



Prime (2 exercises, 5 reps)

Push Ups

Level 1

Box Push Ups



- All fours
- Back flat
- Chest to ground
- Push back up to start

Level 2

Knees Down Push Ups



- All fours
- Feet up
- Chest to ground
- Push back up to start

Level 3

Full Push Ups



- Press up position
- Chest to ground
- Push back up to start

Pulse with Band

Swimmer Pulse with a Band



- Grip the band with arms by side
- Pulse from by side to slightly further back

Neutral Grip Standing Row



- Start with arms out
- Keep elbows close to the body

Band Pull Down



- Start with arms out
- Pull through past body
- Keep arms straight

Squat

Zombie Squat



- Arms out
- Feet hip
- Legs parallel to the
- Push back up to straight

Prisoner Squat



- Hands behind head
- Legs parallel to the
- Push back up to straight

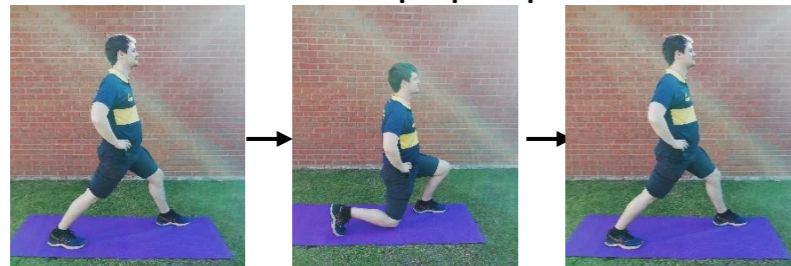
Band Overhead Squat



- Arms up in a 'Y' shape
- Feet hip width
- Legs parallel to the

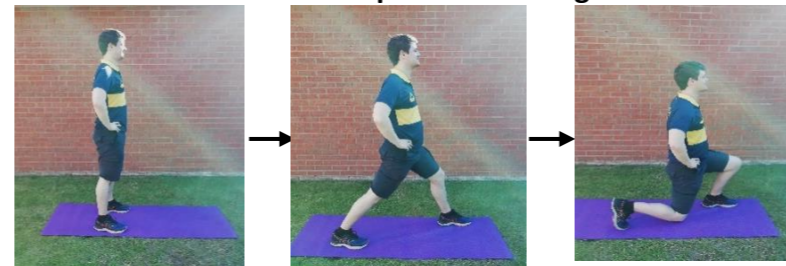
Lunge

Hands on Hips Split Squat



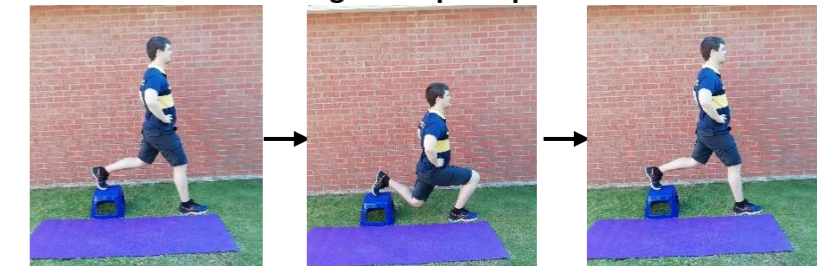
- Legs start apart
- Knee almost touches the
- 5 reps on 1 side, then

Hands on Hips Reverse Lunge



- Start stood straight
- Step backwards
- Sink down

Bulgarian Split Squat



- Toes on small box
- Sink down as low as
- Push back up
- 5 reps on 1 side, then swap