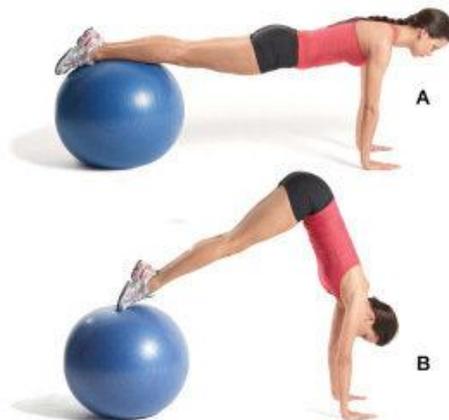


## Multi-Muscle Workout

1. **Squat Press-** The squat press focuses on your legs and shoulders. You will use either a medicine ball or dumb bells. You will start with your feet shoulder width apart and knees slightly bent with either the ball in front of your chest or the dumb bells up in front of your neck. You will go down into a squat position (90 degree angle) and then as you rise into a standing position you will lift/press either the ball or dumb bells up above your head like you are reaching for the sky. When you go back into the squat position you will lower the ball/dumb bell back into the starting position.



2. **Push up Pike-** The push up pike focuses on your triceps, chest, and abs. This exercise is basically an elevated push up on a stability ball. You will roll out into a push up position with the stability ball on your shins/ankles. From this starting position you will do a push up, and then bring your feet in toward your hands making an upside down "V" with your body. You will then roll your feet back into the starting position for another push up.



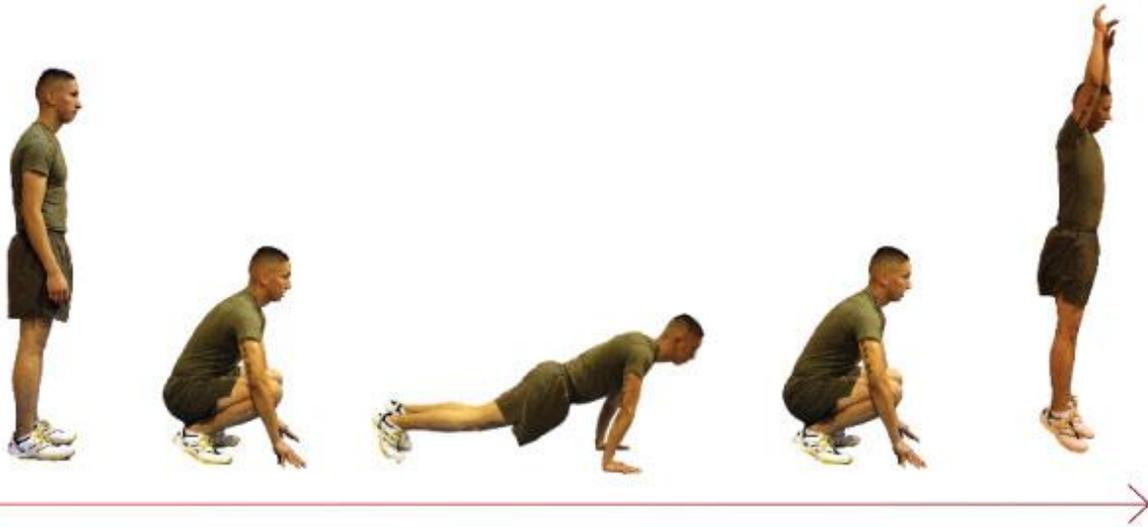
3. **Stability Ball Back Lift and Back Fly-** This exercise focuses on your upper and lower back. You will roll out on the stability ball so that your stomach is on or near the top of the ball. You will have a wide foot stance to help keep your balance. With dumb bells in each hand you will arch your back and bring the dumb bells back into a fly at the same time, simultaneously working both your upper and lower back.



4. **Wall Sit with Bicep curl-** This exercise focuses on your legs and your biceps. You will lean against a wall in a way that you look like you are sitting in a chair. You will hold dumb bells in each hand, and you stay in this sitting position for a minute while doing bicep curls. You can make this exercise more challenging by either lengthening to time or by putting a stability ball between you and the wall.



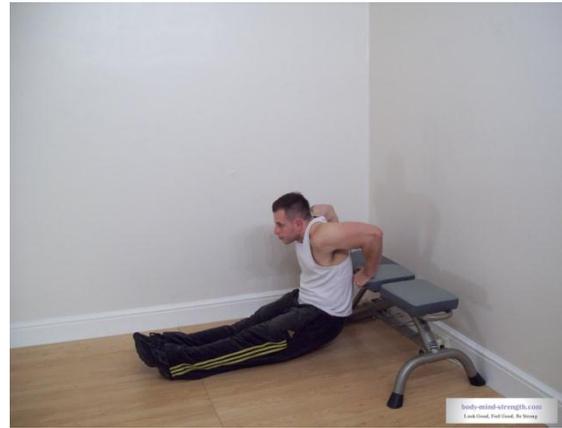
5. **Burpees**- this exercise focuses on your legs, chest, triceps, shoulders, and abs. This is all body weight lifting; you will not be using any weights. The starting position is a standing position. You will crouch down, jump your legs back so you are in a push up position, do a push up, then jump back into the crouching position, followed by an explosive jump into the air. You will do this continuously, with no breaks in between each burpee. If you need to rest you may.



6. **Bent Over Row with Leg Extension**- This exercise focuses on your back, biceps, and abs. Kneel over the side of bench by placing both knees and hand of supporting arm on the bench. Grasp dumbbell from floor. Pull dumbbell to up to side until it makes contact with ribs or until upper arm is just beyond horizontal. When the arm is being pulled into this horizontal position, you will bring your leg out so that it is in a straight line with your back. Return until arm is extended and shoulder is stretched downward and leg comes back to the bench. Repeat and continue with opposite arm.



7. **Dips**- This exercise focuses on your triceps and your upper chest. You can do this on a chair or lifting bench. Position your hands shoulder width apart on a secured bench. Move your feet out as far out in front of you as possible. Straighten out your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints. Slowly lower your upper body down towards the floor and keep your elbows tucked into your sides. Once you reach the bottom of the movement, slowly press off with your hands and push yourself back up to the starting position with your triceps.



8. **Bosu Ball Plate Punch**- This exercise will focus on your shoulders and your abs. you will flip a bosu ball over and stand on the black part. When you feel comfortable with balancing on the bosu ball you will take a medicine ball and “punch” the ball to four different corners of your body.

