

**PUSH UP**

Lying face down, abdominals engaged, use your arms and push yourself up as shown.

Keep your toes in contact with the floor and maintain a straight back the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week

**PLANK ROW WITH DUMBBELLS**

Lie face-down holding a dumbbell in each hand and legs wide apart. Then, push up into a full plank position so your hands which are holding the dumbbells and your toes are holding up your body as shown.

Next, pull up one dumbbell as you bend your elbow and squeeze your shoulder blade towards the center of your spine. Then, set the dumbbell down on the floor and repeat on the other side.

Try and keep your spine and pelvis straight and stable the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



ELASTIC BAND LAT PULLS (use a strong enough resistance that you feel fatigue towards 9-10th rep).

Hold an elastic band with both arms in front of you and with your elbows straight. Your arms should be elevated. Next, pull the band downwards and back towards your side as you bend your elbows. Keep abdominals engaged. Do not lean back on your heels.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



HEAVY DUMBBELLS - GOBLET SQUAT

Stand with your feet a little wider than shoulder-width apart. Hold the bottom of the upper end of the dumbbell against the upper part of your chest as shown.

Bend your knees and lower your body towards the floor to perform a squat. Keep your back straight and hinge at the hips.

Your body weight should mostly be directed through the heels of your feet. Knees should bend in line with the 2nd toe and not pass beyond the toes.

Return to a standing position pressing through the heels. Repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



BURPEE

Start in a standing position. Next, bend your knees and lower yourself towards the floor. Place your hands on the floor as you straighten out your legs so that you are in a plank position with your toes and hands touching the floor. Maintain a straight spine and do not allow your back to sag down.

Then, reverse this and bend your knees back up and standing up again.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week