

Destiny Management
The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEGS:			
SQUATS	With your feet shoulder width, toes straight ahead or slightly out. Place the resistance behind your head on the muscles of your upper back. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the lower back starts to round out.	Quadriceps, Gluteus Maximus, Hamstrings.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
ONE-LEG SQUATS	With your feet shoulder width, toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Place one foot behind you (so you are in a straddle position) at a comfortable distance. You may place the rear leg on a block if it's more comfortable. Using the front leg, lower your hips and bend your knee making sure it travels in line with the first two toes but does not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the back knee touches the floor and return to the upright position. Repeat with the other leg.	Quadriceps, Gluteus Maximus, Hamstrings.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
TRX SQUATS	Attach the TRX to a high immovable object such as over the top of a door. Grab the handles and lean back with your feet in front of your shoulders and roughly shoulder width, toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the lower back starts to round out. Stand back up and repeat.	Quadriceps, Gluteus Maximus, Hamstrings.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.

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IN-LINE SQUATS	With your feet shoulder width, toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Place one foot directly behind the other and behind you so when you are in the in a squatting position the knee of your back leg comes down directly behind the heel of the front leg. Using the front leg, lower your hips and bend your knee making sure it travels in line with the first two toes but does not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the back knee touches the floor and return to the upright position. Repeat with the other leg.	Quadriceps, Gluteus Maximus, Hamstrings, Calves, Adductors / Abductors.	Abdominals, Spinal Erectors, Upper/Mid back, Arms.
OVERHEAD SQUATS	With feet shoulder width, toes straight ahead or slightly out, hold your arms directly above your head so they are in line with your ears. Keep your abdominals tight with your belly button pulled in and your back slightly arched. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Try not to lean forward as you lower. Stop just before the lower back starts to round out.	Quadriceps, Gluteus Maximus, Hamstrings, Shoulder girdle.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
STEP-UPS	Pick a bench or block that's height is such that the knee of your lead leg never has to bend more than 90°. Place your left leg on top of the block and using only the left leg, step up so the left knee extends fully. Keep your abdominals tight with your belly button pulled in and your back slightly arched. Keep your head straight and your eyes looking up to help keep your back arched. Lower down slowly and stop just before the right foot touches the floor. Repeat with the other leg.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Spinal Erectors, Calves, Adductors / Abductors.

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STEP-DOWNS	Stand on the top of a bench or block. Be close to something you can hold on to and help with balance if necessary. Lift your right leg up the air so that is at a 90° angle with the hip. Keep the knee slightly bent. Using the left leg, lower your hips and bend your knee making sure it travels in line with the first two toes but does not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Lower as far as possible keeping both hips horizontal and parallel to the floor. If one hip drops lower, you are going too deep. Repeat with the other leg.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Spinal Erectors, Calves, Adductors / Abductors.
FRONT SQUATS	With your feet shoulder width, toes straight ahead or slightly out. Place the resistance across the front of your shoulders, under your chin, keeping your elbows lifted as high as possible. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
HACK SQUATS	With your feet shoulder width, toes straight ahead or slightly out. Hold the resistance behind your thighs. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.

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BOX SQUATS	Place a block (about 4" high) to the side of your right leg. Place your right foot on the block, keeping a shoulder width stance. Keeping your arms out in front of your body for balance, bend your knees in a squatting motion to approximately 45 degrees (visualizing sitting back into a chair). Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Repeat with the other leg.	Quadriceps.	Hamstrings, Gluteus Maximus.
LEG PRESS	Position yourself on the seat of the machine. Place your feet shoulder width apart on the platform of the machine, keeping your toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Bend your knees and lower the platform towards your chest. Make sure the knees travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.
ONE LEG LEG PRESS	With feet shoulder width apart on the platform, toes straight ahead or slightly out. Keep your abdominals tight and your low back arched. Keep your head straight and your eyes looking up to help keep your back arched. Performing one leg at a time, bend your knee making sure it travels forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.

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LUNGES	Starting from a standing position, step forward with one leg. As you squat down on the front leg, let the back leg bend. You should step far enough forward so the front leg has a 90° angle at the knee. Adjust the length of the step accordingly. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Push off with your front leg as hard as possible to return to the standing position in one step. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Upper body.
LUNGES ON A BLOCK	Starting from a standing position, step forward onto a block with one leg. As you squat down on the front leg, let the back leg bend. You should step far enough forward so the front leg has a 90° angle at the knee. Adjust the length of the step accordingly. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Push off with your front leg as hard as possible to return to the standing position in one step. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Upper body.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
WALKING LUNGES	<p>Starting from a standing position, step forward with one leg. As you squat down on the front leg, let the back leg bend. You should step far enough forward so the front leg has a 90° angle at the knee. Adjust the length of the step accordingly. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Step forward onto the front leg and return to the standing position in one step. Repeat with the other leg so you are moving forward across the floor. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched.</p>	<p>Quadriceps, Hamstrings, Gluteus Maximus.</p>	<p>Calves, Abdominals, Upper body.</p>
LUNGES W/ ROTATION	<p>Starting from a standing position, step forward with one leg holding your arms out in front of you and rotating the torso to the left. As you squat down on the front leg, let the back leg bend. You should step far enough forward so the front leg has a 90° angle at the knee. Adjust the length of the step accordingly. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Push off with your front leg as hard as possible to return to the standing position in one step. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Rotate to the right on the next step and alternate the rotations back and forth. Repeat with the other leg.</p>	<p>Gluteus Maximus, Hamstrings, Quadriceps, Obliques.</p>	<p>Calves, Abdominals Spinal Erectors, Upper/Mid back, Shoulder girdle.</p>

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OVERHEAD LUNGES	With feet shoulder width, toes straight ahead or slightly out, hold a bar, dumbbells, or tubing directly above your head so your arms are in line with your ears. Keep your abdominals tight with your belly button pulled in and your back slightly arched. Keep your head straight and your eyes looking up to help keep your back arched. Step forward as far as possible. As you squat down on the front leg, the back leg must bend slightly. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Push off with your front leg as hard as possible to return to the standing position in one step. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Shoulder girdle, Biceps, Triceps, Forearms
SQUAT THRUSTS	From a standing position, keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Go up on the balls of your feet and squat down so your hands are on the floor just in front and outside of your feet. Kick both legs back at the same time so you are in a push-up position. Bring both feet back up to your hands in one motion and return to a standing position. Repeat for the correct number of repetitions.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Core, Shoulder girdle, Biceps, Triceps, Forearms
SIDE LUNGES	Starting from a standing position, step to the side with the right leg. Keep the opposite leg straight. As you squat down on the right leg, lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Push off with your right leg as hard as possible to return to the standing position in one step. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Repeat with the other leg.	Abductors, Adductors.	Quadriceps, Gluteus Maximus, Hamstrings.

