



Level Two Workout

RECRUIT

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LEVEL TWO RECRUIT WORKOUT

Welcome to Level 2, Recruit!

If you're coming here from leveling up from the Rookie Workout, congrats! If this is your starting point for the Rebel Fitness Guide, welcome to the front lines.

Don't forget, it's important every once and a while to take a break from lifting weights. If you're just getting started you can get away with going a bunch of weeks in a row, but I wouldn't do more than 12 weeks straight before taking a break and giving your body a few extra days of recovery.

Once you're ready to get started, we'll be introducing some new concepts to your training regiment. These advanced tactics will help you burn more calories in less time, while also burning extra calories even after you've finished working out.



There are a few reminders from Level 1 in case you never saw them or you need to be reminded.

If an exercise is too easy – ADD WEIGHT. If you can do two sets of 15 lunges without breaking a sweat, it's not tough enough. Pick up a dumbbell in each hand that will make it difficult to finish the exercise – that's how you will get stronger and burn more calories.

If an exercise is too hard – try an alternate variation of that exercise that is easier for you, or do less than the recommended number of reps, write down your numbers, and then try to do at least one more the next time you do that routine.

Eat protein after exercising – I try to get some high-quality protein in my system after exercising to help kick-start my muscle building process. A protein shake with approximately 30 grams of protein is my usual meal of choice at this point.



The attached documents have your workouts. On the days with your exercises, you'll see in the LEFT column prescribed sets and reps. Print out these documents or start saving your progress on an excel sheet. Or, keep track on the internet – whatever works for you. Just make sure you write down everything.

Remember, ALWAYS warm up before (doing the prescribed warm-up exercises) and cool down AFTER (by stretching your sore muscles).

The attached documents have your workouts. On the days with your exercises, you'll see in the LEFT column prescribed sets and reps.

- **Reps** – how many times you should lift the weight or do the exercise in a row. 15 reps = 15 consecutive lunges.
- **Sets** – How many 'groups' of reps you should do, with usually a rest in between. 3 sets of 15 lunges = 15 lunges, rest, 15 lunges, rest, 15 lunges.
- **Rest** – how long you should rest between sets. For level 1, it's all 90 second breaks between sets.



On days when you're not lifting weights, find a way to get 30 minutes of exercise. Wake up early and go for a brisk walk, play with your kids in the back yard, rake some leaves, mow the lawn, toss around a Frisbee, whatever. These days are meant to be fun, so find something that makes you happy; it will also keep your mind on getting in shape, which really helps you stay focused on eating better.

Maintain good tempo and control - lower the weight steadily until it's at the bottom, pause slightly, and then return the weight with conviction! If you're a counter, try lowering the weight in two seconds, slight pause, then raise it in one second. Try to be faster on the extending part of the exercise.

Remember, if you have any questions, don't hesitate to email me at steve@nerdfitness.com if anything is not clear. I want to get you in great shape, and I'll do what I can to clear up any confusion.

Supersets and Interval training are your friends: they might hurt a little at first, and they'll probably leave you exhausted, but damn, they work!



SUPERSETS

Efficiency, efficiency, efficiency. In some of the missions coming up, you'll see things called supersets. For a superset, you do the normal routine while wearing a cape and fighting crime. ZING!

Anyway, for a superset you'll do one set of an exercise, and then move right into a set of the OTHER exercise without stopping. Yup, no rest between the two exercises. Then, you rest for 60 seconds before moving back to starting from the first exercise again.

Why does this work? When you do supersets, you do two exercises that work completely different muscle groups. So, you might do a set of squats (legs) and then do a set of push ups (push muscles). Also, your heart is getting one heck of a workout too – you're essentially combining weight training with cardio.

If it says Superset (rest 60 seconds), that means you should do one set of each exercise without stopping, rest 60 seconds, and then start again from the beginning.



INTERVAL TRAINING

Rather than straight cardio (running at the same pace for an hour), I'm a huge fan of interval training. What's that, you ask? It's when you vary your speeds and intensity throughout a run. So, you might jog for three minutes, and then push yourself hard for a minute, repeating this cycle for a certain amount of time (usually around 20 total minutes).

