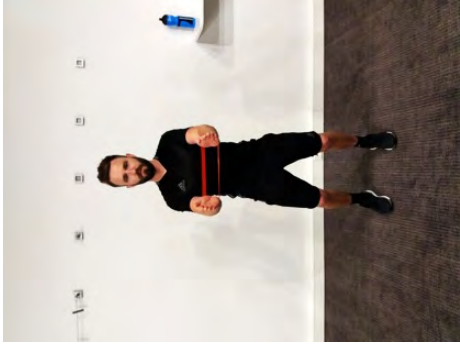


## Upper Body Scapula flies

MB around Elbows – Arms straight forward)

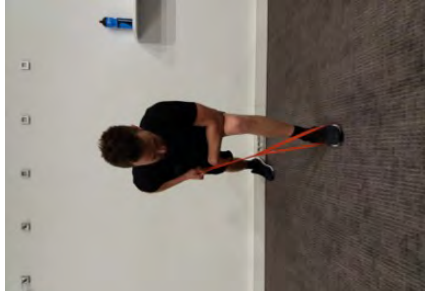


Move both arms outward

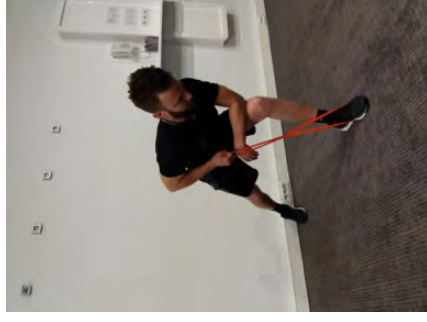


## Upper Body Half kneeling single arm row

Half kneeling on one knee – Step in MB front foot)



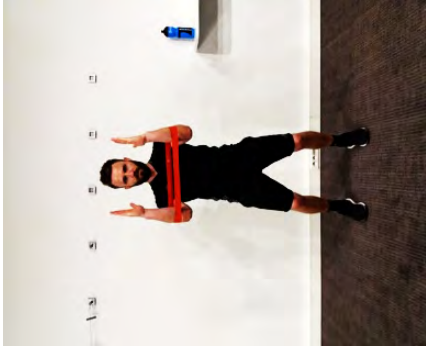
Pull back with diagonal arm



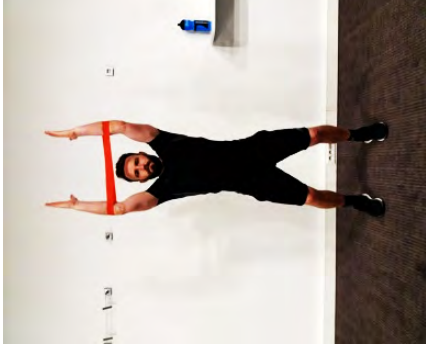
## Upper Body

### Pull down

MB around elbows in 90° flexion - create tension both sides - hands pointing to sky)



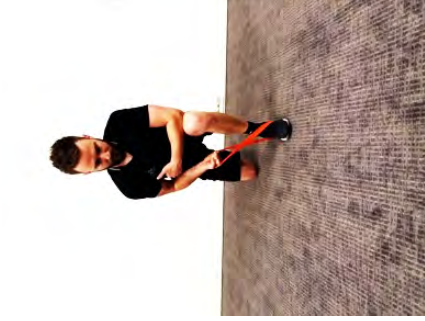
Raise arms to full extension of the elbow and repeat



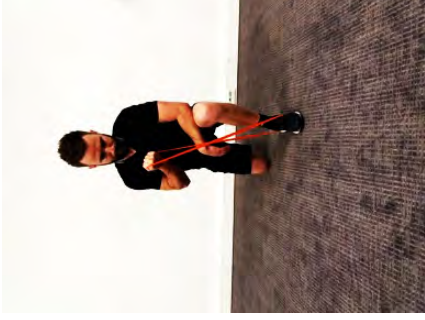
## Upper Body

### Biceps curl

Step in MB

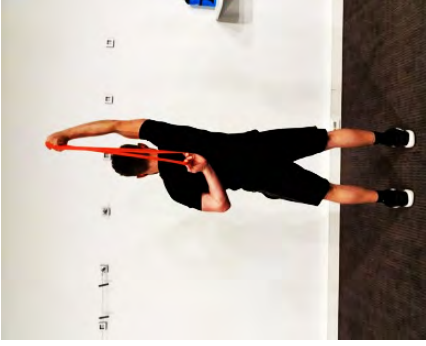
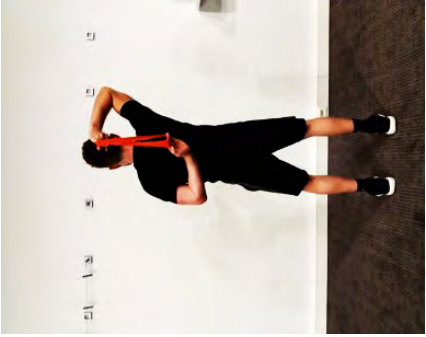