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TRX SIDE LUNGES	Attach the TRX to a high immovable object such as over the top of a door. Grab the handles and lean back with your feet in front of your shoulders and roughly shoulder width, toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Step to the side with the right leg. Keep the opposite leg straight. As you squat down on the right leg, lower your hips and bend your knees making sure they travel in line with the first two toes but do not travel in front of your toes. Keep your weight centered on the foot, not going up on the toes or back on the heels. Make sure your hips descend at the same rate the knees are bending. Push off with your right leg as hard as possible to return to the standing position in one step. Repeat with the other leg.	Abductors, Adductors, Quadriceps, Gluteus Maximus, Hamstrings.	Shoulder girdle, Core, Biceps, Triceps, Forearms
LEG EXTENSIONS	Adjust the seat so your knees are in line with the center of the cam on the machine and your back is supported. The crossbar pads should be close to your feet, wherever is comfortable. Keep your toes pointed up towards your shins and extend your legs up to full lockout. Stop just before the weights touch on the return and repeat.	Quadriceps.	
LEG EXTENSION ISO HOLDS	Adjust the seat so your knees are in line with the center of the cam on the machine and your back is supported. The crossbar pads should be close to your feet, wherever is comfortable. Keep your toes pointed up towards your shins and extend your legs up to full lockout. Hold that position for 5 seconds. Lower the legs ~25° and hold for 5 seconds. Repeat for the correct number of repetitions. Perform with one leg at a time when appropriate.	Quadriceps.	
BACK RAISE ISO HOLD	Place a rolled up towel or foam roller under your stomach so it's comfortable to breathe. Place your hands behind your head and lift your upper body off the floor as high as possible. Hold for 90 seconds. Place the towel or roller so that your legs remain on the floor.	Erector Spinae, Glutes, Hamstrings.	Shoulder girdle.
GLUTE/HAM ISO HOLD	Place a rolled up towel or foam roller under your stomach so it's comfortable to breathe. Keep your knees straight and toes towards the shin and lift your legs off the floor as high as possible. Hold for 90 seconds. Place the towel or roller so that your upper body remains on the floor.	Erector Spinae, Glutes, Hamstrings.	Shoulder girdle.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEG CURLS	Line your knees up with the center of the cam. Keep your toes pointed up towards your shins. Curl your legs until your knees are at less than a 90° angle. These are performed lying face down.	Hamstrings.	Calves.
TRX LEG CURLS	With the TRX strap attached to a high, immovable object, adjust the straps so the handles are just below your knees. Lie on the floor on your back and hook your heels into the foot straps so they are supported off the floor by the TRX. Keep your belly button pulled in tight and lift your hips off the floor so your hips and body are in a straight line. Curl your heels into your butt as far as you can and return to legs straight. Repeat for the correct number of repetitions.	Hamstrings, Calves.	Hips, Abdominals, Core.
BALL LEG CURLS	Lie on the floor on your back and place your heels on top of a stability ball. Keep your belly button pulled in tight and lift your hips off the floor so your hips and body are in a straight line. Curl your heels into your butt as far as you can and return to legs straight. Repeat for the correct number of repetitions.	Hamstrings, Calves.	Hips, Abdominals, Core.
STIFF-LEG DEADLIFTS	Starting from a standing position, keeping your knees slightly bent, belly button pulled in and abdominals tight, a natural arch in the back, and the bar close to and in front of the body, bend forward from the hip. Bend forward until a stretch is felt on the hamstrings and return to a standing position.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
ONE LEG STIFF-LEG DEADLIFTS	Starting from a standing position, keeping your knees slightly bent, belly button pulled in and abdominals tight, a natural arch in the back, bend forward from the hip and reach down towards the floor. Bend forward until a stretch is felt on the hamstrings and return to a standing position. As you bend forward vary the reach from straight in front to each side as well.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
ROMANIAN DEADLIFTS	Starting from a standing position, keeping your knees slightly bent, belly button pulled in and abdominals tight, a natural arch in the back, and the bar close to and in front of the body, bend forward from the hip. Let the hips fall back and try to elongate the spine by pushing the chin forward. Lower until the upper body is parallel to the floor or a stretch is felt on the hamstrings and return to a standing position.	Hamstrings, Gluteus Maximus.	Spinal Erectors.

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DUMBBELL GOOD MORNINGS	Starting from a standing position, keeping your knees slightly bent, belly button pulled in and abdominals tight, a natural arch in the back, and the dumbbells held on the front of the shoulder with the elbow high bend forward from the hip keeping the dumbbells held on the shoulder. Bend forward until a stretch is felt on the hamstrings.	Hamstrings, Gluteus Maximus.	Spinal Erectors, Shoulder girdle.
HIP FLEXION	Starting from a standing position, bring your knee up so the thighs come above parallel to the floor.	Hip flexors.	
HIP EXTENSION	Starting from a standing position, bring your leg to the rear as far as possible without leaning forward.	Gluteus Maximus.	
HIP ABDUCTION	Keeping your hips square, bring one leg out away from your body roughly 30°. Let your leg return slightly past the midline of the body to get a good stretch.	Abductors.	
HIP ADDUCTION	Keeping the hips square, bring your leg across the midline of your body while rotating the leg in slightly. Let your leg go out to a 30° angle to complete the stretch.	Adductors.	Sartorius.
LYING HIP ABDUCTION	Lie on your side with the bottom leg bent under the top leg. Keeping your belly button pulled in and abs tight, keep the top leg straight and lift the up and out away from your body roughly 30°. Lower the leg back down and stop just before it touches the bottom leg. Repeat for the correct number of repetitions.	Abductors.	
LYING HIP ADDUCTION	Lie on your side with the bottom leg straight and the top leg bent over and in front of the bottom leg. Keeping your belly button pulled in and abs tight, lift the straight leg up as high as possible while rotating your toes toward the ceiling.. Lower the leg back down and stop just before it touches the floor. Repeat for the correct number of repetitions.	Adductors.	Sartorius.
TRX HIP ABDUCTION/ADDUCTION	With the TRX strap attached to a high, immovable object, adjust the straps so the handles are just below your knees. Place your toes through the straps to hold your feet in the air and get into a push-up position. Bring your legs together so your feet touch. Then bring your feet apart as wide as possible and repeat. Keep the belly button pulled in tight, shoulder blades held down, and neck straight. Perform for the correct number of repetitions.	Abductors, Adductors, Core.	Sartorius, Shoulder Girdle, Triceps.
DONKEY KICKS	Kneeling on all fours, extend one leg back and up until your knee is in line with your hip and your thigh is parallel to the floor. Straighten your leg at the knee as you lift up and from the hip.	Gluteus Maximus.	Hamstrings.

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BUTT BLASTER	Assume the correct position within the machine. Kneeling on all fours, extend one leg back and up until your knee is in line with your hip and your thigh is parallel to the floor. Straighten your leg at the knee as you lift up and from the hip.	Gluteus Maximus.	Hamstrings.
QUAD LIFTS	Sitting on the floor, lean back so your upper body is supported with your arms. Bend one knee up to relieve pressure on your lower back. Lock the other leg out at the knee and lift your straight leg up until it is even with your bent thigh (~45°) and return. Repeat with the other leg.	Quadriceps.	Hip flexors.
QUAD LIFTS ON BALL	Sitting on top of a stability ball, lock one leg out at the knee and lift the straight leg up as high as possible and return without letting your foot touch the floor. Repeat with the other leg.	Quadriceps, Hip flexors.	Core.
QUAD LIFT ISO HOLD W/ ROTATION	Sitting on top of a stability ball, lock one leg out at the knee and lift the straight leg up parallel to the floor and hold. Rotate as far as possible to each side for the correct number of repetitions. Repeat with the other leg.	Quadriceps, Hip flexors, Obliques.	Core.
UPPER BACK:			
CHINS	Take a grip 6 inches wider than shoulder width on a bar. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Begin the pull by bringing your shoulder blades down and back and pull your body up bringing the elbows into the side. Pull up so the bar is in front of your head, just under your chin.	Latisimus Dorsi, Shoulder girdle.	Biceps, Forearms, Upper back.
UNDER GRIP CHINS	Take a grip that is about shoulder width, with your palms facing you. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Begin the pull by bringing your shoulder blades down and back and pull your body up keeping the elbows close to the side. Pull up so the bar touches close to your chest.	Biceps, Shoulder girdle.	Latisimus Dorsi.
REVERSE PULL UP	Place a bar or pole between two chairs or in a squat rack so it won't roll off. Lay on your back between the chairs so your chest lines up with the bar. Grab the bar with an overhand grip slightly wider than shoulder width. Keeping your belly button pulled in and shoulder blades down, pull your chest up to the bar. On the return, stop just before your torso makes contact with the floor. Start with the legs bent and feet underneath the buttocks and straighten the legs out to make it harder.	Latisimus Dorsi, rhomboids, trapezius, teres major, teres minor	Biceps, Forearms, Upper back.

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BODY WEIGHT ROWS	Attach a strap or rope to a secure object above head level. Keep your arms bent and elbows in at your side and grab on to the ends of the strap or rope. Walk your feet forward so you are leaning back. The further the feet go forward the harder it will be. To make it the hardest, put your feet on a block. Straighten your arms out and allow the shoulder blades to collapse forward slightly. Starting the pull with the shoulder blades, pinch them back and down as you pull the hands into your side. Keep the chest high and repeat for the necessary number of repetitions.	Latisimus Dorsi, rhomboids, trapezius, teres major, teres minor	Biceps, Forearms, Upper back.
UNDER GRIP PULLDOWNS	Using a cable machine, take a grip that is about shoulder width, with your palms facing you. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Begin the pull by bringing your shoulder blades down and back and pull your body up keeping the elbows close to the side. Pull up so the bar touches close to your chest.	Biceps, Shoulder girdle.	Latisimus Dorsi.
SCAPULA ROLLS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Keeping your elbows straight, pull the bar down by bringing your shoulder blades down and back. The only movement is a downward pull with the shoulder blades.	Latisimus Dorsi, Trapezius III.	
FRONT PULL DOWNS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Begin the pull by bringing your shoulder blades down and back and pull your body up bringing the elbows into the side. Pull down so that the bar comes just below your chin.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
MODIFIED ROWS	On a high pulley, lean back so your upper body is parallel to the floor. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Begin the pull by bringing your shoulder blades down and back and pull the bar into your chest. Pull in so the handle comes to the lower part of the sternum.	Rhomboids, Teres, Latisimus Dorsi.	Biceps, Forearms
BENT-OVER ROWS	Stand with your knees bent, and your upper body parallel to the floor. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Grab the bar slightly wider than shoulder width. Pull the bar up to the lower part of your sternum keeping your elbows out away from your sides.	Upper/ Mid back	Biceps, Forearms, Latisimus Dorsi.

