



May the Force Be With You this Holiday Season.

Here is an exercise routine you can do at home or on the road while you wait to see the latest Star Wars movie coming out in December! The routine utilizes a suspension trainer and super band as well as bodyweight moves!



Exercise*	Picture
<p>A1 Single Leg Squat</p> <ul style="list-style-type: none">• Start with handles close to chest• Make your single leg do the work• Help yourself (pull) with your arms only as much as needed to get up—the less, the better <p>2-3 sets x 12-15 reps</p>	
<p>A2 Suspended Row</p> <ul style="list-style-type: none">• Keep your body straight• Adjust difficulty by changing body angle• Lower yourself to arm's length, pull back up <p>2-3 sets x 12-15 reps</p>	

A3**Suspended Push-ups**

- Keep your body straight
- Adjust difficulty by changing body angle
- Keep hands high and wide to avoid rubbing

2-3 sets x 12-15 reps

**B1****Hip Thrust**

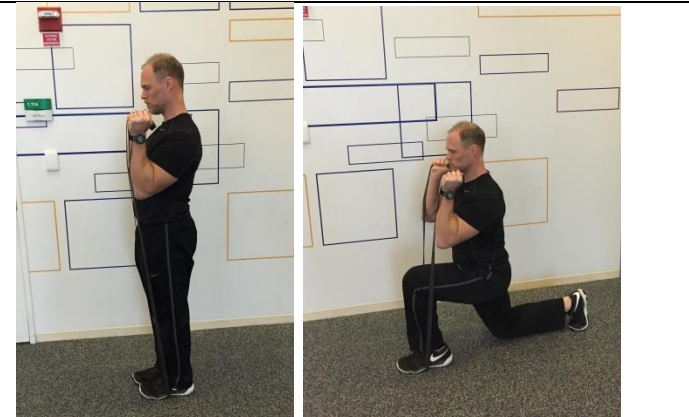
- Start with shoulder blades on bench, palms up, heel of working leg next to knee of straight leg
- Press to full hip extension with heel on floor

2-3 sets x 12 per leg

**B2****Superband Lunge**

- Step on band with front foot
- Choke up on band to increase difficulty

2-3 sets x 12 per leg

**C1****Bench Dip**

- Keep butt close to bench
- Straighten and/or elevate legs and feet to increase difficulty

2-3 sets x 10-15

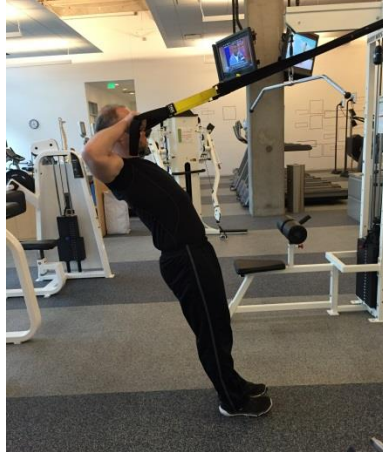


C2

Face Pull

- Keep your body straight
- Adjust difficulty by changing body angle
- Knuckles up
- Pull handles to cheek bones

2-3 sets x 15



C3

Suspension Curl

- Keep your body straight
- Adjust difficulty by changing body angle
- Palms up
- Pull handles to cheek bones

2-3 sets x 12

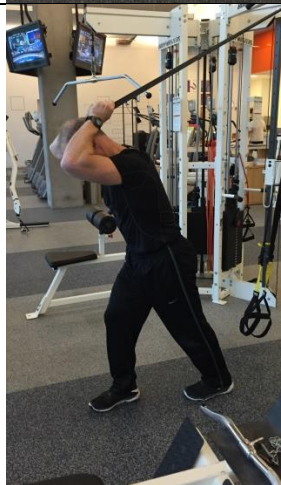



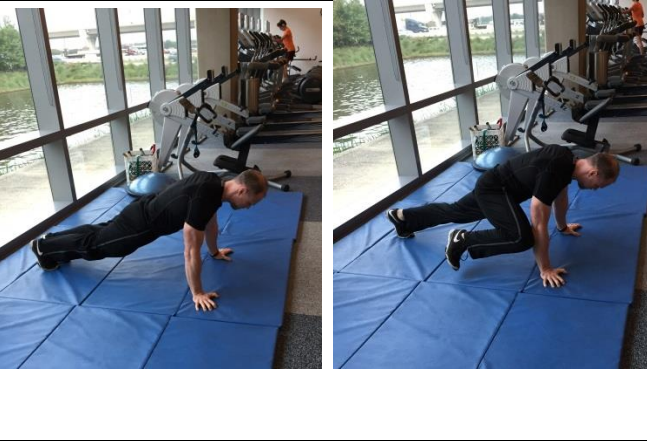
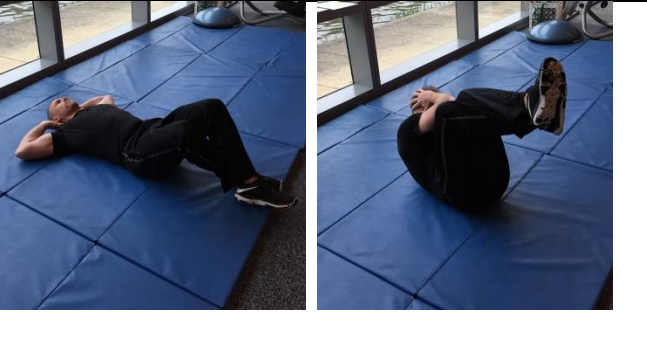
D1

Superband Tricep Extension

- Anchor band high
- Elbows high
- Move away from anchor point to increase difficulty and stretch band

2-3 sets x 12



<p>D2 Superband Woodchop</p> <ul style="list-style-type: none"> • Anchor band high • Move away from anchor point to increase difficulty • Twist from just above shoulder height to opposite knee <p>2-3 sets x 15</p>	
<p>E1 Floor Mountain Climber (2 tap)</p> <ul style="list-style-type: none"> • Keep body flat • Bring knee to same side elbow. • Tap elbow twice • Alternate sides each repetition <p>2-3 sets x as many reps as possible</p>	
<p>E2 Twisting Double Crunch</p> <ul style="list-style-type: none"> • Simultaneously bring opposite elbow to opposite knee • Return to flat position • Repeat on other side. <p>2-3 sets x20</p>	

Superbands and Suspension Trainers can be purchased at Walmart, Academy Sports, online etc. for between 17 – 25\$.

*Exercise are grouped into letter sequences. A, B,C etc. Perform A exercises in sequence A1, A2, A3 and repeat 2 to 3 times before moving to B exercises—B1, B2, etc.