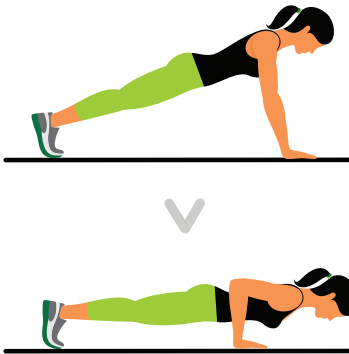


PLANK



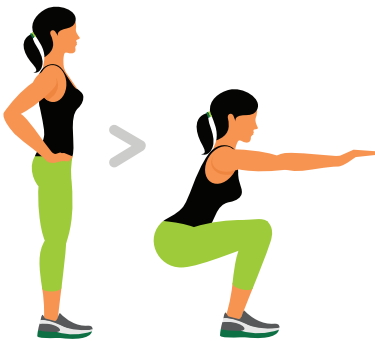
1. Stack your elbows under your shoulders.
2. Pull your shoulder blades toward your back pockets.
3. Squeeze your abs and drive rib cage down toward belly button.
4. Tuck your pelvis up (like Michael Jackson!)
5. Squeeze 'dat booty.
6. Slowly breathe in through the nose and out through the mouth.

PUSH-UP



1. Start with your hands slightly outside the mid line of your chest.
2. Squeeze your booty and core like a plank.
3. Slowly lower yourself down towards the ground keeping your elbows about 6 inches away from the side of your body
4. Allow your shoulder blades to move towards one another.
5. Once you're parallel with the floor, push your body back up away from the ground allowing your shoulder blades to move apart from one another as you get to the top.

SQUAT



1. Stand with feet shoulder width apart, feet pointing forward or slightly outward.
2. Squeeze your booty and core (like a plank, but in standing position).
3. Cement your feet to the ground while keeping your toes loose.
4. Sit back on an imaginary chair allowing your hips and knees to bend. Keep your knees in line with your second toe.
5. Once your thighs are parallel to the ground, drive up while squeezing your booty tight!

All exercises can be modified based on your abilities and injury history.

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