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DUMBBELL ROWS	Stand with your knees bent, and your upper body parallel to the floor. Keep the back in a natural arch and the belly button pulled in and abdominals tight. Grab the dumbbell and pull it up to the side of your ribcage trying to pull primarily from the shoulder blade. You can perform one arm at a time and use your free hand to rest on something and give support to your lower back or perform both arms at the same time. Alternate arms up and down for variety.	Upper/ Mid back	Biceps, Forearms, Latisimus Dorsi.
ONE-ARM ROW	Put one knee and hand on a bench for support and to take strain off the lower back. Put your other foot out wide enough to keep your hips even and keep your knee bent. This position should form a tripod. Keep the back in a natural arch and the belly button pulled in and abdominals tight. With your free arm, pinch the shoulder blade back to bring the hand up the side of your ribs. Repeat with the other arm.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
SEATED ROWS	Utilizing a low pulley or machine, keep the back in a natural arch and the belly button pulled in and abdominals tight, and your knees slightly bent. Bend slightly at waist to get a full stretch. Sit up to a twelve o'clock position with your torso, pinching the shoulder blades back and keep your elbows in to your sides as you bring your hands into your upper abdomen.	Latisimus Dorsi, Rhomboids, Teres, Spinal Erectors.	Biceps, Forearms.
SCAPULA RETRACTION	Utilizing a low pulley or machine, keep the back in a natural arch and the belly button pulled in and abdominals tight, and your knees slightly bent. Sit up to a twelve o'clock position with your torso, pinch the shoulder blades back with your arms extended.	Rhomboids	
BENT-ARM PULLOVERS	Lie on your back and place the resistance on your lower sternum, using a shoulder width grip. Bring your arms directly behind your head keeping your elbows bent at a 90° angle. Continue back until a stretch is felt in the triceps and return your hands to your chest.	Upper/Mid back.	Pectoralis Major/Minor. Triceps.
STIFF-ARM PULLOVERS	Lie on your back with your arms extended above your head. Keeping the elbows slightly bent and using a shoulder width grip, bring your arms directly behind your head until a stretch is felt in the triceps. Pull your arms back up over your chest.	Upper/Mid back.	Pectoralis Major/Minor. Triceps.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
STIFF-ARM PULLDOWNS	Facing a high pulley, grab a straight bar roughly shoulder width. With your elbows slightly bent, bring your hands down to your thighs in a large semi-circle. Pinch your shoulder blades back at the bottom. Keep your knees bent and your abdominals tight.	Latisimus Dorsi/Triceps/ Posterior deltoids	Pectoralis major and minor/ Abdominals/ Serratus
DEADLIFTS	Squatting down with your hips above your knees, and your shoulders above your hips, place the bar as close to your shins as possible. Take a reverse grip on the bar. Start the pull with your legs and continue with your back until you are standing upright.	Legs, Lower/Upper back, Trapezius.	Rest of the body.
POWER CLEANS	Grab a bar about shoulder width. Begin pulling the barbell with relatively straight arms from just below the knees by beginning to straighten your legs. As your legs near the straight position, begin to straighten your back. Follow through by pulling your arms to add final upward momentum to the bar. At the top of the bar's momentum, whip your elbows under the bar to catch it at your shoulders. You may dip your knees a little to let your abdominals absorb the shock of the bar landing on your shoulders. Keep the bar in close to your body.	Lower and Upper back, Legs, Trapezius.	Arms, shoulders, calves.
CLEAN AND PRESS	Start with the bar next to your shins. Keep your back arched, head up, and shoulders in front of the bar, while squatting down. Keep your shoulders above your hips, your hips above your knees. Pull the bar from the floor keeping it as close to your body as possible. Pull the bar straight up and extend your hips forward as if you were jumping. Pull the bar as high as possible (similar to an upright row). At the top, pull yourself under the bar, and catch it on your shoulders. Using your legs, perform a partial squat and press the bar over your head as you are extending your legs.	Quadriceps; Hamstrings; Calves; Spinal Erectors; Mid and Upper back; Deltoids; Triceps; Traps.	The rest of the body.
HIGH PULLS	Start with the bar next to your thigh. Keep your back arched, head up, and shoulders in front of the bar. Keeping the bar as close to your body as possible, pull the bar straight up and extend your hips forward as if you were jumping. Pull the bar as high as possible (similar to an upright row), keeping the elbows above the hands. Lower and repeat.	Shoulder girdle and upper back.	

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
POWER SNATCH	Grab the bar out by the collars. Start with the bar just below your knees. Your shoulders should be in front of the bar. Straighten your legs as if you were jumping. Pulling the bar as high as possible, keeping your arms straight, drop under the bar and catch it above your head with your arms straight. Then return to the standing position.	Shoulder girdle and upper back.	The rest of the body.
SHRUGS	Holding the resistance in front of you, shrug your shoulders up to your ears as high as possible. Return to the starting position and repeat.	Trapezius.	Forearms.
TRX PULLBACKS	Attach the TRX to a high immovable object such as over the top of a door. Grab the handles and lean back slightly with your arms straight about eye level. Keep just a slight bend in your elbows. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Without bending the elbows more, separate your hands by using your back to pull your arms out in a reverse semi-circle while allowing your upper body to be pulled up and forward. Stop when you muscles start to lose tension. Let your upper body fall back in a controlled manner until your hands are back in front of your eyes with the arms extended. Repeat for the correct number of repetitions.	Rear deltoid, Shoulder girdle, Triceps.	Latisimus dorsi, Biceps, Forearms, Core.
CHEST:			
BENCH PRESS	Lie face up on a bench. Begin with the bar at arms length above the chest. When the resistance is on your chest, your forearms should be perpendicular to the floor. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
SERRATUS PRESS	In a bench press position with your arms extended above your chest, abduct the scapula to push the bar up keeping your arms stiff.	Serratus Anterior.	
PUSH-UPS	Begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest towards the floor, keeping the neck straight, until the shoulders are even with the elbows. If you feel a stretch in the shoulder, don't go this far. Your forearms should be perpendicular to the floor when you are in the bottom position and keep your elbows out and perpendicular to your body. Return to the top.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
INCLINE PUSH-UPS	Place your feet on an object so they are above your shoulders. Begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest towards the floor, keeping the neck straight, until the shoulders are even with the elbows. If you feel a stretch in the shoulder, don't go this far. Your forearms should be perpendicular to the floor when you are in the bottom position and keep your elbows out and perpendicular to your body. Return to the top.	Pectoralis major (emphasis on upper portion).	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
BOSU ROCKS	With your hands on the sides of a BOSU ball with the dome side down, from a push-up position, rock the BOSU ball side to side with as much range of motion as possible for the correct number of repetitions, then rock it forward and backward with as much range as possible for the correct number of repetitions.	Pectoralis minor, Triceps, Shoulder girdle.	Pectoralis major, Shoulders, Core.
BALL PUSH-UPS	Placing your hands on the sides of a stability ball, begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest until it touches the ball and return.	Pectoralis major, Shoulder girdle muscles.	Triceps; Anterior deltoids; Pectoralis minor.
ATOMIC PUSH-UPS	In a push-up position with your hands on the floor and your feet on a stability ball, keep your belly button pulled into your spine and pull the knees into the chest by rolling the ball forward. Extend the legs back out and perform a push-up. Repeat with the knee tuck and push-up for the required number of repetitions. Start with the shins on the ball and work to just having the toes on the ball to make it harder. You can also use a Bosu ball for your hands to make the push-up more difficult.	Core.	Entire body.
BALL WALKS	Lying face down over a stability ball, place your hands on the floor about shoulder width. Walk forward on your hands as fast as you can and then walk back in to the ball. Keep the abs tight. Start by walking out to the knees on the ball and progress to the toes	Pectoralis major, Shoulder girdle, Triceps, Rectus Abdominus	Glutes, Adductors, Abductors, Tranverse abdominus, Obliques, Upper back
BALL WALK-OVERS	Place a ball or object in front of you. Place right hand on the ball or object and the left on the floor and assume a push-up position. Perform a push-up and at the top switch the hands so the left hand is on the ball or object and the right is on the floor. Perform a push-up and switch back. Go back and forth as fast as possible for the correct number of repetitions.	Pectoralis major, Shoulder girdle, Triceps, Rectus Abdominus	Glutes, Adductors, Abductors, Tranverse abdominus, Obliques, Upper back

