



Exercise Library

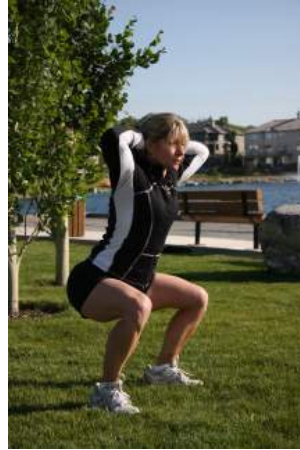
From Female Fat Loss Over Forty expert, Shawna K.

Squat



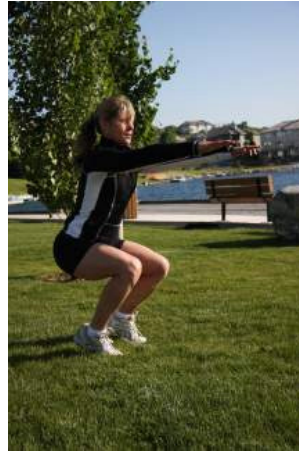
- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position

Prisoner Squat



- Place hands behind head
- Chin up, squeeze upper back to keep elbows back
- 'Sit' into squatting position and return to standing

Sissy Squat



- Balance on the toes
- Sit hips back into sitting position
- Return to standing position while balancing on the toes

Pulsing Squat



- Push hips back into sitting position
- Lift and lower hips slightly in pulsing motion
- Maintain sitting position, do not lock the knees into a standing position

Reverse Lunge



- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg

Reverse Lunge with DB Pass



- Hold DB in one hand
- Lunge forward and pass DB under front leg while passing DB to opposite hand
- Repeat on other leg, passing DB under front leg to opposite hand

Walking Lunge



- Take a big step forward and drop back knee towards ground
- Keep front shin perpendicular to the ground (keep toes visible!)
- Step up onto front heel and bring back leg forward (try not to push off back toe)
- Repeat on opposite leg

Walking Lunge with DB Pass



- Hold DB in hand as you take a big step forward
- Pass DB under front leg, step up on front heel
- Repeat with opposite leg moving forward with each step

Lateral Lunge



- Take a step directly to the side
- Touch the knee or the toe (if possible) with opposing hand, bending forward slightly at the waist
- Try to keep both feet flat on the ground the entire time
- Push off the heel to standing position
- Repeat on opposite side

Plie Squat



- Hold DB with straight arms in center of body
- Keep shoulders over hips, knees turned out
- Ensure a wide enough stance so that shins stay perpendicular to ground
- Sit bottom down and return to standing position

Side Squat Walk



- Sit bottom back into squat position
- Stay low as you take a step to the side
- Bring feet together and repeat, walking to the side without returning to standing position
- Repeat on opposite side
- Optional: add a band at the knees for added resistance

Boot Strapper Squat



- Hold DB length-wise, place elbows on knees
- Lower DB while lifting bottom up, keeping the elbows on the knees
- Return to squat position

Reverse Bridge Hold/Pulse



- Lay on back, weight on upper shoulders
- Lift hips off the ground and hold, squeeze gluts
- Pulse: lower hips a few inches and pulse
- Keep shins perpendicular to ground

Regular Push Up



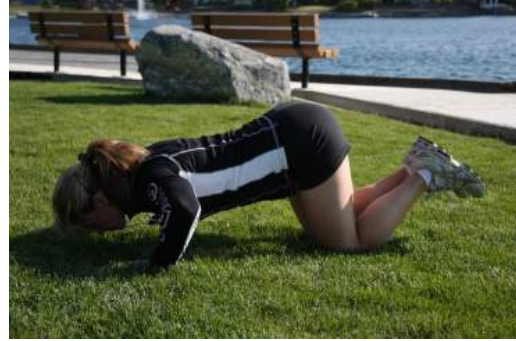
- Get into plank position with hands wider than shoulder width
- Keep ears, shoulders, hips and ankles all in alignment
- Slowly lower chest toward ground
- Return to plank position

Modified Push Up



- Get into plank position balancing on the knees
- Keep ears, shoulders, hips and knees all in alignment
- Slowly lower chest toward ground
- Return to plank position