This type of training not only burns calories and builds up your oxygen capacity while exercising, but it can also produce an 'afterburn' affect that can leave your metabolism operating at a higher level of efficiency for hours and hours and hours after you're done exercising.

This means you're burning calories while you're sitting on your butt watching *It's Always Sunny in Philadelphia* reruns on Comedy Central. You won't get this afterburn with just regular cardio.

In the missions below, you'll see a total number of sets, fast time, and slow time. Hopefully this will be self-explanatory; if it isn't I gave you a minute-by-minute breakdown as an example, because I'm a nice guy.



INTERVAL TRAINING EXAMPLE

For this level, we'll do intervals of **one minute of fast** and **three minutes of slow** to do AFTER weight lifting or for your off day activity; it's up to you. This means that you're going to follow this routine.

- **1st 4 minutes:** Warm-up jog/walk, varying speeds to get warmed up
- **Minute 5:** increased speed with *intensity of 6*
- **Minute 6-8:** decreased speed with *intensity of 4*
- **Minute 9:** increased speed with *intensity of 7*
- **Minute 10-12:** decreased speed with *intensity of 4*
- **Minute 13:** increased speed with *intensity of 8*
- **Minute 14-16:** decreased speed with *intensity of 4*
- **Minute 17:** increased speed with *intensity of 8*
- **Minute 18-20:** decreased speed with *intensity of 4*
- **Cool down jog (slow paced jog)** followed by stretching

Your “intensity” on a scale of 1-10 is is up to you. Your slow parts might be walking and your fast parts might be a jog, or your slow parts might be running and your fast parts might be sprinting. Listen to your body, push yourself on the fast parts but make sure you can finish the routine!



Don't do interval training two days in a row, and don't do it more than three times a week. It works your legs like crazy, and they need time to recover like the rest of your muscles.

For your interval training, you can do it with running, on an exercise bike, on the elliptical, rowing machine – choose your own adventure!

On to the workout! As with all routines, you can click on any of the exercises to read a description of how to do it, and also click to watch a video of me performing that exercise. I highly recommend watching the video for each exercise before attempting them yourself.

Try to complete all sets and reps. If some exercises are too hard or you don't have the equipment, try an easier variation or do less reps than suggested. If some exercises are too easy, you need to add weight to make it more challenging!

For the workout descriptions, when I say “brace your abs” or your “core,” pretend like you're flexing your stomach because you're about to get punched in the gut.



ABOUT THE WORKOUTS

I've designed the different workouts in the Rebel Fitness Guide to be scalable for people all ages, sizes, strengths, and levels of experience.

Many exercises on each routine will have less challenging exercises listed in parentheses next to them. These lesser exercises will still give you a great workout and allow you to finish the whole routine.

- If you can't do walking lunges, do regular lunges
- If you can't do regular push ups, do incline push ups
- If you can't do exercise ball crunches, do reverse crunches

The increasing levels of the routines are based on experience and your tolerance for complexity, not strength. Think of the listed repetitions as goals to shoot for. If you can only do 5 push ups and it asks for 10, that's okay - just aim for 6 push ups next week, and then 7 the week after that, and so on.

I've included the excel sheets for each workout, feel free to change them to suit your goals and experience levels.



Below, you'll see two workouts: Level 2 Recruit Workout A, and Level 2 Recruit Workout B.

You're going to alternate between doing Workout A and Workout B, for a total of 3 total workouts in a week. Don't do them two days in a row.

Week 1 would be this:

- **Monday** – Workout A
- **Tuesday** – 30 minutes of exercise
- **Wednesday** – Workout B
- **Thursday** – 30 minutes of exercise
- **Friday** – Workout A
- **Saturday** – Fun exercise

Week 2 would be:

- **Monday** – Workout B
- **Tuesday** – 30 minutes of exercise
- **Wednesday** – Workout A
- **Thursday** – 30 minutes of exercise
- **Friday** – Workout B
- **Saturday** – Fun Exercise



BEFORE each workout, start with a warm-up:

- 10 jumping jacks
- 1 set of 15 reps of **chops**
- 1 set of 5 **hip raises**
- 1 set of 10 reps of **rotational chops** (5 out to each side)
- 1 set of 8 **regular push ups** or **incline push ups**

If jumping jacks are too tough on your knees, do 5 kicks and punches with each hand and leg. Channel your inner Karate Kid!