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
DUMBBELL BENCH PRESS	Lie face up on a bench. Begin with the dumbbells at arms length over your chest. Lower the inside plate of the dumbbell to the outside of your shoulder keeping your hands in line with your mid-chest. Press the dumbbells back up, touching them in the middle (like a triangle), following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major, Triceps, Anterior deltoids.	Pectoralis minor, Shoulder girdle muscles.
DIPS	Lean forward with your chin down, and your elbows out. Lower yourself until you feel a stretch across your chest and shoulders.	Lower pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
FLYES	Lie on a bench with the resistance at arms length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Using your chest, bring your arms back above your chest like a barrel hug. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major.	Anterior deltoids, biceps.
BALL FLYES	Lie on a stability ball with the dumbbells at arm's length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Using your chest, bring your arms back above your chest like a barrel hug. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major.	Anterior deltoids, biceps.
CABLE CROSS-OVERS	Grabbing the handles on high pulley, bend forward at the waist slightly. With your elbows slightly bent, bring your arms down in front of your body in a large arc. Your palms should be facing at the bottom as the hands come together.	Lower and Outer Pectoralis major.	Anterior deltoids, biceps.
PULLOVERS	Lying on a flat bench, hold a dumbbell above your chest. Keeping the elbows slightly bent, lower the dumbbell behind your head until a stretch is felt in the triceps. Inhale as you lower, hold, and exhale on the exertion.	Lower pectoralis major, Serratus.	Latisimus Dorsi, Triceps, Shoulders.
STANDING CABLE FLYES	Hold the handles of the cables (on overhead pulleys), step slightly forward of pulleys, and extend your arms almost straight out to either side. Bend forward so your torso is parallel to the floor; bring your hands around in a hugging motion, elbows slightly bent, until your hands meet in the middle.	Upper pectoralis major.	Anterior deltoids.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LOW PULLEY CROSS-OVERS	Similar to cable cross-overs but utilizing lower pulleys. Keep your back straight, knees slightly bent. Pull with your arms from low to high position, your hands crossing at upper chest level.	Pectoralis major.	Anterior deltoids.
STIFF-ARM PULLOVERS	Lying on your back on a flat bench, your arms extended overhead with a barbell in your hands, extend straight arms up over your chest in an arc.	Pectoralis major & Serratus anterior.	Anterior deltoids.
PEC DECK	Adjust the seat height of the machine so your upper arms are parallel to the floor, keeping your elbows at shoulder level; bring your arms together in front of you, driving with the elbows. Squeeze your chest to give yourself an extra isometric contraction as your hands come together.	Pectoralis major.	Anterior deltoids.
CLOSE-GRIP BENCH PRESS	Similar to a bench press, but execute with your hands about shoulder width apart. Watch to see that your wrists are straight, and that your arms stay relatively close to your sides throughout the exercise.	Triceps, Anterior deltoids.	Pectoralis major, shoulder girdle.
MACHINE FLYES	Adjust the seat height of the machine so your upper arms are parallel to the floor with your hands slightly lower than your shoulders. . Using your chest, bring your arms in front of your chest like a barrel hug. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major, Anterior deltoids.	
SHOULDERS:			
ARNOLD PRESS	Start with your palms facing the rear at shoulder level. Press upwards, and when your hands are even with your head, rotate your palms forward. Reverse the process to lower them.	Anterior head of deltoids.	Posterior/Lateral head of deltoids; Triceps.
MODIFIED ARNOLD PRESS	Start with your palms facing your body and your arms hanging straight down at your side. Keeping the elbows in at your side, curl your hands up to your shoulders and rotate your palms up. Your palms should be facing the rear at shoulder level. Press upwards, and when your hands are even with your head, rotate your palms forward. Reverse the process to lower them and repeat.	Anterior head of deltoids; Biceps.	Posterior/Lateral head of deltoids; Triceps; Forearms.
SHOULDER PRESS	Keep your elbows out, perpendicular to your body. With your palms facing forward your hands should be slightly wider than your shoulders. Press your arms over your head keeping your abs tight, belly button pulled in, and knees slightly bent.	Lateral head of deltoids.	Anterior/Posterior head of deltoids; Triceps.
MILITARY PRESS	Keep your elbows in front of your body. With your palms facing forward your hands should be slightly wider than your shoulders. Press your arms over your head keeping your abs tight, belly button pulled in, and knees slightly bent.	Anterior head of deltoids.	Triceps.

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PUSH PRESS	Performed standing and using the legs to initiate the movement, so more weight can be handled. Keep your elbows in front of your body. Starting with the barbell under your chin, bend the legs and dip down. Straighten the legs at the same time as you press the bar up over your head.	Anterior head of deltoids.	Lateral/Posterior head of deltoids; Triceps; Shoulder girdle muscles.
LATERAL RAISE	Start with your arms just in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
LEANING LATERALS	Sit in a bench, against the back for support. Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor. Lean out to the side to make it a peak contraction movement.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
ONE-ARM CROSS CABLE LATERALS	Start with the handle in front of your leg, palm facing in. With a slight bend in the elbow, bring the arm directly out to the side, rotating the front of the handle towards the ground. Bring your arm up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
REVERSE OVERHEAD LATERALS	Start by standing with the arms in front of your body, palms facing each other. Bring your arms directly out to your sides, rotating your palms upward. With your palms facing up, lift your arms in a big arc overhead. Keep your elbows slightly bent.	Anterior head of deltoids; Lateral head of deltoids.	Biceps; Trapezius.
FRONT RAISES	Stand with your palms facing to the rear, keeping your elbows slightly bent. Bring your arms away from your body out in front, crossing towards the midline. Raise until your hands are even with your forehead.	Anterior head of deltoids.	Trapezius.
BENT-OVER LATERALS	Seated on the end of a bench, leaning forward and rest your chest across your knees or standing and bent forward so your upper body parallel to the floor. Hold your hands under your legs with your palms facing each other. Bring your arms out to the side, keeping the elbows slightly bent and forward (perpendicular to the body). Rotate the front of the dumbbells down, and raise them until your arms are parallel to the floor.	Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major and Minor.
REVERSE FLYES	Sit facing in on a flye/rear delt machine. Place your hands on the handles so your upper arms are parallel to the floor. Keeping the shoulder blades held down, bring your arms back, pinching your shoulder blades together, as far as you can without letting your elbows drop.	Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major and Minor.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LYING SIDE LATERALS	Lying on your side, palms facing your body, bring the dumbbell up until tension is lost on the lateral deltoid. Stay directly on your side, and use arm abduction only.	Lateral head of deltoids.	Supraspinatus.
DIRTY 30's	Perform 10 repetitions standing with your palms facing to the rear, keeping your elbows slightly bent. Bring your arms away from your body out in front, crossing towards the midline. Raise until your hands are even with your forehead. Then perform 10 repetitions leaning forward so your upper body parallel to the floor. Hold your hands under your legs with your palms facing each other. Bring your arms out to the side, keeping the elbows slightly bent and forward (perpendicular to the body). Rotate the front of the dumbbells down, and raise them until your arms are parallel to the floor. Then perform 10 repetitions standing up. Start with your arms just in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Anterior, Posterior, and Medial head of deltoids.	Trapezius; Rhomboids; Teres Major and Minor.
3/5 PRESS	Lean forward with your hips against a bench. Start with dumbbells at shoulder height, palms facing forward. Keep the little finger above the rest throughout the movement. Without straightening the arm, lift the elbows up and back in an arc so that if you could, your elbows would touch behind your head. Bring your arms out to the side as you straighten them as much as possible while moving back to the starting point.	Lateral head of deltoids; Anterior/Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major/Minor.
UPRIGHT ROWS	Stand with your arms in front of your body and the palms facing the rear. Keeping the elbows above the wrists, raise your hands straight up to the middle of your chest, keeping the shoulder blades down. Return to the bottom position.	Traps & frontal deltoids.	Pectorals.
SUPRA RAISES	From a standing position, rotate your thumb towards your thigh with the arms straight. Keep a slight bend in the elbow and lift the arm away from body at 30 degree angle. Return and repeat.	Supraspinatus.	Deltoids.
INTERNAL/EXTERNAL ROTATIONS	Pin the right elbow in at your side. Keep the elbow bent at 90° angle. With the resistance coming from the left, rotate your hand out away from your body as far as possible. Repeat for the correct number of repetitions. Pin the left elbow in at your side. Rotate your hand in towards your body for the correct number of repetitions. Repeat with the other arm.	Rotator cuff muscles.	