Table Top Push Up



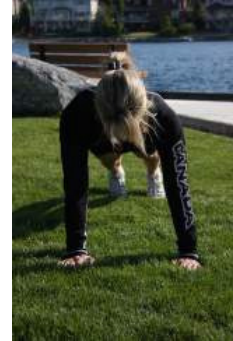
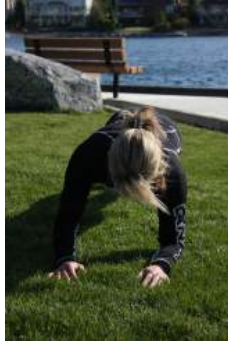
- Start in plank position on the knees
- Walk the hands in toward the knees to make a 'table top', maintain a flat back, butt in the air
- Slowly lower chest toward ground
- Return to plank position

Inchworm Push Up



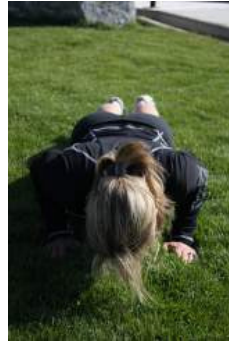
- Start in a standing position
- Bend at the waist and walk hands out to a push up position
- Complete a push up (drop to knees if needed)
- Walk hands back towards feet and stand upright

Get Up



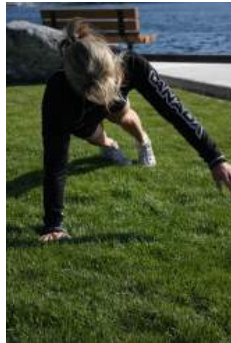
- Start in a push up position (on knees or in table top position if needed)
- Drop to the left elbow, then the right elbow
- Push up onto the left hand, locking the arm, then push up to the right
- Repeat doing the opposite:
- Drop to the right elbow, then the left elbow
- Push up on the right hand, locking the arm, then push up to the left

Close Push Up



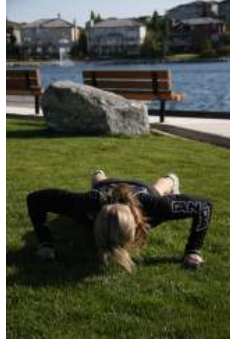
- Start in plank position (on knees or in table top position if needed)
- Place hands directly under the shoulders
- Slowly lower the chest to the ground
- Return to plank position

T Push Up



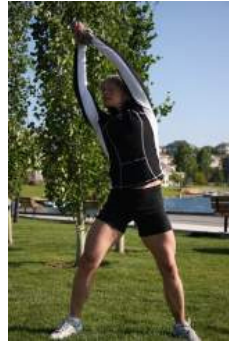
- Start in plank position (drop to knees or table top position if needed)
- Do a push up
- Once body is in a plank, balance on one hand and rotate the entire body
- Open up to a side plank position, balancing on one hand and toes
- Slowly lower the hand back to the ground
- Repeat the push up and open up to the opposite side
- The 'goal' of this movement is to maintain the plank body position on one hand and toes in the open 'T' position. It may be necessary to do the push up from the knees, but then return to the toes for the 'T' position.

Push Up/Pull Up



- Get into push up position (drop to knees or table top if needed)
- Balance on DB's if using
- Do full push up
- Then do one arm pull up (if not using DB's, raise hand to chest, elbow high in the air)
- Repeat push up and pull up on opposite arm
- A wide stance with the feet helps to maintain level hips

DB Wood Chop



- Hold a DB with two hands by one hip, legs slightly bent
- Lift the DB with straight arms on a diagonal above opposite shoulder
- Lift and look at DB and slowly lower back to hip
- Repeat on opposite side

DB Lateral Raise



- Hold DB's at your side
- Keep thumb-side of DB down as you raise your arms in a lateral plane to shoulder height then slowly lower DB's back to start position
- Arms are slightly bent, knees are soft and weight is on the balls of the feet
- Don't let the hands raise higher than the elbows

DB Row



- Keep ears, shoulders and hips in alignment
- Keep a flat back while holding DB's at knee level
- Pull the shoulder blades together as you row the DB's to the ribs and return to the start
- Do NOT round the back, keep a soft knee