After you're done with your weight training, you can do your interval training or save that for the next day. Do your intervals on a bike, running, treadmill, elliptical, jumping rope, or rowing machine.

AFTER finishing your weight training and/or intervals, you're going to stretch out your sore muscles by doing this routine. Hold each stretch for 3 seconds for each rep, then relax:

- 10 **titanic stretches**
- 10 **back stretches**
- 5 **ballet stretches** for each side
- 5 **full body stretches** for each side.



LEVEL TWO RECRUIT WORKOUT A

SUPERSET (3 total sets)

- 1A) **Prisoner Squats** – 12 reps, move right into 1B without rest
 - 1B) **Bent Over Dumbbell Row** – 12 reps, 60 second rest, then do 1A
- 2) **Step Ups With Knee** – 3 sets of 12 reps (each leg), 60 second rest
 - 3) **Overhead Dumbbell Press** – 3 sets of 12 reps, 60 second rest
 - 4) **Bird Dog** – 3 sets of 10 reps per side, 60 second rest
 - 5) **Exercise Ball Crunch** (or **Reverse Crunch**) – 3 sets of 10, 60 second rest
 - 6) **Intervals** – 4 minute warm-up, 4 circuits [1 min. hard, 3 min. slow]
 - 7) **STRETCH!**



LEVEL TWO RECRUIT WORKOUT B

SUPERSET (3 total sets)

- 1A) Walking Lunges with Kick (or Front Lunge) – 12 reps with each leg, move right to 1B without rest
- 1B) Push Ups (or Incline Push Ups) – 10 reps, 60 second rest

2) Straight Leg Deadlift – 3 sets of 12 reps, 60 second rest

3) Lat Pulldown (or One-Arm Dumbbell Row)– 3 sets of 12 reps, 60 second rest

4) Hip Raises – 3 sets of 10 reps, 60 second rest

5) Plank - 3 sets of 30 seconds each, 60 second rest

6) Intervals – 4 minute warm-up, 4 circuits [1 min. hard, 3 min. slow]

7) STRETCH!



PRISONER SQUAT

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your heels shoulder width apart, toes pointed slightly outward (30 degree angle off of straight, if you're a numbers person).
- 2) Put your hands behind your head like you just got arrested.
- 3) Abs braced, sit WAY back with your butt as if you were going to sit into a chair.
- 4) Keep your lower back tight, no rounding. You should feel like you're sticking your butt out like CRAZY.
- 5) As you sit down, make sure you are pushing your knees OUTWARD.
- 6) Drop until the top of your thighs are parallel to the ground or lower.
- 7) Explode back up and bring your butt and hips back forward.

Tip: if you're doing this right, try sitting in a chair, and then standing back up without having to rock or lean forward at all. That's how you squat!

Prisoner Squat Video

Return to Routine



BENT OVER DUMBBELL ROW

Muscles worked: quads, back, biceps, forearms

The Exercise:

- 1) With dumbbells in your hand, bend at your hips and knees, and then just lower your torso (top half of you) until you're angled about 45 degrees in relation to the floor.
- 2) Your lower back should be naturally arched (stick your butt out, and no rounding your back!)
- 3) Let your arms hang straight down, your palms facing behind you.
- 4) Bracing your abs and squeezing your glutes (butt), raise the dumbbells straight up to your sides, pinching your shoulder blades together at the top of the movement.
- 5) Don't use your body to assist in the lift, keep everything steady except your arms (and pinching your shoulder blades together at the top).
- 6) Pause, and then lower them.