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
FRONT/SIDE LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the left arm to the side and upward until your arm is parallel to the floor. At the same time, move your right arm straight forward and up until your arm is parallel to the floor. Try to keep your torso from twisting to the side. Perform for the ½ of the number of repetitions and switch sides form the remaining half.	Shoulder girdle	Deltoids, Teres and Rhomboids.
SHOULDER CIRCLES	Bending forward at the waist with the knees bent, belly button pulled in and back arched, let one arm hand directly down from the shoulder. Rotate the arm clockwise in a circle increasing the size of the circle as large as can be done pain free. Perform the correct number of repetitions, then repeat the same number counterclockwise. Switch to the other arm.	Shoulder girdle	
INFRASPINATUS LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the dumbbells out to the sides and upward until your arms are parallel to the floor. Your arms should be perpendicular to the body as they raise. Turn your wrists so that the thumbs rotate up to the ceiling.	Infraspinatus	Rear Deltoid, Teres and Rhomboids.
SUPERMAN LATERALS	Bend over at the waist until your torso is parallel to the floor. Lift your arms up as high in front of your head as possible. Move the elbows out to the side and upward until your arms are parallel to the floor, keeping your hands in the same place. Bring the elbows back down and repeat. Focus on keeping the elbows held high in front of the head.	Shoulder girdle.	Deltoids, Teres and Rhomboids.
ISO PUSH-UP ROCKS	Using a BOSU or Stability ball, place your hands on the side of the ball in a push-up position. Rock the ball back and forth to the right and left for the number of repetitions, then rock the ball forward and backward for the correct number of repetitions.	Shoulder girdle.	Deltoids, Teres and Rhomboids, Tricipes, Abdominals, Core.
PRONE Y's	Lying face down on a ball or bench, extend your arms straight out above your head slightly wider than shoulder width so you make a Y with your body. Rotate your arms so the thumbs are up towards the ceiling. Holding the shoulder blades down and back and keeping the belly button pulled in and abs tight, lift the arms up and down for the correct number of repetitions.	Shoulder girdle.	Deltoids, Teres and Rhomboids.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
PRONE SCAPULA RETRACTION	Lying face down on a ball or bench, extend your arms out to the side perpendicular to your body with your elbows bent at 90 degrees. Rotate your arms so the thumbs are up towards the ceiling. Holding the shoulder blades down and back and keeping the belly button pulled in and abs tight, pinch the shoulder blades together and lift the entire arms up and down as if trying to hold a piece of paper on the spine for the correct number of repetitions.	Shoulder girdle.	Deltoids, Teres and Rhomboids.
LOW TRAP PRESS	Assume a dip position on parallel bars. Without bending your elbows, depress your shoulder blades by allowing your shoulders to rise toward your ears. Elevate your shoulder blades by driving your shoulders down. Hold this position for two counts. Repeat for the specified number of reps.	Shoulder girdle.	Deltoids, Teres and Rhomboids.
TRICEPS:			
ONE-ARM CABLE REVERSE PRESS DOWNS	Utilizing a pulley with a loop handle, grab with the handle with the palm facing up. Keep the elbow pinned at your side and straighten the arm so the hand goes straight down, not back. Keep your wrists straight.	Triceps	
TRICEPS PRESSDOWNS	On a pulley system, grab the handle with the palms facing down. Keep your elbows pinned at your side and straighten the arms, keeping the hands going straight down, not back. You're your wrists straight.	Triceps	
FRENCH PRESS	From a standing position, start with your arms shoulder width and extended overhead. Keep your elbows in a much as is comfortable. Lower your hands behind your head. Raise your hands back above your head with a combination pressing/extension movement.	Long head of Triceps.	Lateral and Medial head of Triceps.
LYING TRICEPS EXTENSION	Lying face up with your head just off the end of a bench, and your arms extended above your head approximately shoulder width with your hands slightly behind your forehead. Keep the elbows stationary and in as much as is comfortable and lower your hands to the top of forehead and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
LYING CROSS FACE TRICEPS EXTENSION	Lying face up with your head just off the end of a bench, and one arm extended above your head. Keep the elbow stationary and lower your hand to the opposite shoulder and return. Repeat with the other arm.	Triceps.	
DUMBBELL KICKBACKS	With knees bent, bend forward from hip until your upper body is parallel to the floor. Keep your elbows pinned in at your side and extend the forearms straight back keeping the upper arm parallel to floor.	Triceps.	

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
TRICEP PULLBACKS	With knees bent, bend forward from hip until your upper body is parallel to the floor. Keep your elbows straight and hanging down from your shoulder. Extend the arms straight back and pinch the shoulder blades back until the upper arm is slightly above parallel to floor.	Triceps; Posterior deltoid	Upper & lower back
DIPS	Keep your body perpendicular to the floor, elbows back at sides, head up. Bend your arms until shoulders are even with elbows.	Triceps.	Pectoralis Major, Anterior deltoids.
BENCH DIPS	Place your hands on a bench behind your back and place your feet in front of you. Bend your arms until they are even with your elbows and return.	Triceps.	Pectoralis Major, Anterior deltoids.
TRICEP PUSH-UPS	Place your hands shoulder width apart on an immovable cross bar. The further back the feet are placed, the harder the exercise is (like an extended push-up). Keep the elbows in by your side. Lean forward as far as possible. Extend your arms to push your body back.	Triceps.	
HIGH PULLEY EXTENSIONS	On a high pulley face away from the cable. Lean forward so your upper body is parallel to the floor as well as the upper arms. Keeping your elbows stationary, extend your arms straight out in front of your head. Bend the elbows and return your hands to your head. Repeat for the correct number of repetitions.	Long head of Triceps.	Lateral and Medial head of Triceps.
TRX TRICEP EXTENSIONS	Attach the TRX to a high immovable object such as over the top of a door. Grab the handles and lean back with your feet in front of your shoulders and roughly shoulder width, toes straight ahead or slightly out. Keep your belly button pulled in, abdominals tight and your back in a natural arch. Keep your head straight and your eyes looking up to help keep your back arched. Grab the handles and face away from the apparatus. Lean forward and move your feet back so your upper body is parallel to the floor as well as the upper arms. Keeping the elbows stationary, extend your arms in front of head by pushing your upper body back. Bend the arms so your hands return to your head. Repeat for the correct number of repetitions. Keeping the knees bent more makes it easier and straightening the legs and moving them further back will make it harder.	Long head of Triceps.	Lateral and Medial head of Triceps.

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LOW PULLEY EXTENSIONS	Facing away from a low pulley, with your arms extended above your head, keep your elbows in as much as is comfortable, and pointed up towards the ceiling. Keeping your elbows stationary, lower your hand behind your head and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
CLOSE-GRIP BENCH PRESS	Take a shoulder width grip on the bar. Lower to the bottom of the sternum with the elbows in at your side.	Triceps.	Anterior deltoids.
REVERSE GRIP BENCH PRESS	Take a shoulder width grip on the bar, with your palms facing to the rear. Lower to the bottom of your sternum with your elbows in at your side.	Triceps.	Anterior deltoids.
TWO-ARM EXTENSION	With your arms extended above your head, keep your elbows in as much as is comfortable, and pointed up towards the ceiling. Keeping your elbows stationary, lower your hand behind your head and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
BARBELL KICKBACKS	Lying face up on a bench, bring arms behind head so upper arms are perpendicular to the floor. Extend arms straight out behind head.	Triceps.	
TRICEP MACHINES	Line elbows up with center of cam and perform an extension.	Triceps.	
PULLOVER PRESS	Lying face up on a bench, grab the bar shoulder width. Start with the bar at the lower part of your sternum. Keeping your elbows in, bring the bar over your head until a stretch is felt on the triceps. Keep the bar as close to your face as possible. Return it to your sternum and perform a close-grip bench press.	Triceps.	Pectoralis Major, Latissimus Dorsi, Anterior deltoids.
BICEPS:			
CURLS	Start with your palms facing your body or facing up and your arms hanging straight down at your side. Keeping the elbows in at your side, curl your hands up to your shoulders. If possible, twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps.	Brachialis, Forearms.
INCLINE CURLS	Start with your torso reclined back slightly, your palms facing your body and your arms hanging straight down at your side. Keeping the elbows behind your body, curl your hands up to your shoulders. Twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps, emphasizing the long head.	Brachialis, Forearms.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
TRX CURLS	Attach the TRX to a secure object above head level. Grab on to the handles with your palms facing up towards the ceiling and your arms extended straight. Walk your feet forward so you are leaning back slightly. Keeping the elbows held up even with your face, bend them and curl your hands to the top of your forehead. Straighten the arms back out without letting your elbows move up or down. You can make it harder by moving your feet forward more and leaning back further.	Biceps.	Brachialis, Forearms. Shoulder girdle.
PREACHER CURLS	With your arms in front of you, resting on a bench, keep your palms facing up. Curl your hands up to your shoulders. If possible, twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps.	Brachialis, Forearms
CONCENTRATION CURLS	Start in a standing position, bent over slightly, with your arms hanging straight down from your shoulders. Curl your hand up to the opposite shoulder without moving your upper arm or elbow. Do not rest your elbow against your thigh. As you lift, twist your wrist a little so that your little finger ends up higher than your thumb.	Biceps, emphasizing the peak.	Brachialis, Forearm.
HIGH PULLEY CURLS	Lying with your back on the bench, your head away from the pulley, grab a straight bar on the high pulley. Keeping your elbows stationary, curl the bar to your forehead, pausing for 2 seconds. As a variation, your head can be at the same end as the pulley.	Biceps, emphasizing peak.	Brachialis, Forearms.
BENCH CURLS	Place a bench perpendicular to a low pulley. Rest your triceps on the bench. Keep your shoulders even with your elbows. Curl just until you lose tension on the biceps.	Biceps, emphasizing the insertion	Brachialis, Forearms.
DOUBLE BICEPS CURLS	Stand in between two high pulleys, keeping your upper arms parallel to the floor. Without letting your elbows move forward, curl your hands in towards your ears.	Biceps.	Brachialis, Forearms.
REVERSE CURLS	With your palms facing your body and keeping the elbows in at your side, curl your hands up to your shoulders.	Brachialis, Forearms.	Biceps
MACHINE CURLS	Line your elbows up with the center of the cam. Perform like a regular curl. Do not lock out at the bottom of the movement.	Biceps.	Brachialis, Forearms.
HAMMER CURLS	Start with your palms facing your body and your arms hanging straight down at your side. Keeping the elbows in at your side, curl your hands up to your shoulders. Keep a neutral grip throughout the movement.	Brachialis, and Forearms.	Biceps

