



Want to keep moving but need to make sure you're doing it correctly?



This Techniques Guide can help.

Fitness by Design loves being part of your wellness routine. Maintaining your positive habits is an important part of staying healthy, feeling strong, and being your best. Though we miss you when you're not with us, we want to encourage your consistency and success!

Sometimes getting started moving is the hardest part. With this booklet, you now have quick reference and easy resources to get your body going – and to keep it going – until we see you again. As your personal trainers, we are here to support, encourage, and hold you accountable to your fitness goals. Together, we are a great team!

See you soon,

Team FBD

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This e-book is for information purposes only. The information presented is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician, you are agreeing to accept full responsibility for your actions.

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1-Legged Burpee (more advanced):

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms, lift one leg off the ground and kick your other foot back behind you and kick your foot back behind you landing in a straight arm plank position. Then, tuck jump your foot back to its original placement and perform a one legged squat jump (your foot leaves the ground slightly) to return to the starting position. *Beginners can do regular burpees with both legs on the ground or “step-back” instead of jumping back for a lower intensity.





1-Leg Reaches/ One-Leg Touches:

Stand with your legs shoulder width apart with your hands down by your sides. Raise your left heel back towards your glutes and do not let touch the ground until the rep is complete. Pretend you have something on the floor in front of you that you need to pick up. Flex your right knee and hips to bend over to “touch” the ground, balancing on your right leg. Extend your right knee and hips to return to the starting position. **Trainer Tip: Ensure that the knee does not cross over the toe line on the way down. Clients do not have to go all the way down to the ground for this exercise to be effective.



3” Lunges:

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. The starting position is with your front knee directly above, or slightly behind the front heel. Keeping your front upper leg parallel to the ground, shift your body forward about three inches (keeping your upper leg parallel) until your knee is lined up directly over your front toe. Shift back into the starting position and repeat for the desired number of reps on each side.





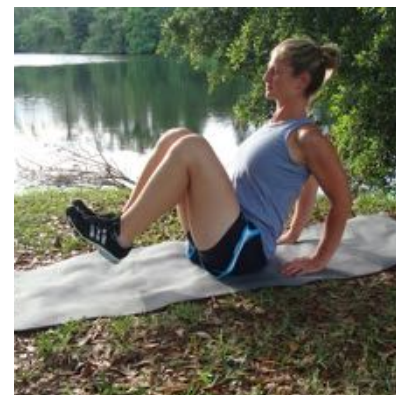
Abduction:

Lie on your left side with your legs extended. Place your left hand under your head for support (or you can rest your head on your left bicep.) Keep your right toe pointed toward the ground, and raise your right leg upwards as high as possible (keep the leg straight). Lower the leg back to the starting position and repeat on each side for the desired number of reps.



Bench Crunch:

Sitting in a “V” with your knees bent to 90° and your hands placed behind your body to help support your weight, simultaneously extend your knees and lower your legs to the ground (keeping your heels off the ground,) while lowering your torso to the ground (keeping your shoulders off the ground.) Keeping your core tight, simultaneously “crunch” back up to bring your knees in to your torso (back to the starting position.) Make sure to keep your chest out, core tight, and back flat throughout the movement. Repeat.





Bicep Curl:

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms out* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.



Bicycle Crunches:

Lie on your back with your elbows bent and your hands on either side of your head. Simultaneously bring your right knee in towards your chest while crunching up and rotating your torso to the right attempting to touch your left elbow to the right knee. Keeping your core tight, extend your right leg while bringing in your left knee and crunching and rotating to touch it to your right elbow. Keep both feet off the ground for the duration of the exercise. Continue alternating sides for the desired number of reps or time.





Box Jump (or Bench Jump):

Use a secure box, bench, or curb to perform the jumps. Stand in front of the secure box with your hands at your sides and knees slightly bent. With your feet roughly shoulder width apart, jump up onto the box (soft landing), hold your position on top of the box for a count of one second and then jump or step back down. Once comfortable with the exercise, have them jump onto the box and back down at a faster pace (safety first).



Burpee:

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Then, tuck jump your feet back to their original placement and perform a squat jump to return to the starting position. *Beginners can “step-back” instead of jumping back for a lower intensity.





Cross-Body Mountain Climbers:

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee *across your body to the opposite chest* at a time. Alternate bringing each knee across as fast as possible while keeping the chest out and back flat. Repeat for the desired number of reps.