Half kneeling or Squat position



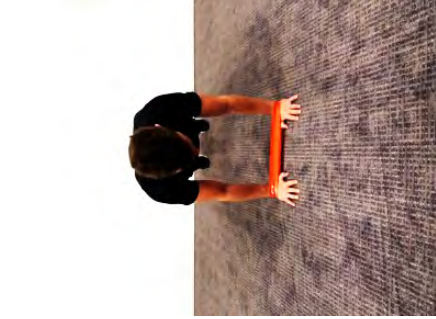
## Upper Body

### Triceps overhead extension



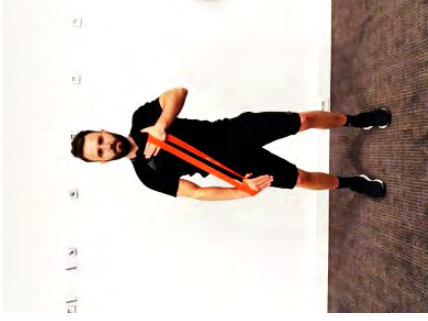
## Upper Body

### Lateral pushup walks



## Upper Body

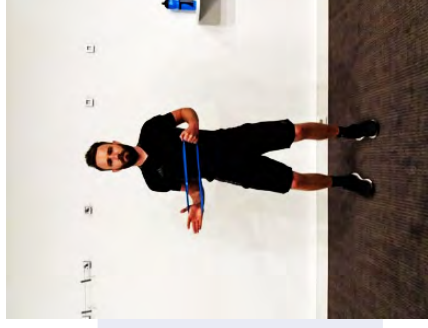
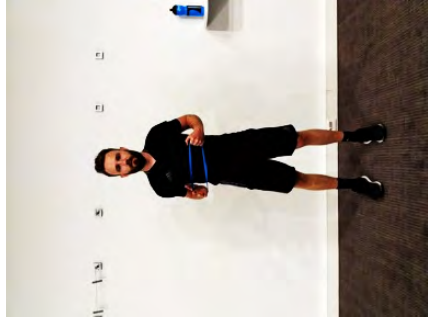
Cross chest triceps push downs



## Upper Body

One armed outward rotation

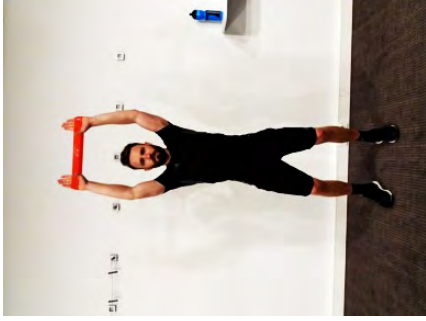
Keep elbow (active hand) on trunk



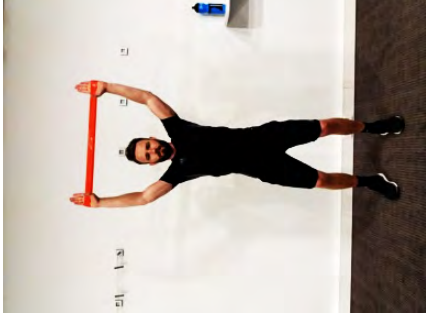
## Upper Body

### Open & close above head

MB around wrists - arms almost fully extended over the head



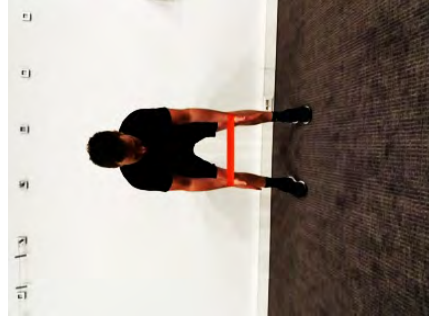
Move both arms laterally and return to start position