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
ZOTTMAN CURLS	Start with your palms facing your body or facing up and your arms hanging straight down at your side. Keeping the elbows in at your side, curl your hands up to your shoulders. Twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) At the top rotate the palm down (pronate) and lower.	Biceps, Brachialis, and Forearms.	
FOREARMS:			
WRIST CURLS	Place your forearms flat on a bench or your thighs, with your wrists off the end. Keep your elbows down on the bench and hold the resistance with your palms up. Let the resistance roll down to your finger tips and then curl the bar up as far as possible.	Forearm flexors.	
BEHIND THE BACK WRIST CURLS	Standing with your arms behind your back, palms facing the rear, curl your wrist up.	Forearm flexors.	
REVERSE WRIST CURLS	Place your forearms flat on a bench or your thighs, with your wrists off the end. Keep your elbows down on the bench and hold the resistance with your palms down. Let the resistance roll down to your finger tips and then curl the bar up as far as possible.	Forearm extensors.	
REVERSE CURLS	With your palms facing your body and keeping the elbows in at your side, curl your hands up to your shoulders.	Brachialis, Forearm extensors.	Biceps.
WRIST ROTATIONS	With one hand, grip one end of a dumbbell with your arm supported on your thigh or a bench and your wrist hanging of the end. Rotate the dumbbell back and forth to the right and left.	Forearm flexors, extensors, pronators, and supinator	

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
FOREARM CIRCUIT	<ol style="list-style-type: none"> 1. Reverse Wrist curls supersetted w/ 2. Wrist curls Perform for 2 sets of 15 each with no rest. Don't worry about full Range of Motion. Do everything as fast as you can. <ol style="list-style-type: none"> 3. Then do a set of 15 Reverse curls as fast as you can. Repeat the whole thing for 20 and 25 reps. 4. Squeeze bar for 15 sec. Remember to breath 5. Hold your hands in front of your chest with your palms facing out. Open and close your fingers as fast as you can 20 times. Turn your palms towards your body and open and close your fingers as fast as you can 20 times. 6. Pick up the bar, use your left hand to provide resistance and with your right hand rotate the bar out 10 times. Repeat with the other arm. 7. Hold your arms over your head and open and close your fingers as fast as you can 50 times 	Brachialis, Forearm extensors, Forearm flexors	Biceps.
5 MINUTES OF FUN	Grab a fairly light barbell or PVC pipe. With a firm grip, rotate the bar forward for 1 minute. Then, rotate the bar backward for 1 minute, to the right for 1 minute, and to the left for 1 minute. Finish by performing reverse curls for 1 minute as fast as possible.	Brachialis, Forearm extensors, Forearm flexors	Biceps.
CALVES:			
STANDING CALF RAISES	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
CALF PRESSES	Use a leg press machine. Place the balls of your feet on the lower edge of the platform (use the safety spotter bars on the sides of the machine), and push it up as far as you can. Then lower the platform until you feel a good stretch in your calf muscles.	Gastrocnemius.	Soleus.
JUMP ROPE	Jump up and down as fast as possible in a steady rhythm for 1 min.	Gastrocnemius.	Soleus.
BENT-LEG CALVES	Place the balls of your feet on a block with the knees bent. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs. Keep the knees bent throughout the movement.	Soleus.	Gastrocnemius.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SEATED CALF RAISES	In a seated position, with your knees at a ninety-degree angle, place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Soleus.	Gastrocnemius
STANDING REVERSE CALF RAISES	Standing on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
DORSI FLEXION MACHINE	Seated on the machine, with your feet on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
CALF BOUNCES	Standing, raise up and down on your toes without letting your heels touch. Perform for time (1 min.). This is a controlled movement and should not be done ballistically.	Gastrocnemius.	Soleus.
CALF ROCKS	Same as above only squatting with the knees at a 90° angle. This is a controlled movement and should not be done ballistically. Perform for time (1 min.).	Soleus.	Gastrocnemius
FOOT INVERSION	Rotate your foot inward at the same time trying to turn it up.	Medial leg muscles.	
FOOT EVERSION	Rotate your foot outward at the same time trying to turn it up.	Peronials.	Lateral leg muscles.
ALPHABETS	With your leg supported and your foot in the air, write the alphabet with your toes. Try to get as much range of motion at the ankle as possible always staying in a pain free range of motion.	Medial leg muscles, Peronials, Tibialis Anterior.	Gastrocnemius, Soleus.
LOWER BACK:			
FLOOR BACK RAISE	Lying face down on the floor, extend your arms above your head. Lift your left arm and your right leg off the ground as far as possible. Return to the starting position, and repeat with the right arm and the left leg.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
GOOD MORNINGS	With a barbell resting across your shoulders and your knees slightly bent, pivot forward at the hip only until a stretch is felt on your hamstring or your upper body is parallel to the floor.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
HYPER EXTENSIONS	Lying face down on a hyper extension bench with your hips off the end, pivot at the hip and lower your upper body until it is perpendicular to the floor, or a stretch on the hamstrings is felt. Raise only until your upper body is parallel to the floor.	Hamstrings, Gluteus Maximus.	Spinal Erectors.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
BACK RAISES	Start in the same position as a hyper extension only make sure the hips are supported. Keep your upper body parallel to the floor and pivot around the sternum as your shoulders curl around (just like a crunch).	Spinal Erectors.	Hamstrings, Gluteus Maximus.
WOODCHOPPERS	Standing with a single dumbbell lying on the floor at your feet, bend forward at the waist and grab the dumbbell with both hands. Keep your knees slightly bent and abs pulled in. Swing the dumbbell up over your head in a controlled manner as fast as you can and return it to the floor. Don't let the dumbbell go behind your head and allow your back to arch.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
PRONE ROTATIONS	Start with your hips supported on a ball and your upper body supported with your arms in a push-up position. Lift the right arm up and rotate your body so your hips and shoulders point towards the ceiling. Return and repeat on the opposite side.	Spinal Erectors, Obliques, Shoulder girdle.	Hamstrings, Gluteus Maximus, Abdominals, Upper body.
ABDOMINALS:			
INCLINE SIT-UPS	Lying on your back on an incline bench, keeping your knees bent, press your lower back against the bench and curl your shoulders up until your arms touch your knees.	Hip flexors.	Rectus Abdominis, Obliques.
TWISTING SIT-UPS	Lying on your back, keeping the knees bent, press the lower back against the floor and curl the shoulders up until your arms touch your knees. Touch the left knee with your right arm and vice versa.	Hip flexors, Obliques.	Rectus Abdominis.
SIT-UPS	Lying on your back, keeping your knees bent, press the lower back against the floor and curl your shoulders up until your arms touch your knees.	Hip flexors.	Rectus Abdominis, Obliques.
FULL CRUNCHES	Lying on your back, with your thighs resting over a bench and perpendicular to the floor, press your lower back against the floor and curl your shoulders up until your arms touch your knees.	Rectus Abdominis.	Hip flexors, Obliques.
TWISTING FULL CRUNCHES	Lying on your back, with your thighs over a bench and perpendicular to the floor, press your lower back against the floor and curl your shoulders up until your arms touch your knees. Bring your right arm to your left knee and vice versa.	Rectus Abdominis, Obliques.	Hip flexors.
ROMAN CHAIR SIT-UPS	Sitting on a roman chair with your feet secured, lean back until you feel a stretch on the Abdominals. Crunch forward, stopping just before tension is lost on the Abdominals.	Hip flexors, Rectus abdominis.	Obliques.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
THREE-WAY ROMAN SIT-UPS	Same as above only the first part you lean back to the right and crunch forward, the second part you lean straight back and crunch forward, and the third part you lean back to the left and crunch forward, then center, right, center, left, etc.	Hip flexors, Rectus Abdominis, Obliques.	
TWISTING ROMANS	On a Roman chair, lean back keeping the Abdominals tight. Rotate back and forth. If you feel discomfort in your back, sit more upright and forward.	Obliques, Hip flexors.	Rectus Abdominis.
FLOOR LEG RAISES	Lying on your back, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees slightly bent. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
INCLINE LEG RAISES	Lying on an incline with your head elevated, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees slightly bent. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
INCLINE KNEE-UPS	Lying on your back, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees bent at a 90 degree angle. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
BENCH LEG RAISES	Sitting on the end of a bench, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees slightly bent, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
HANGING LEG RAISES	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees slightly bent, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
BRIDGES	Start with your upper body resting on your elbows and knees on the floor. Lift your hips and torso off of the floor so your torso and hips are in a straight line. Build up to working from your elbows and toes, then hands and toes, then adding a ball.	Abdominals, Obliques	Hip, leg, and upper body musculature