Deck Squat:

From a standing position, bring your hips back and squat down towards the floor keeping your back flat. Lean back slightly until your butt reaches the floor and extend your body (make sure to keep your back flat) until you're on your back with your legs extended out and your arms extended behind your head. In one quick motion, crunch up and while simultaneously bringing your heels in towards your pelvis. (Make sure to keep a flat back) Propel your body to stand back up into the starting position. Your core needs to be tight throughout this entire motion. It may also be a little easier to stand up if you hold a light weight in your hands.





Dips (on a bench or chair):

Sit on a bench with your feet on the ground with your legs either straight out (more challenging) or knees bent to 90° (less challenging). Place your hands on either side of your hips (right next to the side of your body.) Keeping your elbows pointed behind you, move your hips slightly off the bench and allow your body to lower directly to the ground by flexing your elbows to 90°. Keep your chest out and back flat (not allowing your shoulders to collapse in.) Press firmly through your palms to extend your arms back up to the starting position with your hips off the bench. Repeat for desired rep count or time interval. ****Trainer Tip:** You can increase/decrease the intensity by placing more/less body weight in the feet. **Variation:** Lift up one leg as you perform the movement.





Dive Bombers:

From Begin this exercise in the Downward Dog position (see Stretching Manual for details.) Bending at the elbows, “scoop” your chest and head towards the ground, between your planted hands (making sure not to touch the ground), and finish in “cobra” position. Reverse the motion to return to the starting position. Nose and chest will be close to the ground coming back through as well. Repeat for desired reps.



Donkey Kicks:

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, contract your glutes and kick back one leg straight behind you (keeping your knee flexed.) Lower your leg to the starting position and repeat on each side for desired number of reps/time.





Fire Hydrants:

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, raise one leg out laterally as far as possible at the hip joint by using your abductors. Lower your leg to the starting position and repeat on each side for desired number of reps/time.





Floppy Burpee: (more advanced)

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you and *drop your ENTIRE body to the floor* in a controlled motion. Then, extend your elbows and tuck jump your feet back to their original placement and perform a squat jump to return to the starting position.





Flutter Kicks:

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Keeping your legs straight, “scissor” your legs *up and down* for the desired number of reps or time. Lower your legs to the ground when finished.



Flys (Chest):

Lie on your back (supine) with your arms extended out to each side holding dumbbells so your body looks like a “T”. With your palms facing up, bend your elbows slightly and internally rotate your shoulders so your elbows are back. Keep your elbows in a fixed (slightly bent) position as you bring your palms together over your chest. Lower weight in the same fashion to the starting position and repeat for desired number of reps.

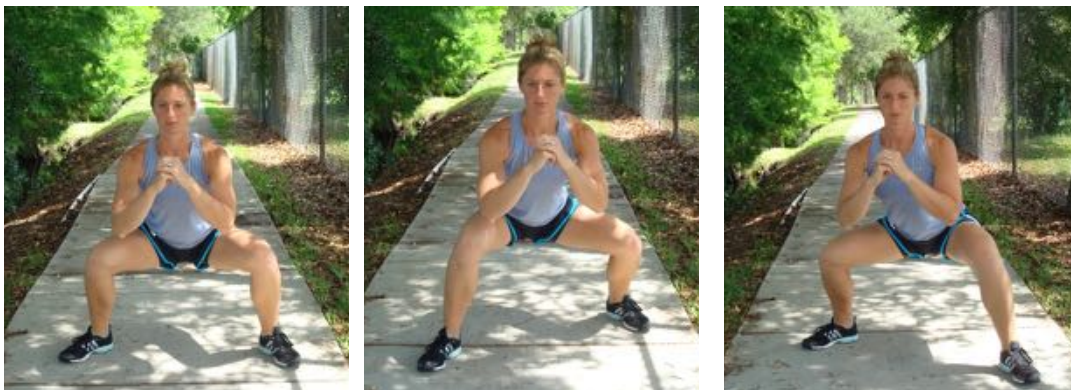




Groucho's: (one of our favorites from P90X!)

From the bottom of the Sumo Squat position (see Sumo Squat description for more details,) take small steps (one leg at a time) forward while keeping your body lowered in the squat position. You can perform this by stepping forward or stepping backward.

****Trainer Tip:** Try *not* letting your group stand up when switching from forward Groucho's to backward Groucho's!



Hammer Curl:

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms facing each other* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.





High Knees:

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you're jogging. Perform this exercise for the desired amount of time or distance.



Hip Bridges:

Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder width apart. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together. Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.





