

Basic Total Body: Advanced

Upper Body

- Push-Up
 - Starting Position– Lay with your stomach flat on the ground. Bend and pull your arms into your body with your palms flat on the ground. Place feet on an elevated surface approximately 6 inches off the ground.
 - Upward Phase– Press upwards through your arms, straighten them without locking elbows out completely.
 - Downward Phase– Slowly lower your body towards the floor, bending at the elbows only. Do not allow your back or hips to drop or sway downwards (spinal column needs to maintain straight stiffened position).
- Triceps Dip
 - Starting Position– Put your hands shoulder width apart, placed on an elevated surface (such as a small step or bench) fingers facing towards your body. Knees can either be bent or straight (more advanced). Lift bottom approximately 3-4 inches off floor, so your mid-section is elevated. Place feet on an elevated surface 6 inches off the ground.
 - Action Phase– Lower body bending at the elbows only (keeping all other body parts in starting position). Lower until your bottom barely hits the floor. Then you will lift your body back up into starting position straightening at the elbows.



Lower Body

- Squats
 - Starting position– In a standing position, place feet on floor about shoulder width apart, feet facing forwards.
 - Downward Phase– Slowly lower your body bending at the knees until your quadriceps (thighs) are parallel to the ground. Keep back and neck in a straight line (Do not look down or hunch back over). Most of your weight should be on your heels rather than your toes (you should be able slightly wiggle your toes). You may also move arms out in front of your body in order to maintain balance while squatting.
 - Upward Phase– Push through your heels using your upper leg muscles to explode in a jumping motion off the ground. Return to starting position and repeat.
- Lunges
 - Starting Position– In a standing position, place feet on floor about shoulder width apart, feet facing forwards. Take one large step forward with foot flat on the ground, leaving back leg in same position with heel slightly lifted.
 - Action phase–Bending at the knees lower the upper body to create a 90 degree angle in the front knee, bringing the quadriceps parallel to the ground . Bend back leg bringing knee closer to the ground. As you come back up bring back leg forward in a kicking motion. Return to starting position and repeat on opposite leg.

Abdominals

- Plank
 - Starting Position– Lay with your stomach flat on the ground. Press upwards through your arms, straightening and locking elbows out completely.
 - Action Phase– Hold this position for a pre determined amount of time (EX 45-60 seconds). Use your toes to move forward and backwards while maintaining the position.
- Crunch
 - Starting Position–Laying your back flat on the ground, with knees bent and feet elevated (90 degree angle of the knee). Place arms crossed over chest.
 - Action Phase– Lift upper body all the way up to knees concentrating on your abdomen muscles. Keep neck aligned with spine (do not move head). Bring right shoulder to left knee while extending right leg. Return to elevated position and repeat opposite leg by bringing left shoulder to right knee while straightening left leg, again return to elevated position. Then lower the upper body to starting position. Repeat for desired amount of repetitions.