## Upper Body

### Double arm row

MB under elbows - tension bent forward



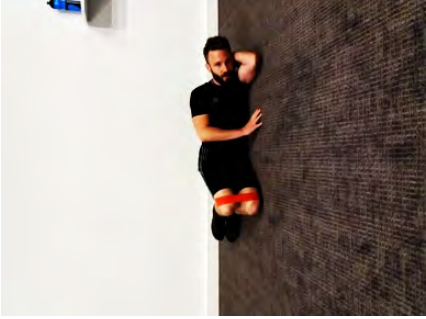
Bring elbows to sky



# Lower Body

## Clams

Lay on 1 side - hips flexed -  
MB around knees



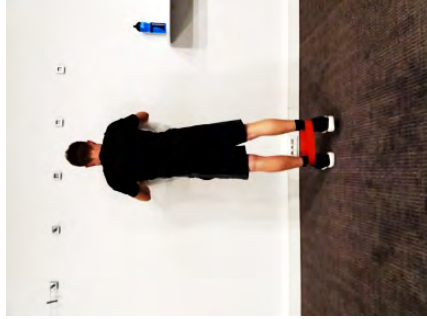
Open & close -  
feet stay together



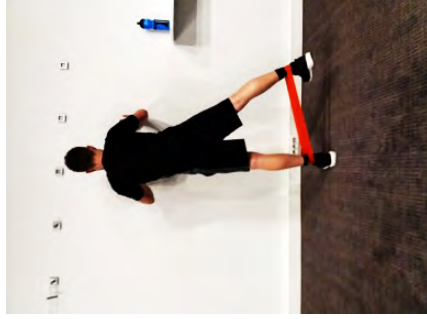
# Lower Body

## Standing abduction

MB around ankles

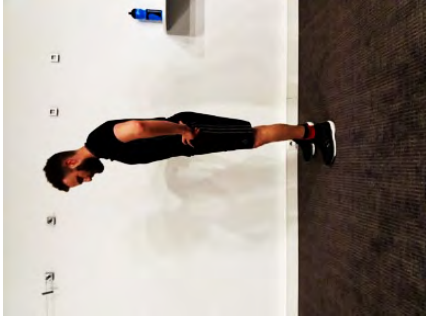


Move foot sideways and upward

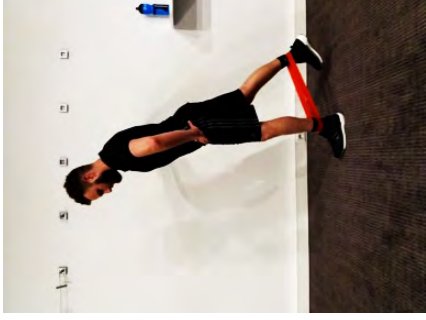


## Lower Body Standing kickback

MB around ankles



Move foot backward  
and forward

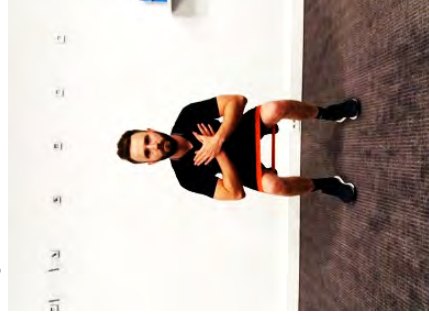


## Lower Body Squats

MB just under knees  
or on quads



Bend the knees to  
produce tension



## Lower Body Glute bridge

MB just under the knees



Extend the hips to produce tension

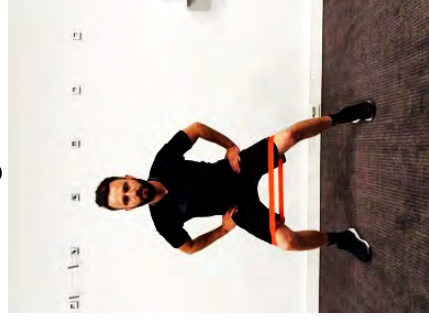


## Lower Body Lateral MB walk

Posture! Chest out, knees flexed,  
but like a „duck“



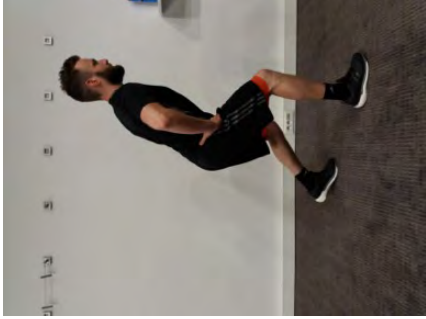
Move 1 leg sideways  
and bring the other  
leg to it



