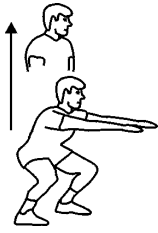


Free Body Strength session Program # 1

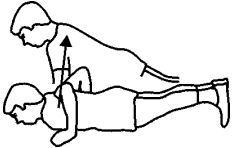


Squat to Basic: do **3** (sets) **X** (of) **15** (repetitions) - with a **rest** of **1 minute** between each set .

Do in a nice smooth continuous rhythm, with weight well controlled and balanced just behind the ball of the foot.

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Basic Push –up : do **3** (sets) **X** (of) **10** (repetitions) - with a **rest** of **1 minute** between each set

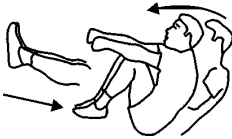
Do them in a nice smooth continuous motion. Do not hurry through them.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Let knees touch if you cannot do regular



Rowing : do **3** (sets) **X** (of) **15** (repetitions) - with a **rest** of **1 minute** between each set.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

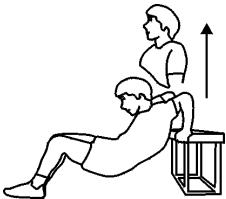


Butt Raise : do **3** (sets) **X** (of) **10** (repetitions each leg)- with a **rest** of **1 minute** between each set.

Place heel on chair with back straight on floor. Press heel down on chair, raising butt from floor

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



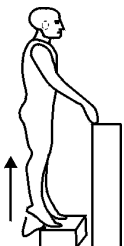
Tricep dip : do **3** (sets) **X** (of) **10** (repetitions)- with a **rest** of **1 minute** between each set.

Place heels on floor. With hands on a solid chair, raise your body up and down with your arms.

The farther you place your feet from the base of the chair – the harder the effort required.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



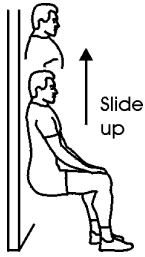
Calf Raise : do **3** (sets) **X** (of) **10** (repetitions)- with a **rest** of **1 minute** between each set.

Standing on a piece of 2X4 , place your foot half on the wood, allowing the heels to touch the floor. From this position do your calf raises. Pushing straight –up (do not rock forward).

You may touch a counter top or table ever so lightly for balance to start.

On a program it would look like [**3 X 10 r1' R3'**]

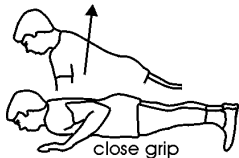
Free Body Strength session Program # 2



Squat to Basic: do **3** (sets) **X** (of) **10** (repetitions) - with a **rest** of **1 minute** between each set .
Do in a nice smooth continuous rhythm with back against wall.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

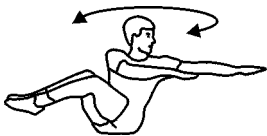


Closed Push-up : do **3** (sets) **X** (of) **5** (repetitions) - with a **rest** of **1 minute** between each set
Do them in a nice smooth continuous motion. Do not hurry through them.

Place hands on floor with thumbs touching. Do try your push-ups like that

On a program it would look like [**3 X 5 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

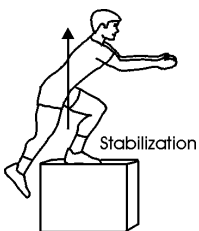


Balance Rotations : do **3** (sets) **X** (of) **15** (twist to each side) - with a **rest** of **1 minute** between each set.

While balanced on your butt, with your feet elevated, twist your upper torso smoothly from one side to the other side, slowly going as far as you can each time. Balance is important. Up the difficulty by holding a medicine ball or weight.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Step-up : do **3** (sets) **X** (of) **10** (repetitions **each leg**)- with a **rest** of **1 minute** between each set.

Step onto a chair or solid object that is just under your knee height. Place leg on chair and pull up On to the chair . **Do not** give a push or lift with your support leg.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

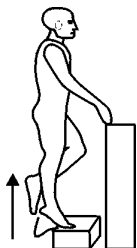


Head / Feet Raise : do **3** (sets) **X** (of) **15** (repetitions) - with a **rest** of **1 minute** between each set.

Lift head and shoulders and feet and legs , at the same time, hold for 3 count

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Single Leg Calf Raise : do **3** (sets) **X** (of) **10** (repetitions) -

with a **rest** of **1 minute** between each set.

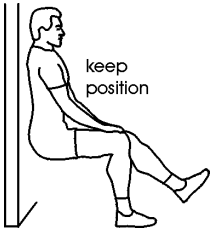
Standing on a piece of 2X4 or step , place your foot half on the wood, allowing the heel to touch the floor. From this position do your calf raises. Pushing straight -up (do not rock forward).

You may touch a counter top or table ever so lightly for balance to start.

Control and balance are important.

On a program it would look like [**3 X 10 r1' R3'**]

Free Body Strength session Program # 3

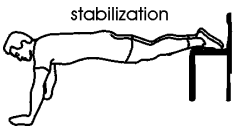


Single leg Squat: do **4** (sets) **X** (of repetitions of holding squat for **20 seconds each leg**) - with a **rest** of **1 minute** between each set .

Do this with weight well controlled and balanced just in front of the heel.

On a program it would look like [**3 X 4 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Push -up (feet raised) : do **3** (sets) **X** (of) **8** (repetitions) - with a **rest** of **1 minute** between each set

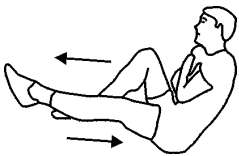
Do them in a nice smooth continuous motion. Do not hurry through them.

