

# General Fitness - Exercise and Stretching Routine

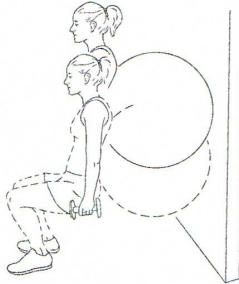
Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach



LEGS - 1 Squat Supported (Dumbbell)

Back straight, bend knees, but do not allow them past toes.

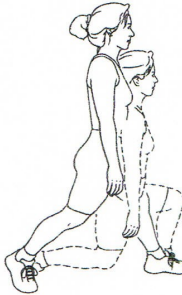
Do 2 sets. Complete 15 repetitions.



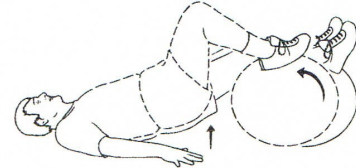
LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 15 repetitions.



TRUNK - 17 Gymball: Hamstring Curl (Double Leg)



Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

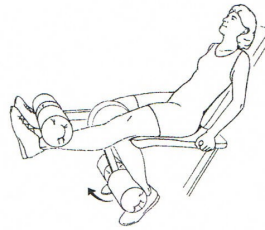
Repeat 15 times per set.  
 \_\_\_ Lower buttocks to floor between rolls.  
 Hold buttocks off floor between rolls.  
 Rest 30 seconds after set. Do 2 sets per session.

BACK - 21 Extension: Prone (Dumbbell)



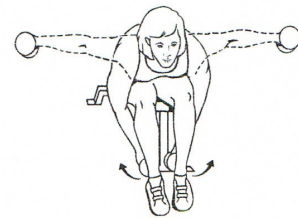
Hold dumbbell in front of the chest and extend low back. Do 2 sets. Complete 20 repetitions.

LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



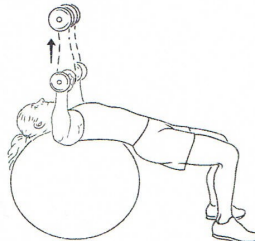
Straighten legs to locked knee position, keeping toes flexed toward knees. Do 2 sets. Complete 15 repetitions.

SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)



Elbows slightly bent, palms in, raise arms to parallel with floor. Do 2 sets. Complete 15 repetitions.

CHEST - 1 Press (Dumbbell)

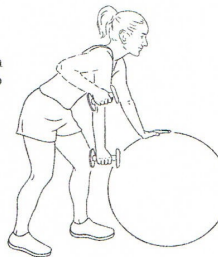


Press dumbbells over chest while maintaining bridge. Do 2 sets. Complete 15 repetitions.

BACK - 5 Row: Single (Dumbbell)

With feet staggered, arm supported, pull weight to side of chest, keeping elbow close. Keep back straight.

Do 2 sets. Complete 15 repetitions.



SHOULDER - 4 Press: "4 Point"

Palms in, elbows in, swing elbows out from sides, then press weights over head, palms forward. Rotate to palms in and return.

Do 2 sets. Complete 15 repetitions.



BICEPS - 2 Curl: Alternating (Dumbbell)

Supported by ball with knees slightly bent, curl one dumbbell. Repeat with other arm.

Do 2 sets. Complete 15 repetitions.



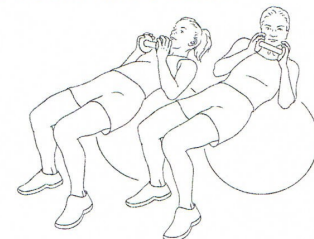
ABS - 1 Crunch (Dumbbell)

Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2 sets. Complete 15 repetitions.



ABS - 2 Crunch: Alternating (Dumbbell)

Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing right ribs toward left pelvis. Repeat to other side. Do 2 sets. Complete 15 repetitions.

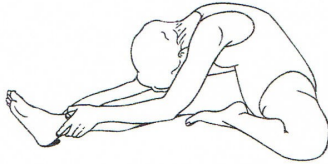


# General Fitness - Exercise and Stretching Routine

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## HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 30 seconds. Repeat with other leg.

Repeat 2 times. Do 1 sessions per day.

## GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold 30 seconds.

Repeat 2 times. Do 1 sessions per day.

## HIP OBLIQUE - 4 External Rotators

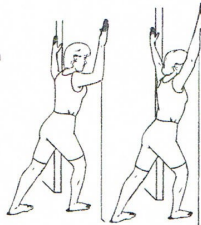
Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold 30 seconds. Repeat with left leg over right.



Repeat 2 times. Do 1 sessions per day.

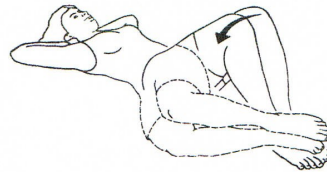
## CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold 20 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 2 times. Do 1 sessions per day.

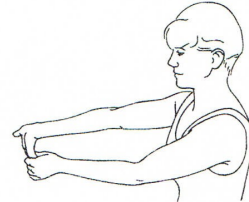
## LOWER BACK - 7 Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold 20 seconds. Repeat to other side.

Repeat 2 times. Do 1 sessions per day.

## ARMS - 2 Wrist / Flexors



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 15 seconds.

Repeat 2 times. Do 1-2 sessions per day.

## SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold 20 seconds. Repeat with other side.



Repeat 2 times. Do 1 sessions per day.

**It's amazing that you are working towards your goals.  
I'm rooting for you to achieve incredible things.**

- **Perform general fitness exercises** 2-3 days a week
- **Perform stretching exercises** 5-7 days a week
- **Cardio** - outside or machine 20-60 minutes / 3-5x a week

### Related Exercise & Weight Management Products:

[Exercise Ball](#)

[Hand Weights](#)

[24 Day Challenge](#)

### Professional Services Available:

[Nutrition and Life Coaching](#) - secure online sessions

[Customized Meal Planning](#) - family friendly meals



### Related Complimentary Resources:

[How to find a Personal Trainer / Coach](#)

Food Diary ([PDF](#))

[Paleo Diet / Exercise Recommendations](#)

[Restaurant Nutrition Information](#)

