



*This only a Sample Workout and is not intended for individual use.*

## Day One

Perform 3 sets of 20 reps of each exercise. Rest 30 seconds between sets.

### T-Pushups

Lying prone on the floor, place your hands a little wider than shoulder width apart. Contracting the chest muscles, raise your body until your arms are fully extended with a slight bend in the elbows. Raise your right arm off the floor and rotate your right side of your body and reach up towards the ceiling. Lower your right arm to the floor, pushup and then repeat with your left arm. Complete 10 repetitions each arm.



### Uni-Lateral Raises

Grab an exercise band and stand with your feet shoulder-width apart. Hold one end of the band in your left hand, at your side with elbow slightly bent, and step on the other end of the band with your right foot. Raise your left arm straight up to the side until it's in line with your left shoulder (shown), then lower it slowly. Do 10 reps to complete one set. Repeat, raising your right arm.



### Kickbacks

Place both feet on band and grasp handles with palms facing up. Bend at the waist and keeping your elbows aligned with your body, push bands back as far as possible. Return to starting position.



**Side Planks**

Lie on your left side and push hip off floor pausing for 2 seconds. Lower to starting position. Repeat for 10 repetitions. Switch to right side and repeat.

**Alternating Planks**

Assume a pushup position with your hands slightly wider than your shoulders and your back straight (A). Brace your abs as you extend your right arm and left leg (B). Lower them both--but not your torso--and repeat, lifting your left arm and right leg. Continue alternating until you've completed 10 reps on each side.

**Alternating Pushup**

Assume the classic pushup position, pushup and tap your left hand with your right hand. Lower back down and pushup and tap your right hand with your left hand. Continue alternating until you do 10 repetitions for each arm.

**Fitness Band Two Arm Shoulder Press**

Stand with both feet on the fitness band and hold a handle in each hand with your elbows at your sides and your hands at shoulder height. Contracting the shoulder muscles, raise your arms above your head stopping when the arms are almost fully extended. Slowly return to the starting position.



Note: There are 8 more pages for this week's workout that are not shown.