
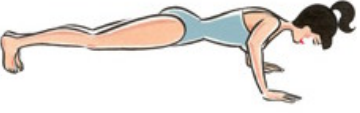
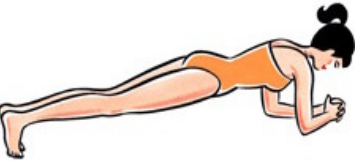




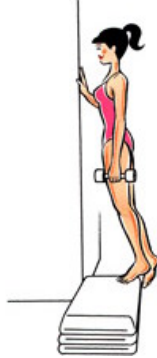


Name: **Personal Best Total Fitness Solutions**

Interval: Frequency:

<p>Stationary Lunge 157</p> <p>B/B or D/B. Stand tall. Split stance. Brace abdominals. Front knee over heel. Back heel lifted. Lower hips to floor. Press up through front heel.</p>  <p>Reps: Sets: Weight:</p>	<p>Push Up 129</p> <p>Hands under shoulders. Torso off the floor. Body rigid. Lower chest. Elbows out. Shoulders between wrists. Press up. Inter = on knees.</p>  <p>Reps: Sets: :</p>	<p>Brace Lvl 3 76</p> <p>Body extended horizontally. Elbows under shoulders. Pull navel into spine. Maintain posture. Keep body straight. Don't allow hips to sag.</p>  <p>Reps: Sets: Time:</p>	<p>Basic Curl 72</p> <p>On back with knees bent. Head and shoulders off the floor. Curl forward without pulling on head. Draw ribs and hips together. Lower slowly.</p>  <p>Reps: Sets: :</p>	<p>D/B Squat 309</p> <p>Stand tall. Feet hip width. Brace abdominals. Chest lifted. Bend at hip. Sit bottom back. Lower D/B beside ankles. Knees track over toes.</p>  <p>Reps: Sets: Weight:</p>
<p>Stabiliser Reach2 305</p> <p>Knees under hips. Hands under shoulders. Navel to spine. Lift and extend opposite arm and leg. Keep torso still and spine long. Alternate.</p>  <p>Reps: Sets: :</p>	<p>Bench Dip lvl 1 289</p> <p>Hands close together. Chest lifted. Shoulders and elbows back. Bottom close to bench. Lower bottom to floor. Press up. Don't lock elbows.</p>  <p>Reps: Sets: Weight:</p>	<p>D/B Sqle Calf Lift 112</p> <p>Stand tall with one foot on step. Knee soft. Brace abdominals. Hold D/B in one hand. Raise onto toes and lower heel below level of step.</p>  <p>Reps: Sets: Weight: : : :</p>		

Exercise Program

Designed by Personal Best Total Fitness Solutions 1/1/2011

Please remember to adhere to all the exercise technique tips and stick to the interval time specified as it is important to the result. Remember to always consume water when exercising, even more than your thirst requires, and remember to use a towel.

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