On a program it would look like [**3 X 5 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Do these if
You can't do other

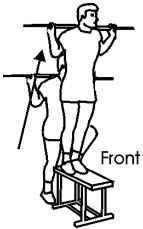


Bicycle : do **4** (sets) **X** (of) **30 sec** - with a **rest** of **1 minute** between each set.

While balanced on your butt, with your feet elevated, Move your legs in a pedaling manner for the 30 second time frame. Balance is important.

On a program it would look like [**4 X 30 sec r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Step-up : do **3** (sets) **X** (of) **12** (repetitions each leg) - with a **rest** of **1 minute** between each set.

Step onto a chair or solid object that is just under your knee height. Place one foot on the object so that your knee and foot are in a forward position. Move weight to at least the middle of foot and pull your body up- in a controlled manner. DO NOT push with the support leg.

On a program it would look like [**3 X 12 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

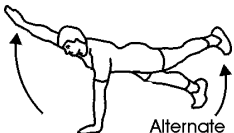


Tricep dip (feet raised) : do **3** (sets) **X** (of) **10** (repetitions) - with a **rest** of **1 minute** between each set.

Try to push down as low as you can. Do in a controlled fashion.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Balance Coordination Drill: do **3** (sets) **X** (of) **10** (repetitions each side) -

with a **rest** of **1 minute** between each set.

Lift opposite arm and leg at the same time and lift to full extension. Can do all 10 without switching if you like. Control and balance are important.

On a program it would look like [**3 X 10 r1' R3'**]

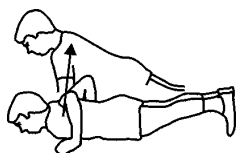
Free Body Strength session Program # 4



Single leg Squat : do **3** (sets) **X** (of) **10** (repetitions each leg) - with a **rest** of **1 minute** between each set .
Do in a nice smooth continuous rhythm, with weight well controlled and balanced just behind the ball of the

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

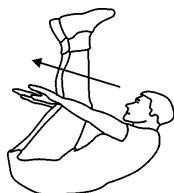


Regular Push -up : do **3** (sets) **X** (of) **15** (repetitions) - with a **rest** of **1 minute** between each set

Do them in a nice smooth continuous motion. Do not hurry through them.
Place hands on floor shoulder width apart. Body does not touch floor after each push-up

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

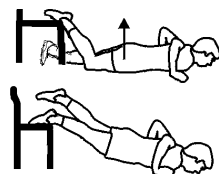


V-Crunch : do **3** (sets) **X** (of) **15** - with a **rest** of **1 minute** between each set.

Do a body crunch that draws your legs and your upper body simultaneously into a V position. Do not just draw your legs up while lying on the floor.

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Hamstring Press : do **3** (sets) **X** (of) **10** (repetitions each leg)- with a **rest** of **1 minute** between each set.

Place leg on chair, with knee on ground. Press down on chair with foot, raising body .

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Twisting crunch : do **3** (sets) **X** (of) **10** (repetitions)- with a **rest** of **1 minute** between each set.

Lift both legs (above waist) toward opposite shoulder. Keep shoulders back

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

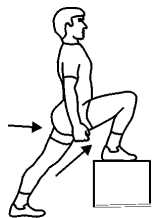


Single Leg lunge : do **3** (sets) **X** (of) **10** (repetitions each leg)- with a **rest** of **1 minute** between each set.

Standing with foot on chair, raise your body up and down slowly, from a standing to a squat position. Control and balance are important. Keep shoulders square and back straight.

On a program it would look like [**3 X 10 r1' R3'**]

Free Body Strength session Program # 5

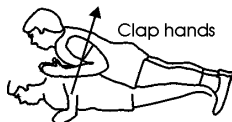


Step - ups : do **3** (sets) **X** (of) **15** (repetitions each leg) - with a **rest** of **1 minute** between each set .

Do in a nice smooth continuous rhythm, with weight well controlled and balanced just behind the ball of the foot. Keep back straight and knees and toes pointed straight ahead

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Push -up – (with a hand clap) : do **3** (sets) **X** (of) **10** (repetitions) - with a **rest** of **1 minute** between each set

The push of this push-up must be explosive enough to allow time to clap hands.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Single leg butt raise : do **3** (sets) **X** (of) **10 each leg** - with a **rest** of **1 minute** between each set.

Press heel down onto support and raise your body. Try for a straight core body position

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

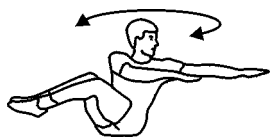


Reverse tricep dip : do **3** (sets) **X** (of) **10** (repetitions) - with a **rest** of **1 minute** between each set.

Raise and lower your body in a smooth continuous manner, with just your arms.

On a program it would look like [**3 X 10 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .

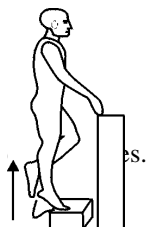


Twisting Rotations : do **3** (sets) **X** (of) **15** (repetitions)- with a **rest** of **1 minute** between each set.

From a balanced position, with your feet elevated, smoothly twist your upper torso as far to the left and as far to the right as you can. Keep shoulders back. Balance and control is important. Up the difficulty by holding a medicine ball or weight.

On a program it would look like [**3 X 15 r1' R3'**]

After the **third (3rd) Set** take a **3 minute rest** .



Single Leg calf raise : do **3** (sets) **X** (of) **10** (repetitions each leg)-

with a **rest** of **1 minute** between each set.

Standing with ball of foot on 2 X 4 or step, raise your body up and down slowly, using your ankle and

Control and balance are important. Keep shoulders square and back straight.

On a program it would look like [**3 X 10 r1' R3'**]