

ROUND 1**1.1 TRX KNEELING ROLLOUT**

- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between legs and chest height.
- Push hands forward away from anchor point, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and drive (knees) back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS

- Standing tall, grab YBELL with a same grip, holding YBELL on the shoulder if possible.
- Lower hips down and back, knees and hips to 90 degrees.
- Drive through the floor to return to a standing position, pressing YBELL overhead.

1.3 YBELL ALTERNATING SWING

- Stand with YBELL at waist height in front of feet that are shoulder width apart, hinge over hips. Grab each end.
- Maintaining a flat back and chest upright, pull or lunge back off the ground and outwards legs.
- Allow the YBELL to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip/option with the opposite hand and repeat on the other side.

ROUND 2**2.1 YBELL ALTERNATING RENEGADE ROW**

- With a bar-grip position on the YBELL set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plane with the opposite arm.
- Return YBELL to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART

- Standing upright, grab a light bandit, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plane and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE

- Standing tall, grab YBELL with double grip open down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plane push through front foot and return to standing position.
- Repeat with the opposite leg.

ROUND 3**3.1 TRX SINGLE LEG SQUAT**

- Adjust straps to mid-calf.
- Standing tall, raise one knee to hip height, hands chest height, elbow bent to 90 degrees, and tension on the strap.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly bending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS

- Adjust straps to mid-calf on the ground facing the anchor point, place feet in the foot cradles and keep knees to 90 degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT

- Single leg band on squat foot.
- Stand with feet shoulder-width apart, hinge at the hips to grab the hip band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with tension band in the knee.

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The BioMechanics Method for Corrective Exercise Price, Justin, 2019

The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function

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The Visual Basic 5 Training Guide William H. Murray,Chris H. Pappas,1997

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The Men's Health Gym Bible Michael Mejia,Myatt Murphy,2017-04-18

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Ceylani ZKAYMAKO LU Nur Banu BALKANCI Ra it KORKMAZ Hasan ALTUNEL brahim Enes CANPOLAT KUVVET
ANTRENMANLARININ F ZYOLOJ K ADAPTASYON MEKAN ZMALARI Nur Banu BALKANCI Ra it KORKMAZ Ceylani
ZKAYMAKO LU DAYANIKLILIK SPORCULARINDA H POKS TEMELL ANTRENMAN STRATEJ LER Caner ET NKAYA
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CORE ANTRENMANLARIN SPORT F PERFORMANSA ETK S Burcu ZL KAN AH N Feyyaz AH N YEN L K VE FONKS YONEL
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