Bent Over Dumbbell Row Video

Return to Routine



STEP UP WITH KNEE

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet side by side, toes pointed straight, in front of a stair, box, bench, or chair.
- 2) Either place your hands on your hips, or hold some dumbbells to increase the challenge.
- 3) Keep your upper body upright, step up with your right foot onto the platform, and then step up with your left foot and explode up with your left knee as high up as it will go, then without it touching, bring it all the way back down to the ground.
- 4) Bring your right foot back down to the ground to meet up with the left.
- 5) Step up with your left foot now, and repeat the process by exploding up with your right knee.

Step Up With Knee Video

Return to Routine



OVERHEAD DUMBBELL PRESS

ALSO CALLED MILITARY PRESS

Muscles worked: shoulders, upper chest, triceps.

The Exercise:

- 1) Stand straight with your abs braced (like you're flexing before somebody hits you), glutes tight, shoulders back and butt slightly out..
- 2) Hold the dumbbells with your palms facing straight ahead, at the height of your ears.
- 3) Press the weights forcefully up and bring them together at the top of the movement, where they'll almost touch.
- 4) Return them to the starting position.
- 5) Try not to squirm or use the rest of your body to push the weight up, instead concentrating on just using your shoulders and arms.

Military Press Video

Return to Workout



BIRD DOG

Muscles worked: abs, lower back, core

The Exercise:

- 1) Kneel on a mat and get up on your hands. You should be on all fours... like a dog.
- 2) Keeping your hips and shoulders LEVEL, raise your right hand and left leg simultaneously.
- 3) Your right arm should be straight out, and your left leg should be straight out.
- 4) Pause, then return to the starting position.
- 5) No rotating your hips or shoulders, keep your core (abs) tight so that doesn't happen.
- 6) Repeat, with your left arm and right leg.

Bird Dog Video

Return to Routine



EXERCISE BALL CRUNCH

Muscles worked: abs, lower back, core

The Exercise:

- 1) Lie on an exercise ball with your knees bent and your feet flat on the ground. Your lower back should be on the ball.
- 2) Placing your hands across your chest or next to your head (don't put them behind your neck and tug – too much strain).
- 3) Bracing your abs, lean forward from the waist up as high as you can go, and then lower yourself back down onto the ball as far as you can go.
- 4) Repeat!

Exercise Ball Crunch Video

[Return to Routine](#)



REVERSE CRUNCH

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) For support, your arms should be straight and down on the ground on both sides of you.
- 3) Bracing your abs, raise your feet off the ground (keeping a 90 degree angle in your knee).
- 4) As you bring your knees in, use your abs to slowly lift your hips off the ground.
- 5) Hold for a three count, then lower your hips back to the ground and bring your feet back almost down to the ground.
- 6) To make this more difficult, go with less of a bend in your knees.
- 7) To make it easier, don't worry about bringing your feet back down to the ground, just concentrate on raising your hips and then lowering them.

Reverse Crunch Video

Return to Routine



WALKING LUNGE WITH KICK

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet hip-width apart, toes pointed straight, and your arms at your side (either empty or holding dumbbells).
- 2) Abs braced, step straight out with your left leg and lower your body until the top of your left thigh is parallel to the ground or lower.
- 3) Don't plant your right knee on the ground, keep it just off of it.
- 4) Keep your upper body upright, and don't extend your left knee out beyond the toes your left foot.
- 5) Explode forward up with your RIGHT leg, and as you bring your body up to where the left foot is planted, kick yourself in the butt with that foot.
- 6) After kicking your own butt, don't put your right foot back on the ground, instead stepping right out with it to continue the exercise.

Walking Lunge With Kick Video

Return to Routine



FRONT LUNGE

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet hip-width apart, toes pointed straight.
- 2) Abs braced, step straight out with your left leg and lower your body until the top of your left thigh is parallel or lower.
- 3) Don't plant your right knee on the ground, keep it just off of it.
- 4) Keep your upper body upright, and don't extend your left knee out beyond the toes your left foot.
- 5) Explode back up using the power in your left leg to return to the start.
- 6) Step way out with your right foot and repeat!
- 7) To make this harder, grab dumbbells in your hands, hold them at your sides throughout the whole exercise.