Inchworm:

From a standing position, bend at the hips and place your hands directly in front of you on the floor. Walk your hands out in front of you (keeping your feet planted) until you are in the top of a straight arm plank position. Once you are stable, you can either walk your hands back to your feet and stand up to the starting position OR walk your feet to your planted hands and then stand up. ****Tip: Increase the intensity by adding a push-up!**





Jack-Knife:

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor. This is a boot camp FAVORITE!



Jumping Jacks:

From a standing position with your arms down by your side, jump up while bring your arms up laterally over your head and your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.





Knees-to-Elbows:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Bring your right knee under your body and try to touch it to your left elbow. Do not let your foot drag on the ground. Bring your foot back to the starting position and repeat for the desired number of reps, making sure to work each side of the body equally.



Lateral/ Side Lunge:

Stand with both feet very far apart with your toes pointed out to 45°. Lunge toward one side by flexing the hips and ONE knee while keeping the other knee straight. You may allow the toe of the straight leg to point upward. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)





Lunge: (Backward)

Stand with both feet together and take a step backward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Mountain Climbers:

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee *straight into your chest* at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.





Oblique Crunch:

Lie on your upper back in a supine position with your knees and hips bent. Lower your legs to the left side at a 90° angle in the hip. Flex your waist to raise your upper torso a few inches off the ground while focusing your attention on the right oblique. Control the movement back down to the ground and repeat for the desired number of reps. Repeat on the right side.



Opposite Arm - Opposite Leg:

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your left leg (keeping your right leg on the floor) while crunching up from your waist and reach out to touch your left leg with your right hand (keep both legs straight.) Keep your left hand behind your head to support your neck. Lower your body in a controlled movement to the starting position and repeat. You can alternate or perform specific rep counts on each side before switching.





Pike Push-Up:

Start in a Downward Dog position (see Stretching Manual for details on Down Dog). Your hands should be on the ground slightly wider than shoulder width apart and heels may be slightly lifted to accommodate level of flexibility. Have your fingers spread out for stability. Your body will be in a pike position with the hips about 90 degrees. Lower your body down like a shoulder press touching your forehead to the ground (or as close as possible) between your hands and then press yourself (push through the palms) back up to the starting position. Repeat for desired reps/time.



Plank:

Lie on your stomach in a prone position with your legs extended out. Place your *forearms* (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.





Press (Arnold):

With a dumbbell in each hand, bring your arms to the top of a bicep curl with your palms facing in and your elbows directly under your wrists. Externally rotate your shoulders and press the weights up over-head until your arms are straight. Lower the weight in a controlled manner in reverse and repeat for the desired number of reps.



Prisoner Squat:

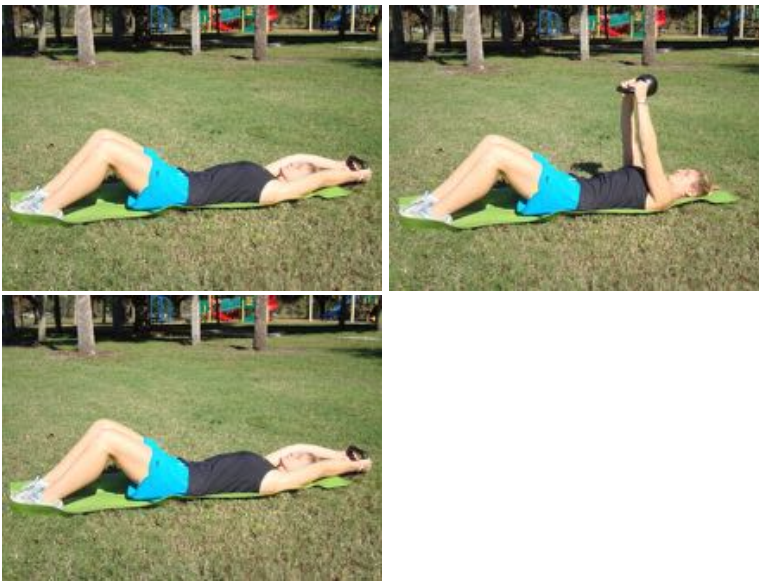
Stand with your feet shoulder width apart and point your toes slightly out. Interlace your fingers and place your hands on the back of your head. Keep your arms elevated in this position throughout the entire movement. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. **Trainer Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat.





