



CABLE EXERCISES

Cable Triceps Pushdown:



How To: Face high pulley and grasp cable attachment with narrow overhand grip. Position elbows to side.

Extend arms down while keeping the shoulders back, squeezing the triceps at full extension. Return until forearm is close to the upper arm. Repeat.

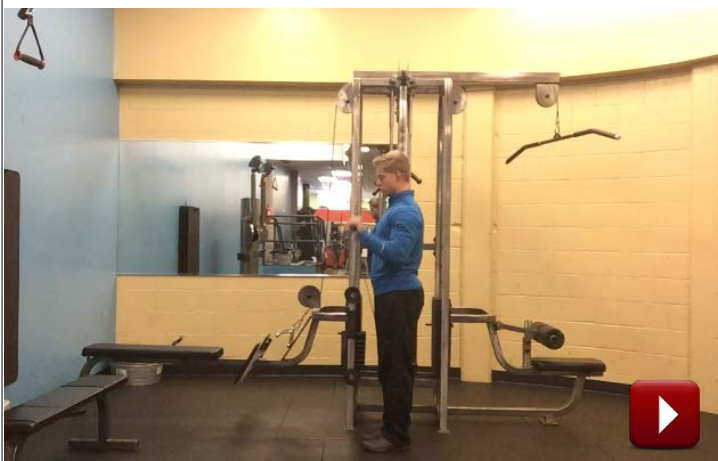
Triceps Overhead Extension:



How To: Stand tall facing away from a cable machine, holding a rope attachment behind your head. Assume a split squat position with the abs braced, and elbows positioned overhead.

Extend forearm overhead until arms are straight, squeezing the triceps for 1-2 seconds per rep. Return to starting position, letting the elbows drift back slightly to stretch the triceps. Repeat for reps.

Cable Reverse Curl:



How To: Stand tall and grasp cable bar with shoulder width overhand grip. With your elbows at your sides and wrists rigid, curl the bar until the forearms are vertical. Lower the arms while holding a rigid wrist position until the arms are fully extended. Repeat.



CABLE EXERCISES

Cable Curl:



How To: Stand tall and grasp cable bar with shoulder width underhand grip. With your elbows at your sides and wrists rigid, curl the bar until the forearms are vertical. Lower the arms while holding a rigid wrist position until the arms are fully extended. Repeat.

½ Kneeling Cable Chop:



How To: Assume a half kneeling position with hips perpendicular to a cable machine, with the inside knee up. Holding a rope handle or cable handle with both hands from high cable at shoulder height. While holding lumbar position, turn shoulders slightly towards the machine, keeping the chest up and abs braced. Pull the handle the opposite knee, down and away from the body. Return to starting position. Repeat on opposite side.

BODYWEIGHT EXERCISES





BODYWEIGHT EXERCISES

Bird Dog:



How To: Assume a position on all fours, keeping the spine neutral, hands directly under your extended arms, and feet dorsiflexed. While holding neutral position in your trunk, fully extend your right leg back, squeezing the glute and pausing with full extension while simultaneously raise arm out straight beside head to full extension. Hold position, return to starting position and repeat on the opposite side.

Close Grip Med-Ball Push-Up:



How To: Find a firm medicine ball and position directly under your chest. Assume a push-up position with your hands in a neutral position, fingers facing away from your body. Tuck the elbows, bringing your chest to the ball and perform a push-up, fully extending your arms.

Stability Ball Crunch:



How To: Sit on an exercise ball. Walk forward on the ball and lie back with shoulders and head hanging off and knees and hips bent. Gently curl over the ball with hands beside your head. Flex at the waist, crunching to raise the upper torso and squeezing your abs. Slowly return to starting position and repeat.



BODYWEIGHT EXERCISES

Stability Ball Leg Curl:



How To: Lie supine on the floor with lower legs on an exercise ball. Extended arms out to sides and hold your hips off the floor. While keeping the hips off the floor, bend the knees and curl the bar underneath your body. Pause at the top and lower by fully extending the knees. Repeat for reps.