Front Lunge Video

Return to Routine



PUSH UP

Muscles worked: chest, triceps, shoulders, upper back

The Exercise:

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.
- 4) Repeat!
- 5) If these are too difficult, start on your knees (feet up in the air), and do your push ups from this position, or do incline push ups.

Push Up Video

Return to Routine



INCLINE PUSH UP

Muscles worked: chest, triceps, shoulders

The Exercise:

- 1) Stand in front of a bench, your stairs, some sort of elevated platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the angle your body is, the tougher these get.

Incline Push Up Video

Return to Routine



STRAIGHT LEG DEADLIFT

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Stand up with your chest out, have a slight bend in your knees, brace your abs, and stick your butt out.
- 2) Grab dumbbells and hold them in each hand with your palms facing you and the weights hanging down on top of your thighs.
- 3) Without bending your knees any more or rolling your back, lower the weights down your thigh, over your knees, and down your shins.
- 4) Remember, no bending your legs or bending your back. It's okay to stick your butt back as you drop down.
- 5) You should feel this in your hamstrings (back of your legs).
- 6) Once you've stretched as far down as you can go, stand back up slowly.
- 7) If holding dumbbells is too tough, just work on stretching without weight.

Straight Leg Deadlift Video

[Return to Workout](#)



OVERHAND LAT PULLDOWN

Muscles worked: upper back, traps, biceps, forearms.

The Exercise:

- 1) Throw an exercise band up over a tree branch above your head, or use the lat pull down machine at the gym.
- 2) You can also hook it over the corner of a door (you'll have to kneel for the rubber bands to have enough tension).
- 3) Grab both handles so your palms are facing away from you.
- 4) Take a squat stance, brace your abs, stick your butt out, lower the handles from above your head down to your sides, pinching your shoulder blades together at the bottom of the movement.
- 5) Pause, then return the handles up above you.
- 6) Repeat!

Overhand Lat Pulldown Video

Return to Routine



HIP RAISES

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) Place your hands on the ground on either side of you with your palms down.
- 3) Bracing your abs, raise your butt off the ground so that your torso forms a straight line with your thighs.
- 4) Squeeze your butt (seriously) at the top of the movement.
- 5) Hold for a three count, then lower your butt back down to the ground.
- 6) Repeat.
- 7) If these get too easy, you can up the challenge by doing **weighted hip raises.**

Hip Raises Video

Return to Routine



PLANK

Muscles worked: abs, lower back, core

The Exercise:

- 1) Lie flat on your stomach on the ground/grass/mat.
- 2) Get up on your elbows and your toes, and brace your abs.
- 3) Your body should form a completely straight line, from your head to your back to your butt to your legs to your feet.
- 4) HOLD!

Plank Video

Return to Routine



STEP UP

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet side by side, toes pointed straight, in front of a stair, box, bench, or chair.
- 2) Keep your upper body upright, step up with your right foot onto the platform, and then step up with your left foot so that you're standing up on the platform.
- 3) Pause, and then step back down with your right foot, and then your left foot.
- 4) Step up with your left foot now, and repeat the process.

Step Up Video

Return to Routine



ONE-ARM DUMBBELL ROW

Muscles worked: upper back, biceps, forearm

The Exercise:

- 1) Kneel on a bench with your left knee, and place your left hand on the bench as well.
- 2) Your right foot should be firmly on the ground, and you should grab a dumbbell with your right hand and let it hang down loosely.
- 3) Brace your abs, tighten your grip with your right hand on the weight, and pull the weight up towards you, keeping your elbow tight against your side.
- 4) Pull your right shoulder blade up and back as you lift the weight, almost like you're pinching it.
- 5) Complete the total number of reps for that side, then repeat with your left arm.