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SIDE BRIDGES	Start on your left side with your upper body resting on your elbows and your legs crossed so your feet are about 12" apart on the floor. Lift your hips and torso off of the floor so your torso and hips are in a straight line. Build up to working from your elbows and toes, then hands and toes, then adding a ball.	Obliques, Abdominals	Hip, leg, and upper body musculature
SIDE BRIDGES w/ HIP LIFT	Start on your left side with your upper body resting on your elbows and your legs crossed so your feet are about 12" apart on the floor. Lift your hips and torso off of the floor so your torso and hips are in a straight line. Lower your hips back down towards the floor as far as possible and lift the back up so your body is in a straight line for correct number of repetitions. Build up to working from your elbows and toes, then hands and toes, then adding a ball.	Obliques, Abdominals	Hip, leg, and upper body musculature
KNEE TUCKS	In a push-up position with your legs on a stability ball, let your hips lift up and pull your knees into the chest as far as possible while the ball rolls forward. Keep the abdominals pulled in tight. Return to a straight leg position. Progress to just having the toes on the ball.	Rectus abdominus, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
TRX KNEE TUCKS	With the TRX strap attached to a high, immovable object, adjust the straps so the handles are just below your knees. Place your toes through the straps to hold your feet in the air and get into a push-up position. Let your hips lift up as you pull your knees into your chest as far as possible. Keep the abdominals pulled in tight. Return to the legs extended straight without letting your lower back arch and repeat for the correct number of repetitions.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
HIP TWISTS	In a push-up position with your legs on a stability ball, rotate your hips and legs 90° so the hips face straight up to the ceiling. Keep the abdominals pulled in tight. Return to the center and rotate the opposite direction. Progress to just having the toes on the ball.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
SKIERS	In a push-up position with your knees on a stability ball, rotate your knees to the right as far as possible keeping the hips bent at 90°. Keep the abdominals pulled in tight. Rotate in the other direction.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
TRX SKIERS	With the TRX strap attached to a high, immovable object, adjust the straps so the handles are just below your knees. Place your toes through the straps to hold your feet in the air and get into a push-up position. Pull your knees into your chest and while holding them there rotate your knees to the right as far as possible keeping the hips bent at 90°. Keep the abdominals pulled in tight. Rotate in the other direction and repeat for the correct number of repetitions.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
BODY WEIGHT SKIERS	In a squatting position with your hands on the floor, quickly kick you legs out to the right, extending the knees. Pull the legs back in to the center and back to the squatting position. Kick the legs out to the left and repeat as fast as possible. Keep the belly button pulled in tight.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
HANGING KNEE-UPS	Support your upper body on a vertical bench. With knees bent at a 90 degree angle, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
ATOMIC PUSH-UPS	In a push-up position, with your feet on a stability ball and your hands on the floor (or a BOSU ball to make it more difficult), keep the belly button pulled in and bring the knees into the chest as far as possible. Keeping the abs tight, extend the legs back out straight and perform a push-up. Repeat for the correct number of repetitions.	Chest, shoulders, triceps, entire core	Quadriceps, hip flexors, hamstrings, calves, biceps
VERTICAL BENCH LEG RAISES	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees slightly bent, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
VERTICAL BENCH KNEE-UPS	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees bent at a 90 degree angle, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
VERTICAL BENCH ALTERNATE LEG RAISE	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees bent at a 90 degree angle, bring your legs up in front of you, one at a time alternating, until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
BENCH KNEE-UPS	Sitting on the end of a bench, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEG TUCKS ON FLOOR	Sitting on the floor, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
ALTERNATE KNEE-UPS	Sitting on the floor, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs one at a time alternating in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
COMBO CRUNCHES	Perform a Reverse crunch and a Regular crunch at the same time.	Rectus Abdominis.	Obliques.
ALTERNATING TWISTING KNEE RAISES	Lying on your back, your hands at either side of your head, keep your lower back pressed against the floor. Bring your right elbow up as you bring your left knee back to meet it. As your right shoulder returns to the floor, extend your left leg out straight. Alternate sides.	Hip flexors, Obliques.	Rectus Abdominis.
CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor.	Rectus Abdominis.	Obliques.
TWISTING CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor. Curl your right shoulder towards your left knee and vice versa.	Obliques.	Rectus Abdominis.
TOE-TOUCH CRUNCHES	Lying on your back with your thighs perpendicular to the floor and extended straight up in the air with just a slight bend in the knee, keep your lower back pressed against the floor. Sit up and try to touch your toes.	Rectus Abdominis.	Obliques.
THREE WAY TOE TOUCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Sit up and try to touch your toes. Return to the floor and sit up and reach your hands to the right of your feet. Return to the floor and sit up and reach up to your toes in the center. Return to the floor and sit up and reach up to the left of your toes. Then back to the center and so on. Every other time you come to the center it counts as on repetition.	Rectus Abdominis.	Obliques.
MACHINE ABDOMINALS	Line sternum up with center of cam and perform like a crunch.	Rectus Abdominis.	Obliques.
PELVIC TILTS	Lying on your back with knees bent up and feet flat on the floor, press the lower back against the floor while rotating the pelvic girdle up.	Rectus Abdominis.	Obliques.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
REVERSE CRUNCHES	From a crunch position, press lower back on floor and bring your knees back over your chest until your pelvic girdle tilts up slightly.	Rectus Abdominis.	Obliques.
HIP LIFTS	Lying on your back with knees bent up and feet elevated on a stability ball or chair, pull the belly button while pressing the lower back against the floor and lift your hips up until your body is in a straight line with your thighs.	Rectus Abdominis, Obliques, Transverse Abdominis	Glutes & hip musculature, Lower back musculature
SIDE CRUNCHES	Lying on your side with your legs bent; bring your shoulders off the floor as high as possible while trying to keep your shoulders in line with your hips.	Obliques.	
REVERSE TRUNK TWISTS	Lying on your back, extend your legs up in the air so there is a 90° degree angle at your hip. Keeping the legs slightly bent and the lower back pressed against the floor slowly lower your leg to the right as far as you can without letting your back and shoulders lift off the floor. Return to the starting position and repeat on the other side.	Obliques	Rectus Abdominis
SEATED TWISTS	Seated on the end of a bench, rotate your shoulders back and forth at roughly 30° angles. Keep your Abdominals tight. Do not over rotate.	Obliques.	
STANDING BENT-OVER TWISTS	Standing and bent over parallel to the floor, rotate your shoulders back and forth at roughly 30° angles. Keep your Abdominals tight. Do not over rotate.	Obliques.	
SIDE-BENDS	Standing with feet shoulder width apart, lean directly to the side until you feel a stretch on your obliques.	Obliques.	
ROPE CRUNCHES	Kneeling in front of a high pulley with a rope handle, pull your elbows down and in at the same time you're doing a crunch until your elbows touch your knees.	Serratus, Rectus Abdominis.	Obliques, Arms.
TWISTING BALL ROTATIONS	Lying on your back on a stability ball with a single dumbbell held over your chest with your arms straight, rotate your arms to the left and then to the right under control for the correct number of repetitions.	Obliques, Core.	Upper body, Legs.
STANDING TWISTING ROTATIONS WITH A PARTNER	Standing back to back with a partner, hold any item in both hands with arms straight, directly in front of your chest. Rotate your torso and arms to the left and pass the item to your partner as they are rotating to the right. Your partner rotates to the left and passes the item back to you as you rotate to the right. Keep your feet stationary. Perform 10 repetitions in one direction and the 10 repetitions in the opposite direction. You can increase the intensity of this exercise by rotating quicker and/or increasing the weight of the item you are holding.	Obliques, Core.	Upper body, Legs.

