

Arsenal

Alpha Selection

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)

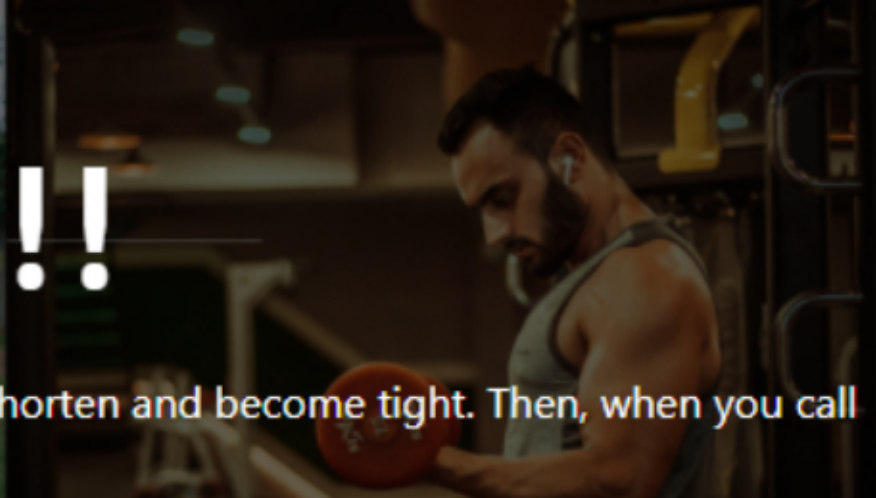

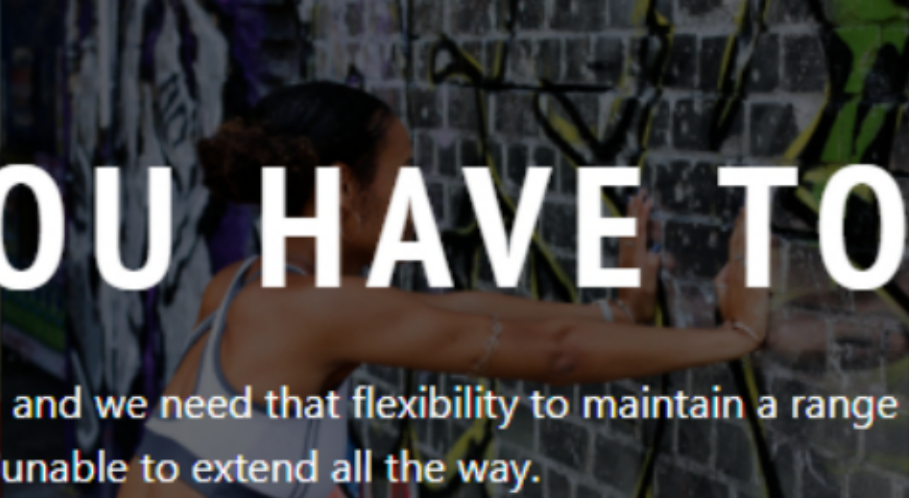
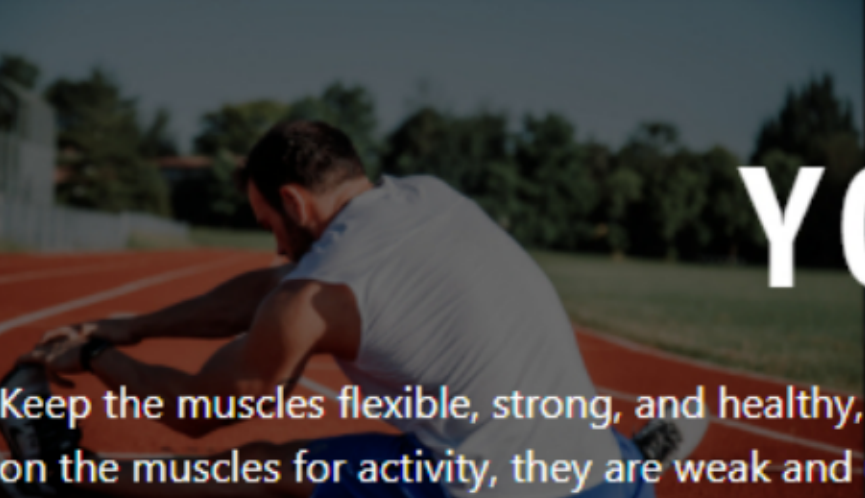
Beta / Beta-Cardio Selection