Split Stance 1 Arm DB Row



- Brace yourself on the knee with the hand not holding the DB
- Keep a flat back with a wide stance
- Row the DB to the ribs and return to the start
- Repeat on opposite side

Single Leg DB Deadlift



- Hold DB's with straight arms at the sides
- Balance on one leg, hold abs tight, lift heel up and drop chest parallel to ground
- Try not to bend at the waist
- Keep chin up, soft knee on stabilizing leg, return heel to the ground
- Repeat on opposite side

DB Military Press



- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Tuck hips under (pelvic tilt) to protect lower back, soft knees

DB Military Press/Squat



- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Squat, sitting hips back and return to standing position
- Chin up, chest high

DB Rear Delt Raise “Y”



Prone Shoulder Press



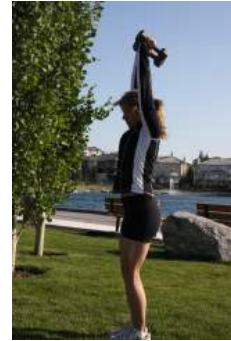
- In prone position, squeeze the shoulder blades together and do a shoulder press
- Keep forehead and toes on the ground, drop the DB's if too heavy

Stick Up



- Place heels, butt, shoulder blades and head against the wall.
- Place arms at a 90 degree angle with elbows on wall.
- Slide arms up wall slowly while keeping contact with the wall.
- Squeeze shoulder blades together and keep elbows, hands on wall at all times. Slide arms back to start.

DB Overhead Tricep Extension



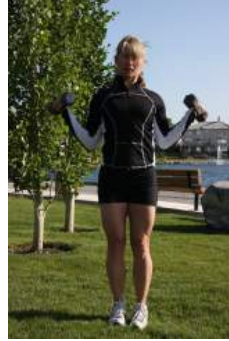
- Hold DB overhead in both hands
- Drop DB to behind the head by bending at the elbow and return to extended position overhead
- Keep elbows close to the ears, chin tucked in
- Soft knees, pelvic tilt

DB Tricep Kick Back



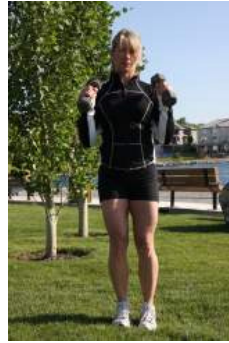
- Bend at the waist, flat back, chin up
- Hold DB's at the sides, keep elbows close to the sides and extend heel of hand back to lock arm
- Return DB's to sides, but don't do a full bicep curl (this allows for too much tricep rest)

DB Turned Out Bicep Curl



- Hold DB's at the side, roll shoulders back, chest high
- Bring the 'pinkie' side of the DB towards the shoulder, elbows stay at the sides
- Return to start position with full elbow extension (straighten arms completely)

DB Bicep Curl



- Hold DB's at the sides
- Bring the thumb side of the DB to the shoulder
- Keep elbows at the sides
- Return to starting position, fully extending arms

Reverse Bench Step



- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side

Bench Incline Push Up



- Get into plank position
- Slowly lower the chest the seat of the bench
- Return to starting position
- More incline is more modified, less of an incline is more difficult

Hand Over Hand Incline Plank Walk



- Get into a plank position
- Maintain a flat back
- Walk hand over hand across the bench
- Keep legs in line with body as hands move
- Keep abs tight, don't let back sag
- More of an incline is more modified, less of an incline is more difficult

Hand Over Hand Decline Plank Walk



- Get into a plank position with feet on bench
- Maintain a flat back
- Walk hand over hand across the ground
- Keep legs in line with body as hands move
- Keep abs tight, don't let back sag
- Less of an incline is more modified, more of an incline is more difficult

Bench Dip



- Place hands beside hips on the edge of a bench, arms locked, fingers forward
- Drop bottom down as arms bend, elbows backward
- Return to start by pushing on the heel of the hand, locking elbows
- Ensure back/hips are close to the bench, don't go too deep
- *if you feel this in the front of the shoulders, modify the depth and ensure the back isn't too far from the bench
- Intensify by extending the legs to a straight position