Feet Elevated Side Plank:



How To: Lie on side on a mat, keeping the body aligned from ankle to ear. Place forearm on mat under shoulder perpendicular to the body. Place bottom leg on top of a step 6-12 inches in height, elevating the body and holding rigid body position. Hold the position for time and repeat on opposite side.

Stability Ball Plank:



How To: Assume a plank position on a stability ball, with elbows underneath your shoulders and palms supinated. Keep the spine neutral and glutes squeezed while holding the position for time.



BODYWEIGHT EXERCISES

Stability Ball Lockout:



How To: Assume a push-up position on a stability ball, with hands in a neutral position so the fingers are pointing away from your body. Keep the spine neutral and glutes squeezed while holding the position for time.

Feet Elevated Stability Ball Lockout:



How To: Assume a push-up position on a stability ball, with hands in a neutral position so the fingers are pointing away from your body. Elevate the feet 6-18 inches on a step or bench. Increasing height will increase difficulty. Keep the spine neutral and glutes squeezed while holding the position for time.

Overhead Extension:



How To: Laying face up, keep the lower back flat on the ground and extend the arms overhead. Perform five reps extending overhead, then keep the back flat and bend the elbows at 90 degrees and hold overhead towards the floor. While keeping your back flat, drive the elbows down, squeezing the traps, and extending the arms back overhead.



BODYWEIGHT EXERCISES

Push-Up:



How To: Lie prone on the floor with hands slightly wider than shoulder width. Raise body up off the floor by extending arms with body straight.

Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.

Pull-Up:



How To: Step up and grasp the bar with an overhand wide grip, slightly wider than shoulder-width apart. Depress and retract your shoulders, as if you're sticking them in your back pockets.

Squeeze your glutes and drive your elbows down, pulling your body chest towards the top of the bar. Keep the shoulder blades depressed and extend your arms and shoulders until they're extended. Repeat.

Chin-Up:



How To: Step up and grasp the bar with an underhand wide grip, slightly wider than shoulder-width apart. Depress and retract your shoulders, as if you're sticking them in your back pockets.

Squeeze your glutes and drive your elbows down, pulling your body chest towards the top of the bar. Keep the shoulder blades depressed and extend your arms and shoulders until they're extended. Repeat.



BODYWEIGHT EXERCISES

Dip:



How To: Start with the arms fully extended holding your body on parallel bars. Lower your body until slight stretch is felt in shoulders, bending the elbows. Push body up until arms are straight. Repeat.

Bench Plyo Push-Up:



How To: Assume a push-up position with your hands on a bench. Bring your chest to the bench and immediately push-up as hard as you can so your hands come off the bench. When you come back to the bench brace the abs and be resilient to the force. Prevent swaying and bending of the trunk. Reset and repeat for reps.

Feet Elevated Push-Up:



How To: Lie prone on the floor with hands slightly wider than shoulder width. Elevate the feet on a bench or step 6-18 inches tall. Raise body up off the floor by extending arms with body straight. Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.



BODYWEIGHT EXERCISES

Ab Wheel Rollout:



How To: Kneel on floor or mat. Grasp handles on the ab wheel with an overhand grip. Position wheel near the front of knees and lean over the wheel with arms extended downward, supporting the upper body.

With arms straight, roll wheel out as far as possible. Lower body gently to floor extending arms forward. Raise body back up by flexing hips and pulling arms back to original position. Return until hips are extended. Repeat.

Kneeling Plyo-Push-Up:



How To: Assume a push-up position on your knees with glutes squeezed. Lower your chest to the ground and immediately push-up as hard as you can so your hands come off the floor. When you come back to the floor brace the abs and be resilient to the force. Prevent swaying and bending of the trunk. Reset and repeat for reps.