

Chair Squat (Chair)

Sets: 3 | **Reps:** 8 | **Load:** Body Weight | **Rest:** 30 seconds between sets |
Tempo: Controlled | **Intensity:** Moderate

Preparation:

- Stand in front of a chair or bench, feet shoulder width apart

Execution:

- Perform a squat by bending at the hip
- Stop when your bum touches the chair or bench
- Rise up by straightening at the hip



Start Position



Squat - Bend at the hip, back flat



Knees aligned with toes



Finish Position

Tricep Extension-Dips (Chair)

Sets: 3 | **Reps:** 5 | **Load:** Body Weight | **Rest:** 30 seconds between sets |
Tempo: Controlled | **Intensity:** Moderate

Preparation:

- Sit with feet flat on the floor away from the chair
- Hold the arm rests firmly

Execution:

- Press up by straightening your elbows
- Keep your upper body tall



Sit, feet away from chair



Use arms to press body up

Push Up | Toes - Feet Together

Sets: 3 | **Reps:** 4 | **Load:** Body Weight | **Rest:** 30 seconds between sets |
Tempo: Controlled | **Intensity:** Moderate

Preparation:

- Make a plank, feet together
- Hands slightly wider than shoulder height at shoulder level

Execution:

- Lower body towards ground
- Press body up to start position



Plank, feet together



Lower body toward ground



Press body back up

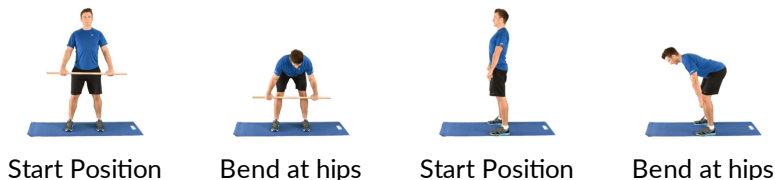
Deadlift Technique (Stick) **Sets:** 3 | **Reps:** 12 | **Load:** Body Weight | **Rest:** 30 seconds between sets |
Tempo: Controlled | **Intensity:** Light

Preparation:

- Stand with good posture

Execution:

- Bend at the hips by sticking the buttocks out, as if sitting in a chair
- Bend at the knees once the stick passes close to the front of the knee caps
- Rise up by straightening the hip



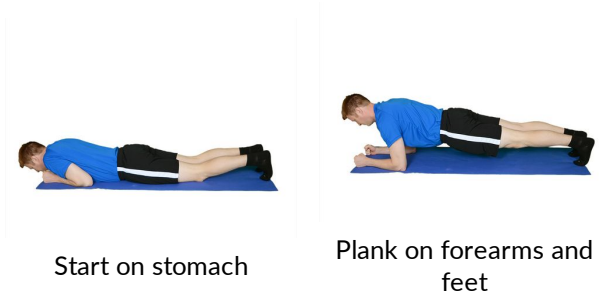
Front Plank | Forearms and Feet **Sets:** 3 | **Hold:** 20 seconds | **Rest:** 10 seconds | **Tempo:** Controlled |
Intensity: Moderate

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



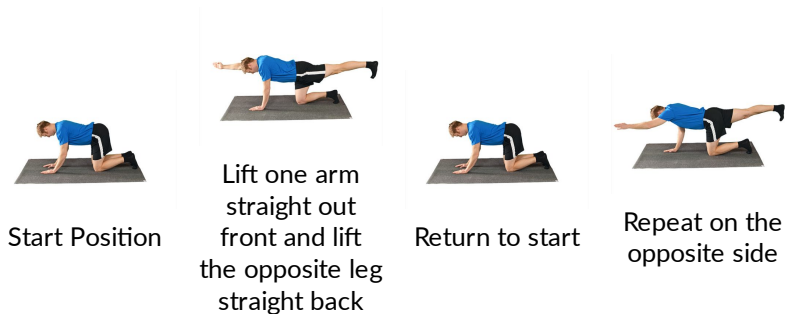
Four Point + Arm and Leg Raise **Sets:** 3 | **Reps:** 8 | **Load:** Body Weight | **Rest:** 30 seconds between |
Tempo: Controlled | **Intensity:** Light

Preparation:

- Start on hands and knees, hips and shoulders at 90°

Execution:

- Lift one arm straight out in front
- At the same time, lift opposite leg straight back



**Dead Bug - Shoulder Flexion +
Hip Extension**

Sets: 3 | **Reps:** 8 | **Load:** Body Weight |
Rest: 30 seconds between sets | **Tempo:** Controlled | **Intensity:** Light

Preparation:

- Lie flat on back

Execution:

- Raise arms straight in front of you
- Raise knees up as shown
- Lower arm and OPPOSITE leg down towards the floor



Starting with arms and knees up. Back is flat



Lower arm and opposite leg, keeping back flat