Pull-Overs:

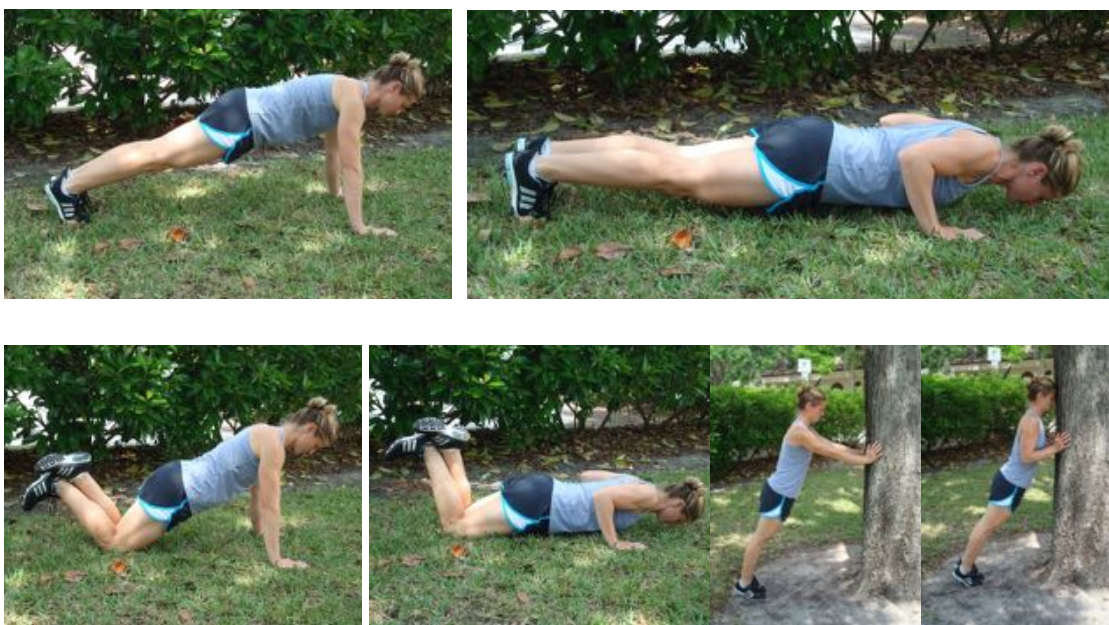
Grasp Position a kettlebell or dumbbell on the ground and lie on your back (supine position) on the ground or on a bench with the weight behind you. Slightly bend your knees to protect the lower back. Place the weight at arms length (slight bend in the elbows) Grasp the weight with both hands and use your posterior (back) muscles to lift the weight over your chest (keeping your elbows slightly bent). Lower the weight slowly back to the starting position behind your head until upper arms are parallel to the ground. Repeat for desired reps.





Push-Ups:

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified by having the client doing knee push-ups or doing this movement against a railing or wall.)



Quadruped:

Hands and knees on the ground (both shoulder width apart) keeping your core tight and spine neutral throughout the position. Simultaneously raise your right arm and left leg so they are parallel to the ground. Lower both arm and leg in a controlled motion and repeat. Perform this exercise equally on both sides. ****Trainer Tip:** Have your clients push out strong through their shoulders to help stabilize the back.





Reverse Crunches:

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.



Reverse Flys:

Grasp 2 dumbbells/exercise band and stand with your feet shoulder width apart with your knees slightly bent. Push your hips back and lower your torso to just above parallel to the ground. Allow your arms to lower perpendicular to the ground. Raise your arms out laterally from your body until they are near parallel to the ground, keeping your elbows slightly bent. Keep your chest out and back flat during the movement.. Lower the weight back to the starting position and repeat.





Row (aka Kettlebell/Dumbbell Row):

Place your right hand on the bench directly under the shoulder and your right knee directly under your hip on a bench or elevated surface. Be sure to keep a neutral (or slightly arched) back and neutral neck. Allow a slight bend in the supporting elbow. Extend left arm straight down hanging toward the ground with the kettlebell or dumbbell in hand. Do not let the left shoulder relax- keep the shoulder blade retracted. Left leg is slightly bent and the foot is planted into the ground. Lift the weight straight up, leading with the elbow and keeping the arm close to the body. Slowly lower arm back down to the starting position and repeat for desired reps. Switch and repeat on the other side.





Scissor Kicks:

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Separate your legs (still keeping them straight) and “scissor” them from *side to side* for the desired number of reps or time. Lower your legs to the ground when finished.



Sea Turtles:

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Keeping your arms and legs off the ground, move them both out laterally to about 45° and then return them to the starting position (don’t allow arms or legs to hit the ground until the set is over.) Repeat for the desired number of reps.





