

1/10/19 PT

default

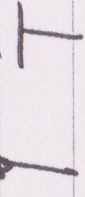
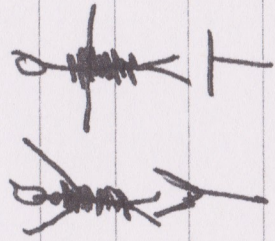
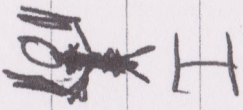
5x3 Bench (stretch) excels

default

10x3 Total Gym excels

Bench:

- I pose 5x3 (default etc)
- Y pose
- T pose



Bench Poses

- Hold for 35/1 pose.

Total Gym:

- 2 handed - Simultaneous Rows
- Both arms hold handles
- Both arms pull simul parallel to bar
- No pull down, no pull up etc
- Just pull straight/flat to bench
- 1 handed / 1 handed Alternating Rows
- 1 arm pulls straight/flat back parallel (1x) above
- Then alternate the other arm.



1/10/19 PT

Pg 2

Side Legs Up Swing

- 2 side at a time. Both sides must be done.
- Sit on ~~total~~ gym less up facing ~~either~~ wall or bed.
- This is each "side" to do separately.
- Pull handle with both hands swinging torso ONLY / upper body ONLY.
- This upper body in line w/ your arms as they released handle and swing!

Laying Flat Facing Sky Reverse Push UP/Pull up

- Laying grasping both handles 7/ arm
- Arms above/behind head by height
- Column is default position.
- Keep elbows straight
- No movement at neck, back, torso, upper body, core, lower body
- Only pull arms/handles downwards
- Pulling up on the T6 band upwards. (Board remains attached)