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
			Jogging in Place

Stretch Exercises

Hips	Shoulders	Hamstrings
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap
90/90 Stretch	Elbow-Out Rotator Stretch Cross-Body Shoulder Stretch	Sitting hamstring stretch
Figure Four Stretch	Cross-Body Shoulder Stretch	Standing Hamstring Stretch
Piriformis Stretch	Overhead Triceps and Shoulder Stretch	
Lunging Hip Flexor Stretch	Reverse Shoulder Stretch	
Pigeon Stretch		
Spiderman Stretch		
Butterfly Fly Stretch		



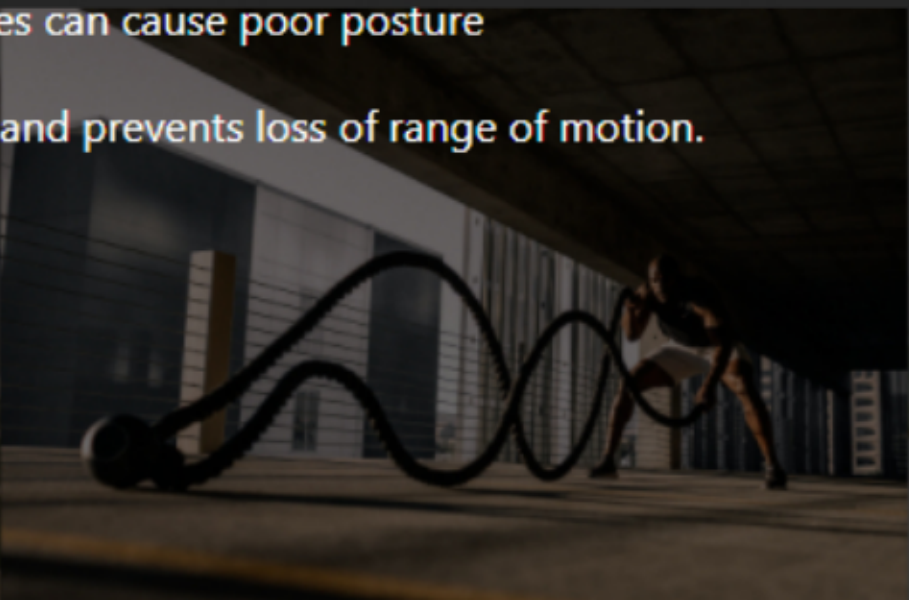
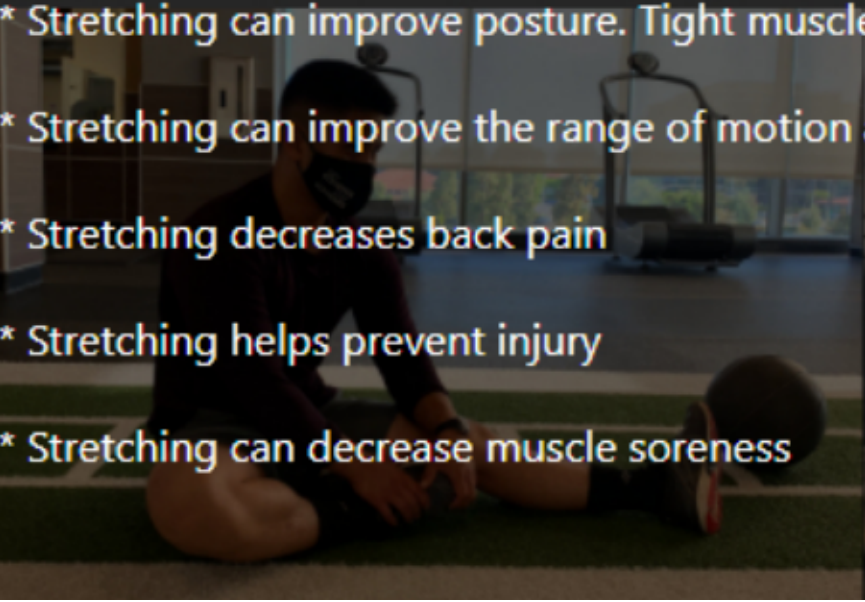
Lower Back	Glutes	Quad
Knee to Chest Stretch	90/90	Kneeling Lunge
Figure Four Stretch	Half Lord of the Fishes	Standing Quad Stretch
Piriformis Stretch	Lizard Pose Variation	
Child's Pose	Pigeon Pose	
Cobra Stretch		
Bird-Dog Stretch		



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