Wall Sit



- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length

Knee ins/Bicycle Crunch



- In face up, prone position, lift opposite elbow to opposite knee
- Try to lift shoulder off the ground while twisting at the waist
- Try to fully extend leg, (more difficult if the extended leg is lower to the ground, more modified by lifting the leg higher or placing the opposite foot on the ground)
- Repeat on the opposite side
- Ensure the lower back is pressed into the mat at all times
- Press 'belly button' through the spine (tight abs) at all times

Prone Shoe Touch



- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs

Plank



- Get into plank position (shoulders over the elbows, ears in line with the shoulders)
- Keep back tight and tummy tucked in
- Ensure that hips are in line with shoulders and toes
- Keep shoulder blades depressed and retracted (down and back) so the upper back doesn't 'round'
- Ensure butt isn't in the air, with shoulders behind elbows
- Modify by dropping to the knees

Side Plank



- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder

Spider Crawl



- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs through out movement

Leg Raise



- Get into face up, prone position
- Press lower back into the floor
- Raise shoulders slightly off the ground
- Lift legs together to right angles to the ground
- Slowly lower the legs until it feels like the lower back cannot maintain contact with the ground, at this point, the legs should be brought back up to the starting position
- The lower the legs are brought to the ground, the more difficult the exercise

Hip Lift



- In face up, prone position, lift the legs to right angles to the ground
- Lift hips off the ground and slowly lower the hips to start position
- To intensify, try to keep shoulders lifted slightly off the ground at the same time as the hips are lifted

Body Bridge Circle



- Get into plank position
- Pretend the body is on the face of a clock, the feet are the pivot point
- Walk the hands to 3 o'clock position and back to 12 o'clock
- Walk the hands to 9 o'clock position and back to 12 o'clock

Bird Dog



- Get into four point stance
- Slowly raise one leg and opposing arm
- Hold position for specified time
- Keep arm at ear level
- Keep abs tight and heel at hip level
- To modify, drop one hand and balance in three point stance
- Repeat on opposite side

Seated Cross Punch



- Sit with legs extended, shoulders directly over hips
- 'Punch' across body to reach opposite hand over opposite knee, twisting at waist
- Fully extend arm, keep arms at shoulder height

Tube Chest Press



- Place a tube around a pole
- Hold resistance tube handles at chest height, hands at shoulders
- Press hands forward to straighten arms
- Return to starting position, do not allow hands to stretch past the shoulders into too deep a stretch

Tube Overhead Tricep Extension



- Kneel on the middle of tube with one knee
- Hold handles above head
- Keep elbows close to the ears and drop hands to the back of the head
- Return hands to full extension above the head

Tube Row



- Place a tube around a pole
- Hold handles at chest height with arms extended
- Pull handles towards chest and return to starting position
- Squeeze the shoulder blades together, press chest forward, chin up
- Keep weight on the balls of the feet vs. the heels

Tube Diagonal Twist



- Place a tube around a pole, stand sideways to pole
- Hold handles at chest height (more difficult with straight arms)
- Twist the hands over outside hip, keeping hips square
- Repeat on the opposite side
- Keep abs tight as body twists

Tube Squat



- Place the tube under both feet and hold handles at shoulder height (resting tube on the back)
- Keep chest/chin high, squat hips backward
- Return to standing position, pushing through the heels

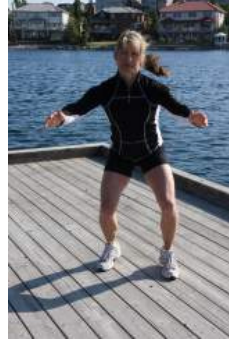
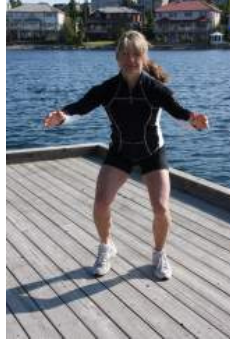
Tube Lunge



- Place tube under front foot and hold handles at shoulder height (resting tube on the back)
- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg with the tube under the other foot

Cardio Movements

Football Fast Feet



- Get into athletic stance-weight on the balls of the feet, legs bent, back flat, chest up, chin up
- Quickly move feet up and down as fast as possible

Stride Jump



- Swing opposing arm while leg extends backward
- Jump and switch arm and leg position

Butt Kicks



- In stationary running position
- Bring heels up to butt quickly
- Keep chest high