One Arm Dumbbell Row Video

Return to Routine



CHOPS

Muscles worked: legs, abs, core, chest, shoulders, triceps, back

The Exercise:

- 1) Stand tall with a stance wider than shoulder-width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Take a squat position with your butt sticking way back out, bring the weight down between your legs (keeping your arms extended).
- 4) Bring your hips forward with force and use that momentum to propel the weight out and upwards with your arms
- 5) Bring the weight in an arc up in front of you and then above your head. As it gets to the high point above your head, keep your upper arms straight, and lower your forearms so the weight drops behind your head.
- 6) Raise it back up, then swing your arms back down and between your legs and repeat.

Chops Video

Return to Routine



HIP RAISES

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) Place your hands on the ground on either side of you with your palms down.
- 3) Bracing your abs, raise your butt off the ground so that your torso forms a straight line with your thighs.
- 4) Squeeze your butt (seriously) at the top of the movement.
- 5) Hold for a three count, then lower your butt back down to the ground.
- 6) Repeat.
- 7) If these get too easy, you can up the challenge by doing **weighted hip raises**

Hip Raises Video

Return to Routine



ROTATIONAL CHOPS

Muscles worked: legs, abs, core, chest, shoulders, arms

The Exercise:

- 1) Stand tall with a stance wider than shoulder-width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Step way out to the right, and as you do, bring the weight in a counter-clockwise circle in front of you.
- 4) Once your right foot is planted, swing the weight as far as you can out to the right.
- 5) Swing the weight back to your center as you step back in with your right foot. Continuing your momentum, swing the weight in a clockwise circle this time as you step way out to the left.
- 6) After your foot is planted and the weight has 'made a circle,' swing it way out to the left, then bring it back in, and step back in with your left foot to the center.

Rotational Chops Video

Return to Routine



PUSH UP

Muscles worked: chest, triceps, shoulders

The Exercise:

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.
- 4) Repeat!
- 5) If these are too difficult, start on your knees (feet up in the air), and do your push ups from this position, or do incline push ups.

Push Up Video

Return to Routine



INCLINE PUSH UP

Muscles worked: chest, shoulders, triceps

The Exercise:

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

Incline Push Up

Return to Routine



TITANIC STRETCH

Muscles worked: back, arms, lower back, shoulders, neck

The Exercise:

- 1) Stand tall with your feet close together with your back to a sturdy pole or something to grab on to.
- 2) Reaching behind you with both arms, grab the pole and lean forward with the rest of your body.
- 3) Feel the tension throughout your body as you lean forward (feel free to push your hips forward too).
- 4) Hold for 3-5 seconds, then come out of the stretch.
- 5) Repeat.

Titanic Stretch Video

Return to Routine



BACK STRETCH

Muscles worked: back, arms, lower back, shoulders

The Exercise:

- 1) Stand tall with your feet close together, standing facing a pole.
- 2) Grab the pole with both hands.
- 3) Keeping your feet close to the pole, pull your lower body away from the pole, supporting your weight with your arms.
- 4) Hold for 3-5 seconds, then return to the starting position.

Back Stretch Video

Return to Routine



BALLET STRETCH

Muscles worked: back, arms, lower back, shoulders, neck.

The Exercise:

- 1) Stand tall with your feet close together, standing side by side with a pole, with your right side next to it.
- 2) Grab the pole with your right hand, cross your left foot over your right foot.
- 3) Raise your left hand high above your head.
- 4) Keeping your right foot close to the pole, bend your hips out to the side and raise your left arm high above your head.
- 5) You'll resemble a ballerina doing this.
- 6) Hold for 3-5 seconds, then repeat facing the other direction.

Ballet Stretch Video

Return to Routine



FULL BODY STRETCH

Muscles worked: back, arms, lower back, shoulders, neck

The Exercise:

- 1) Stand in front of a tree, pole, or railing.
- 2) Grab the pole with your left hand, and then extend your right foot WAY back (into a back lunge). Push your right heel down to stretch out your right leg, and push your left knee forward to stretch out your left groin.
- 3) Take your right arm, and place it on the other side of your left knee, twisting at the torso.
- 4) Hold the pose for 3-5 seconds.
- 5) Stand back up, then step back with your left foot, hold the pole with your right arm, and place your left arm on the outside of your right knee.

Full Body Stretch Video

Return to Routine

