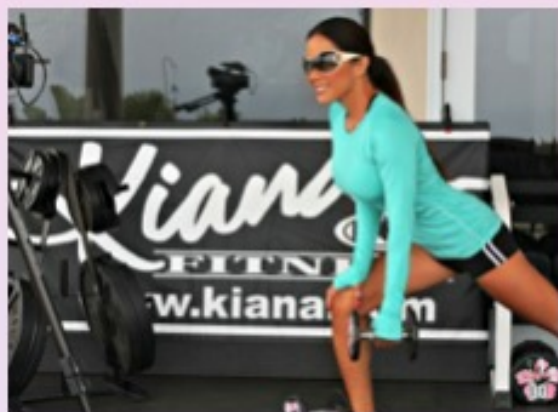


WEEK 2

8 pass

**15
REPS**

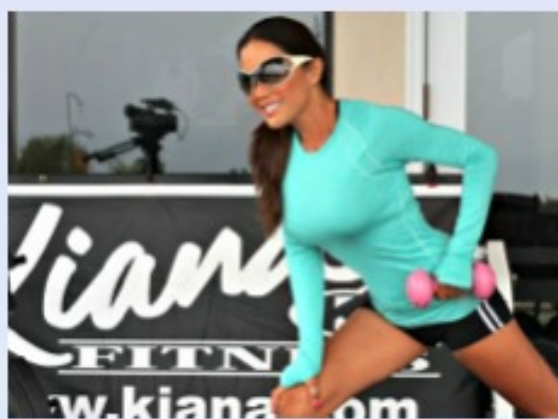
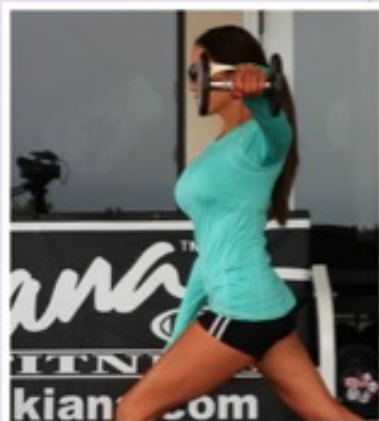


**1 arm
ROWS**

**15
REPS
EACH ARM**

**pendulum
pass**

**15
REPS**



kickbacks

**15
REPS
EACH ARM**

1 arm rows



Starting Position: Stand with right foot forward, knee directly over the left ankle. Support your body with your right hand on your knee, shoulders back, abs tight. Hold a weight in your left hand, arm hanging below the shoulder.

The Move: Keeping your back straight and abs tight, pull the weight upward, leading with your elbow. Keep the weight close to your body, touching your waist. Hold for a beat and return to starting position. Exhale upon exertion as you row the weight upward.

Tip: Make sure the knee stays directly over the ankle.

Focus: Back, rear delts, legs, butt, core

8 pass



Starting Position: Stand in an athletic stance, with your feet wide, toes pointed outward, squatting as low as you can. Shoulder blades pulled back and down, abs tight, knees slightly bent. Weight in your right hand.

The Move: Keeping your back straight and abs tight, squat down as low as you can, while keeping your back straight. Do not hinge forward. Pass the weight to your left hand, around each leg in a figure 8 formation. Repeat other direction.

Tip: Your ultimate goal is to be able to hold a low squat with your thighs parallel to the ground, while you pass the weight. Start off with a slight bend in the knees squat.

Focus: Legs, hamstrings, butt, core, arms

kickbacks



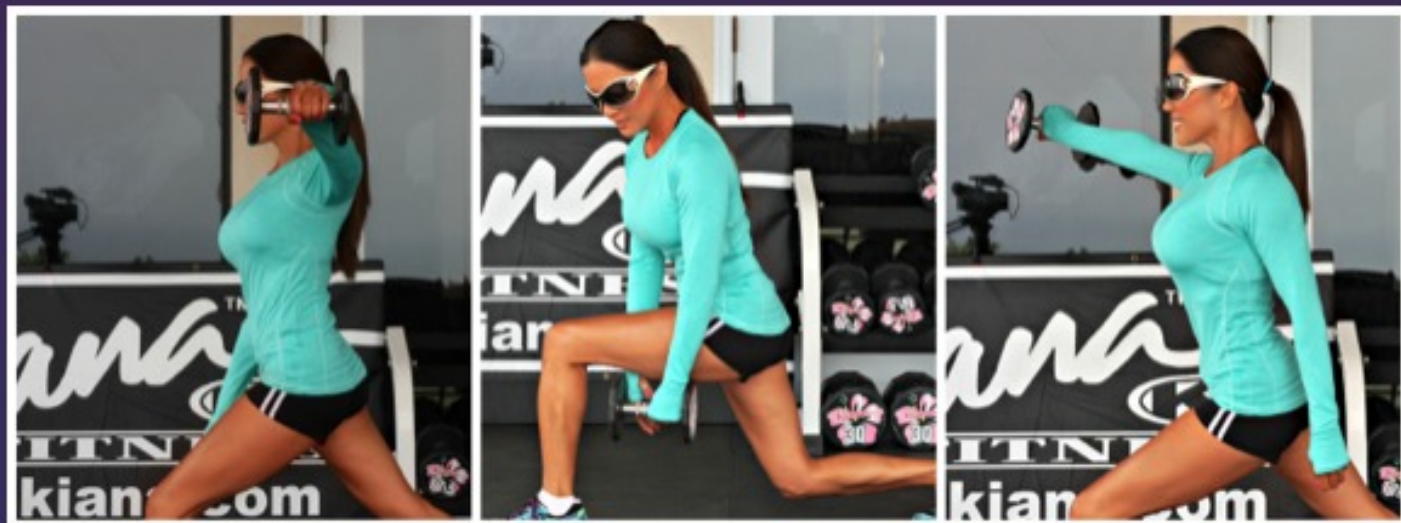
Starting Position: Stand with right foot forward, knee directly over the left ankle. Support your body with your right hand on your knee, shoulders back, abs tight. Hold a weight in your left hand, upper & lower arm at a 90 degree angle.

The Move: Keeping your back straight and abs tight, elbow inline with your shoulder. Keeping the elbow in a fixed position, extend your arm back, flexing the triceps muscle at the back of the upper arm. The elbow should not move, but instead, act as a pivot. Keep the weight close to your body, touching your waist. Hold for a beat and return to starting position. Exhale upon exertion as you row the weight upward.

Tip: Exhale as you kick back the weight.

Focus: Triceps, abs, core, legs, butt.

pendulum pass



Starting Position: Stand with left foot forward, shoulders back and down, abs tight, knees slightly bent, weight in your left hand, with your arm out to your side shoulder height, elbow slightly bent.

The Move: Keeping your abs tight and shoulders back, lower down until your back knee almost touches the floor. Slowly lower your left arm, passing the weight under your thigh to your right hand. Stand back up, lifting the weight out to the right side, elbow slightly bent. Repeat by stepping forward with the right leg and pass back.

Tip: Keep your back straight, shoulders retracted, abs tight, elbow slightly bent throughout, tipping the thumbs downward as if you were pouring water out of a pitcher. Exhale upon exertion.

Focus: Legs, butt, core, shoulders