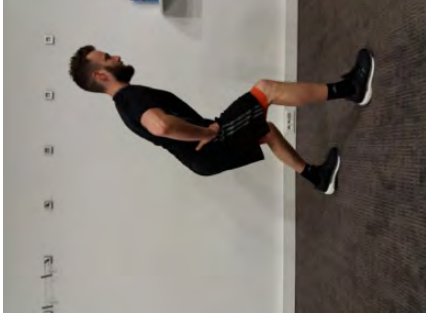


## Lower Body

Posture! Chest out, knees flexed,  
but like a „duck“



Move 1 leg forward and bring the other  
leg to it



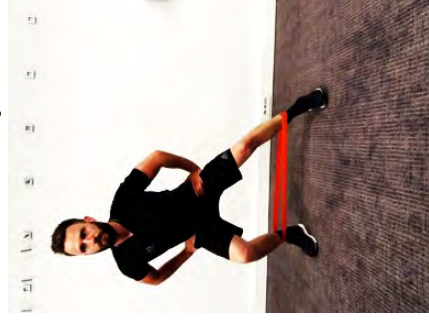
## Lower Body

### Lunges to side

Posture! Chest out, knees flexed,  
but like a „duck“

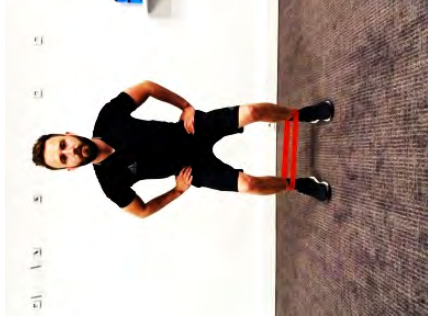


Move 1 leg sideways and  
back to start position

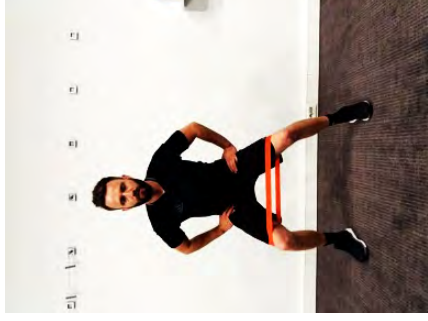


## Lower Body one legged taps

Posture! Chest out, knees flexed,  
but like a „duck“



Move both legs outward and  
back to start position



## Core Mountain climbers

Stand on both feet and hands



Bring one leg to the diagonal  
elbow and back



## Core

### Bicycles with rotation

Lay on the back



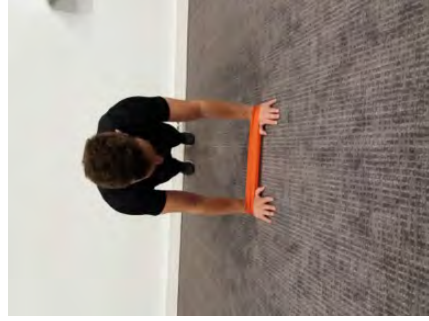
Bring one leg to the diagonal  
elbow and back



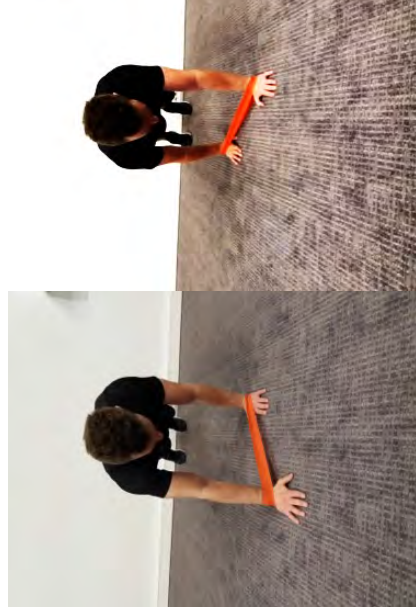
## Core

### Plank with paps

Stand on both feet and hands



Move 1 hand slightly  
In all directions and back



## Colour legend

- **Brand: Starwoodsports**
- **Blue:** light
- **Green:** medium
- **Red:** strong
- **Black:** Rambo-Style