



Adding in secondary exercises using bands, TRX or dumbbells or kettlebells

Time Under Tension- 30 seconds 60 seconds 90 seconds 120 seconds (Holds or Reps)

Challenges- Pick 1 and increase each day for a month

Slow and Controlled- 3 seconds / 5 second / 10 second

Once it burns do 3-5 more.

- 1) Hamstring curls with ball or TRX
- 2) Band Curls
- 3) Band Tricep extension
- 4) Band Shoulder press
- 5) Band "Y" raise
- 6) Dumbbell Deltoid raises rear, side and front
- 7) Ab pull over
- 8) Ab twist
- 9) Hollow hold
- 10) Chest Press
- 11) Chest Fly
- 12) Chest press with hip thruster
- 13) V-Sit twist with Press
- 14) Band High Pull
- 15) Band rear delt and scapula
- 16) On all fours. Opposite hand and leg raise alternating
- 17) On all fours. Fire Hydrant
- 18) Bicycle kicks or scissor kicks
- 19) TRX or Band Row
- 20) TRX or body weight lunges
- 21) TRX or body weight one leg deadlift
- 22) Standing Leg raise and balance on one leg

Example: 4 min Tabata and pick 1 secondary exercises and a mobility exercise and yoga stretch.
Repeat 3 times (20 minutes)

Example: Pick 3 secondary, 3 yoga stretch Repeat 3 times (5-15 minutes to work on a specific area)