High Knees



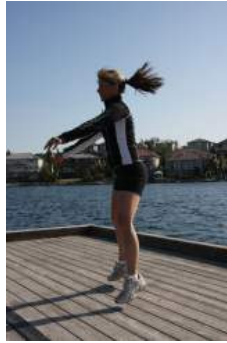
- In stationary running position
- Bring knees high and tap knee on hands
- Keep chest high

Alternating Lunge Jumps



- From a lunge position, jump up and switch legs

Drop Squat



- Slowly lower bottom to squat position
- Jump up and bring legs together
- Repeat

Squat Jump



- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position

Speed Skater Lunge Jump



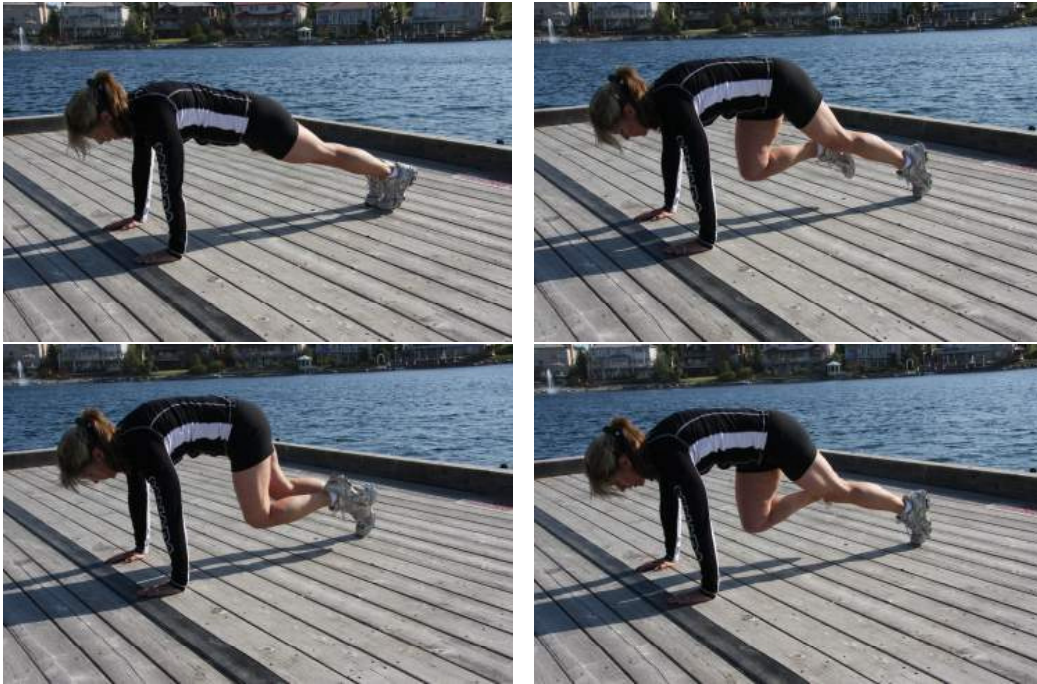
- Get into squat position
- Powerfully jump sideways as far as possible
- Bring legs together and jump to opposite side
- Swing arms

Burpee



- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)

Mountain Climber



- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible

Jumping Jacks



- Jump and straddle legs and lift arms to shoulder height.
- Return to start, repeat.
- To lessen impact, do arm action and alternate a step to either side

Suicide Sprint (frwd/bkwd)



•Sprint four-five paces forward and touch hand down.



•Sprint 4-5 paces backward and touch hand down. Repeat touching opposite hands down in each position.

Suicide Sprint (lateral)



- Touch down on one side and sprint laterally 4-5 paces. Keep hips facing forward.



- Touch down on opposite side. Try to bend legs and stay low on the touches. Repeat.

Skip Hop



- Raise opposing knee/arm as you hop on one foot.
- Can be done with no impact by raising onto the toe only.
- Can be done stationary or moving.

Windmill



- From 'star' position, bend at the waist, drop the seat into a squat to touch opposite toe (or knee to modify).
- Let the head follow the raised hand.



- Return to 'star' position and repeat on opposite side. The key is to do the squat and twist at the waist.
- This can be done for speed if form is correct.