

# Arsenal

Alpha Section

BACK	Chest	Legs
Dumbbell Rows	Standard Bench Press (BB)	Standard Squats
Deadlifts	Dumbbell Bench Press	Dumbbell Bench Press
Bent-Over Rows	Decline Standard Bench Press	Wide-Stance Box Squats
		Dumbbell Goblet Squats
		Leg Extensions (optional)

## Beta / Cardio section

BACK	Chest	Legs	Cardio
Wide-Grip Pullups	Pushups	Sissy Squats	Burpees
Underhand-Grip Pull-Ups	(Resistant Banded) Pushups	Air Squats	Jump Ropes
Kettlebell Shrugs	Dips	(No Weights) Lunges	Jumping Jacks
(Resistance Bands) Rows	(Resistance Bands) Flys	Step-Ups	Jump Squats
	Chest Plate Squeeze	Wall Sits	Dancing
	(Light) Dumbbell Press		Running the Stairs
Piriformis Stretch	Cross-Body Shoulder Stretch		Child's Pose
Lunging Hip Flexor Stretch	Overhead Triceps and Shoulder Stretch		Cobra Stretch
Pigeon Stretch	Reverse Shoulder Stretch		Bird-Dog Stretch
Spiderman Stretch			
Butterfly Fly Stretch			

Lower Back	Quad
90/90	Kneeling Lunge
Half Lord of the Fishes Lizard Pose Variation	Standing Quad Stretch
Pigeon Pose	

## YOU HAVE TO STRETCH!!!!

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## FIVE BENEFITS

- \* Stretching can improve posture. Tight muscles can cause poor posture
- \* Stretching can improve the range of motion and prevents loss of range of motion.
- \* Stretching decreases back pain
- \* Stretching helps prevent injury
- \* Stretching can decrease muscle soreness