

## List of All Exercises

*NOTE: While the complete list of exercises performed in this video is provided below so that customized workouts may be created, the more useful beginner / intermediate / advanced workouts appear later.*

### Core

Medicine Ball Walks

Medicine Ball Partner Toss

Tubing Rotations (Single Arm, Both Arms)

- A. Horizontal Rotations
- B. High to Low Rotations
- C. Low to High Rotations

Floor Hovers

- A. Parallel Forearms
- B. Side Hover
- C. Side Reaching Hovers

Medicine Ball Partner Slams (Alternate Stepping)

Swiss Ball Takeaways

Tubing Stabilizations

Clock Walks

- A. Feet on Ground
- B. Feet on Medicine Ball

Horse Stance

### Legs

Giant Matrix

Jump Matrix

Leg Circuits (Speed Squats, Jump Squats, Split Jumps, Forward/Reverse Lunge)

Box Step-ups

Lateral Lunge with Overhead Dumbbell Snatch

Lateral Creek Jumps

Swiss Ball Triple Threat (3 movements performed successively)

- A. Hip Extension
- B. Leg Curl
- C. Bent-Knee Hip Extension

Teeter Totters

### Shoulders

Dumbbell Shoulder Matrix

Scapular Exercises

Curl and Press

Reverse Tubing Fly with Staggered Stance

Reverse Dumbbell Fly on Swiss Ball

### Chest

Lateral Walking Push-up

Rotational Push-up

Push-up Rows

### Back

Reaching Tubing Rows (Various Stance Positions)

Dumbbell Row Circuit

### Arms

Tubing Pushdowns (Various Hand Grips)

Tubing Kickbacks

Walking Dumbbell Curl

Tubing Curls

## **Beginner / Intermediate Program**

*Note: Perform this program 2 – 3 times per week on non-consecutive days.*

### Core

Tubing Rotations (Horizontal) – 2 sets x 12 reps

Floor Hover (Parallel Forearms) – 2 sets x 30 seconds

Medicine Ball Partner Slams – 1 set x 8 reps

Horse Stance – 1 set x 15 reps

*Rest Intervals = 30 seconds between each set for Core.*

### Legs

Giant Matrix – 2 sets x 3 cycles (c)

Lateral Creek Jumps – 2 sets x 20 seconds

Swiss Ball Triple Threat – 1 set x 10 reps of each movement (perform 10 reps each of straight leg hip extension / leg curl / bent knee hip extension)

*Rest Intervals = 90 seconds between each set for Legs.*

### Upper Body

Scapular Exercises – 2 sets x 12 reps of each movement

Curl and Press – 1 set x 10 reps

Lateral Walking Push-up – 2 sets x 20 – 30 seconds

Reaching Tubing Rows – 2 sets x 12 reps (12 reps with right foot forward, 12 reps with left foot forward = 1 set)

Tubing Curl – 1 set x 15 reps

*Rest Intervals = 60 seconds between each set for Upper Body.*

### Notes for Beginner/Intermediate Program

“Beginner” athletes new to exercise should only perform 1 set of each exercise for the first 2 weeks. This will allow time for their body to adapt to physical conditioning. Young, inexperienced athletes should be monitored by a responsible adult to ensure they are performing all exercises properly. Should an athlete experience poor form, stop exercising. This is a sign typically associated with fatigue. Injuries can occur when fatigued. Rest!

De-conditioned athletes should perform 2 or 3 exercises for “Legs” and 2 or 3 exercises for “Upper Body” until they get in better shape. If this is the case, add 1 new exercise each week until they are performing the entire routine.

## **Day 1 Advanced Program**

### Core

Medicine Ball Walks – 1 set x 15 reps of each movement

Single Arm Horizontal Tubing Rotations – 2 sets x 12 reps

Single Arm Low to High Tubing Rotations – 2 sets x 12 reps

Side Hover – 2 sets x 20 – 30 seconds to each side

*Rest Intervals = 30 seconds between each set for Core.*

### Legs

Giant Matrix – 2 sets x 3 cycles (1 cycle is = two each of leg moving forward/lateral/reverse angle lunge)

Lateral Creek Jumps – 3 sets x 20 seconds

Swiss Ball Triple Threat – 2 sets x 15 reps of each movement (perform 10 reps each of straight leg hip extension / leg curl / bent knee hip extension)

Teeter Totters – 2 sets x 12 reps to each leg

*Rest Intervals = 90 seconds between each set for Legs.*

### Shoulders

Dumbbell Shoulder Matrix – 2 sets x 3 cycles

Scapular Exercises – 2 sets x 12 reps

Curl and Press – 2 sets x 10 reps

Reverse Tubing Fly with Staggered Stance – 2 sets x 12 reps

*Rest Intervals = 60 seconds between each set for Shoulders.*

### Arms

Walking Dumbbell Curl – 2 sets x 12 – 15 reps

Tubing Curls – 2 sets x 45 seconds

*Rest Intervals = 60 seconds between each set for Arms.*

## **Day 2 Advanced Program**

### Core

Clock Walks with Feet on Medicine Ball – 2 sets x 3 movements between 3 and 9 O'clock position

Swiss Ball Takeaway – 2 sets x 20 seconds of “fighting for ball”

Medicine Ball Partner Slams – 2 sets x 10 slams (alternate stepping forward)

Tubing Stabilizations – 2 sets x 30 second holds

*Rest Intervals = 30 seconds between each set for Core.*

### Legs

Jump Matrix – 2 sets x 3 cycles (1 cycle is = two each of leg moving forward / lateral / reverse angle lunge)

Leg Circuits – 2 sets x 8 reps of each movement

Box Step-ups – 2 sets x 10 reps for each leg using 5 – 25 lb. dumb bells

Lateral Lunge with Overhead Dumbbell Snatch – 2 sets x 8 reps

*Rest Intervals = 2 minutes between each set for Legs.*

### Chest

Lateral Walking Push-up – 2 sets x 20 seconds moving to left and 20 seconds to right

Rotational Push-up – 2 sets x 6 - 8 reps to each side (try to use 10 – 20 lb. dumb bells) *CAUTION: Do not over rotate at the top of the Rotational Push-up!*

Push-up Rows – 2 sets x 6 – 8 reps to each side (try to use 10 – 30 lb. dumbbells)

*Rest Intervals = 90 seconds between each set for Chest.*

### Back

Reaching Tubing Rows (Various Stance Positions) – 2 sets x 12 reps

Dumbbell Row Circuit – 2 sets x 10 reps

*Rest Intervals = 90 seconds between each set for Back.*

### Arms

Tubing Pushdowns (Various Hand Grips) – 2 sets x 15 reps

Tubing Kickbacks – 2 sets x 12 reps with 3 second hold at end range of rep

*Rest Intervals = 60 seconds between each set for Arms.*

### Notes for Advanced Program

This program has a “Day 1” and “Day 2” workout. I would suggest each workout should be performed in an alternating fashion approximately every 3<sup>rd</sup> day. For example, if you begin the “Day 1” program on Monday, you wouldn’t do the “Day 2” program until Thursday. The “Day 1” program would then be repeated again Sunday.

This program is for advanced athletes who are well conditioned. If you haven’t worked out in several months, I would recommend performing the beginner/intermediate routine for 2 – 4 weeks. This should serve as an adequate period of time to get you ready for the advanced routine.