Sit-Ups:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps.

****Trainer Tip:** This makes a great partner exercise if you have another camper kneel on the participants laces.



Side Plank (with and without a Dip):

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank keeping your feet stacked. Hold. For the dip: Simply lower your hips to the ground and raise them back up to the top of the side plank. Repeat this motion for the desired number of reps. Keep your core tight, back flat, and your tailbone tucked. Repeat on the right side for the desired amount of time.





Skull Crushers:

Place a kettlebell/dumbbell behind your head and lie on your back with your knees bent to 45° (keep your tailbone tucked under to create a flat back.) Grasp the kettlebell or dumbbells with a narrow grip, and keeping your elbows parallel, extend your elbows (keeping your upper arms perpendicular to the ground.) Keep your upper arms in a fixed position and lower the weight near the top of your forehead. When finished, lower the weight safely to the ground. Repeat for the desired number of reps/ time interval.





Snow Angels/ Plank Jacks

From either a straight arm plank position or a forearm plank, place your elbows or hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat.

****Trainer Tip:** Keep your spine neutral and back flat throughout the movement.



Spiderman Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.





Squat:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. ****Trainer Tip:** Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity.



Squat Jump:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet lift a few inches off the ground. Softly land with knees bent and go directly into your next repetition.





Step-Ups: (on a bench or chair)

Stand with your body facing the bench. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee until your right foot is on the bench. Step down with the right leg by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time.

Variation: Can add a knee raise at the top of the position.



Suicide Push-Ups:

From the top of a plank position (elbows extended), place your hands slightly wider than shoulder width apart. Keep your body straight and drop your left forearm on the ground (like you are going into a plank position) and follow by dropping your right forearm on the ground until you are in a strong plank position. Extend your elbows one at a time to return to the starting position. Make sure give each side equal work. Repeat for the desired number of reps. (Can be modified by performing this on your knees.)





Suicide Tap Down

Stand with your feet shoulder width apart and tighten your core. Rotate your torso to the right while flexing the hips and tap your left hand on the instep of your right foot. Both feet are turned at a 45 degree angle (don't let the right knee extend past your toes). Be sure to keep your back flat, chest out, and your spine in neutral position. From the tap down push through your feet and jump upward extending your knees and hips so your feet lift a few inches off the ground while extending arms straight up and over the top of your head. Repeat this rotation tap down on your left side and then repeat from side to side for desired amount of time.





Sumo Deadlift High-Pull:

Place a kettlebell or dumbbell between your feet. Stand with a wide stance (wider than shoulder width apart) and toes slightly pointing out. Flex your hips and bring your hips back down to a deadlift position, keeping a neutral spine. (keep your arms straight and pick up the kettlebell or dumbbell.) Explode through your heels as the power of your lower body pushes the weight up vertically, control the weight through an upright row, ending with the weight just below the chin. (Core is very tight to protect the lower back in this position.) Immediately lower the weight again back towards the ground. Keep the weight in your hands the entire time until desired reps are completed. Repeat for the desired amount of reps. ****This is an advanced exercise and is designed to be explosive in nature. If you have shoulder issues, this exercise is not for you.**



Sumo Squat:

Take a wide stance (wider than shoulder width) and point your toes out to 30°-45°. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Keep your knees tracking with your toes and **DO NOT** let them buckle inward. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. ****Trainer Tip:** Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.





Superman:

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Lower arms and legs back to the ground. Variations: Opposite arm with opposite leg, arms only, legs only.



Tuck Jump (On Ground):

From a straight-arm plank position, place your hands shoulder width apart and your feet together. Jump both your feet in, bringing your knees to your chest and keep your core tight. Jump your feet back out together back to the starting position and repeat.

****Trainer Tip:** Keep your spine neutral and back flat throughout the movement.





V-Jump:

From a straight arm plank position, place your hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat. **Trainer Tip: Keep your spine neutral and back flat throughout the movement.



V-Ups:

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your legs and torso (keeping your legs straight) simultaneously and reach your arms toward your feet. Lower your body in a controlled movement to the starting position and repeat.





Windmill:

Stand with your feet shoulder width apart with your right hand up above your head and your left down (palm out) by your side. Turn both feet to the left side, keeping your foot width the same. Looking up at the top hand, push back your hips and bend at the hips (keeping your back flat) and trace your hand down your left leg touching your instep with your left hand. Keep the legs as straight as possible. Extend the hips and return to the starting position. Repeat, making sure to work both sides equally.