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SEATED ROTATIONS	Sitting on the floor with knees bent and feet flat on the floor, hold a single dumbbell with both hand in front of your chest. Rotate at the waist and place the dumbbell behind you as far as possible. Set it on the floor and rotate the other way to reach back and pick it up. Repeat the process, and then change the direction.	Obliques	Rectus Abdominis
SERRATUS PULLS	Kneeling adjacent to a high pulley with a loop handle, bring your arm down and across your chest as you crunch to the side slightly.	Serratus.	Obliques, Arms.
HANGING SERRATUS CRUNCHES	Hanging from a bar, lift your whole body to one side by adducting and depressing the scapula. Repeat with the other side	Serratus	Upper body.

Key Points

- Always keep your knees slightly bent
- Keep your belly button pulled in, abs tight, and keep your neck straight
- Keep your shoulder blades pulled down and back
- Keep your wrists straight by lining up your thumb with your forearm

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		MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
EXERCISES:	KEY POINTS:		

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APPENDIX

Phase I Dynamic Stabilization and CORE Strengthening

Stage I dynamic stabilization and CORE strengthening session 1	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 7 mph 5% grade)	20		2
Deep hold position	5	5	1
Box butt touch squat		8	1
Line jump (forward)-deep hold	5	8	1
Line jump (lateral)-deep hold	5	4	R and L
Single-leg Airex balance (knee slightly flexed)	10	4	R and L
Single-leg squat-hold	5	6	R and L
BOSU (flat)-deep hold	5	8	1
Single-leg dumbbell bend over dead lift (focus on balance)		12	R and L
Walking lunges		16 steps	2
BOSU (round) bilateral knee balance	20		2
BOSU (round) crunches		25	2
BOSU (round) swivel crunch (feet planted)		40	1
BOSU (round) double leg pelvic bridges		12	1
BOSU (round) supermans		15	1
Running mechanics (treadmill @ 8 mph 10% grade)	15		3
Running mechanics (treadmill @ 9 mph 10% grade)	15		3

Phase I Dynamic Stabilization and CORE Strengthening

Stage I dynamic stabilization and CORE strengthening session 2	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 7 mph 5% grade)	20		2
BOSU (flat) deep hold partner perturbations	20		3
BOSU (flat) drop off-deep hold	5	8	1
BOSU (flat)-rapid squat-deep hold	5	8	1
BOSU (flat)-athletic position-partner ball toss	20		3
BOSU (round) single-leg step-hold	5	6	R and L
Single-leg Airex step (front/back)-hold	5	4	R and L
Single-leg Airex step (side/side)-hold	5	4	R and L
BOSU (round) single knee-hold	20		R and L
BOSU (flat) single straight leg bend-over		10	R and L
Lateral stepping w/band resistance		20 steps	R and L
Wall squats w/Swiss ball		12	2
BOSU (round)-reverse crunches		25	2
BOSU (round)-swivel ball touches (feet up)		40	1
BOSU (round)-trunk extensions		12	1
Running mechanics (treadmill @ 8 mph 10% grade)	15		3
Running mechanics (treadmill @ 9 mph 10% grade)	15		3

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		MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
EXERCISES:	KEY POINTS:		

Return to Sport Training

Phase II Functional Strength

Stage II functional strength session 1	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 7 mph 0% grade)	20		2
Box drop off-deep hold	5	10	1
BOSU (round) jump up-deep hold	5	10	1
BOSU (flat) single-leg squat-hold	5	6	R and L
12-in box lateral step down (heel touch)		12	R and L
Split squats		10	2
BOSU (round) single-leg step-hold	5	6	R and L
Double leg bend over dead lift		10	2
Sumo squat dumbbell pick-up		10	2
Resisted lateral shuffling		6 passes	R and L
Table double crunch		15	2
Table double swivel crunch		8	R and L
Prone table manual resisted hip extension		12	2
BOSU (round) swimmers		10	R and L
BOSU (round) single-leg pelvic bridges		12	R and L
Resistive band running (heavy resistance)	15		4
Resistive band running (light resistance)	10		4

Phase II Functional Strength

Stage II functional strength session 2	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 7 mph 0% grade)	20		2
BOSU (round) jump up-deep hold	5	10	1
Single-leg Airex hop (front/back)-hold	5	6	R and L
Single-leg Airex hop (side/side)-hold	5	6	R and L
Double BOSU (flat) rapid squats-deep hold	3	12	1
Single-leg X hop		3	R and L
12-in box Airex lateral step down (heel touch)		10	R and L
Split squats		10	2
Supine Swiss ball hamstring curl		10	2
Lateral lunges		15 steps	R and L
BOSU (flat) single-leg balance-hold	10	6	R and L
Table double crunch		15	2
Table double swivel crunch		8	R and L
BOSU (round) lateral crunch		10	R and L
BOSU (round) toe touch swimmers		10	R and L
Retrograde training (treadmill @ 3-4 mph 10% grade)	20		3
Retrograde training (treadmill @ 4-5 mph 5% grade)	12		3

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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
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Phase III Power Development

Stage III power development session 1	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 8 mph 0% grade)	20		2
Wall jumps	15		2
Line jumps (side to side)-speed	10		1
Line jumps (front to back)-speed	10		1
Line jump-max vertical (four-way)		3	1
180° jumps (height)	10		2
BOSU (flat) drop off-single-leg-hold	5	5	R and L
BOSU (round) jump up-single-leg-hold	10	5	R and L
Single-leg X hop (reaction)		4	R and L
Barbell back squats		8	2
Assisted Russian hamstring curls		8	2
BOSU (round) butt balance (feet up) partner ball toss	25		2
BOSU (round) V-sit partner toe touch		10	2
Table lateral crunch		8	R and L
BOSU (round) toe touch swimmers partner perturbations		10	R and L
Bounding in place	15		2
Running mechanics (treadmill @ 8-10 mph 15% grade)	10		3

Phase III Power Development

Stage III power development session 2	Time (s)	Reps	Sets
Jogging gait retraining (treadmill @ 8 mph 0% grade)	20		2
BOSU (flat) drop off-75% max vertical		8	1
Tuck jumps	10		2
Broad jump, jump-deep hold	3	8	1
Broad jump, max vertical		6	1
Single-leg 90° hop-hold	3	8	R and L
Cross-over hop, hop, hop (distance)-athletic position	3	4	R and L
BOSU (round) single-leg (four-way) hop-hold	3	2	R and L
Dumbbell bent leg deadlift pick-up		8	2
Band good mornings		12	2
BOSU (flat) single-leg max depth squat (opposite leg extended forward)		8	R and L
BOSU (flat) single-leg hold (partner perturbations)	10	4	R and L
BOSU (round) double crunch		15	2
BOSU (round) opposite swivel crunch (feet up)		12	R and L
Swiss ball trunk extensions		12	1
Retrograde training (treadmill @ 4-6 mph 5% grade)	10		3
Retrograde training (treadmill @ 4-8 mph 0% grade)	12		3

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EXERCISES:	KEY POINTS:		

Phase IV Sport-Performance Symmetry

Stage IV sport-performance symmetry session 1	Time (s)	Reps	Sets
Ground base warm-up (carioca, lateral shuffle, forward jog, backward jog)			4
Box drop off-athletic position		5	1
Wall jumps	15		2
Tuck jumps	10		2
Lunge jump	10		R and L
180° jump-broad jump	10		2
Power box steps		10	R and L
Bounding for distance		6	1
Box drop off-reaction		8	1
Broad jump max vertical-reaction step		6	1
Forward barrier jumps-reaction		6	1
Forward barrier jumps w/middle box-reaction		6	1
Box drop off-max vertical-reaction step		10	1
Assisted Russian hamstring curl		8	2
Partner-assisted single-leg box butt touch squats		8	R and L
Four corners drill		6	1
W-drill		6	1

Phase IV Sport-Performance Symmetry

Stage IV sport-performance symmetry session 2	Time (s)	Reps	Sets
Ground base warm-up (carioca, lateral shuffle, forward jog, backward jog)			4
Box drop off 180°-reaction		5	1
Wall jumps	10		2
Tuck jumps	8		2
Jump into bounding		6	1
Box drop off-max vertical		6	1
Box drop off-max broad jump-athletic position		6	1
Hop, hop, hop (distance)-hold		4	R and L
Cross-over hop, hop, hop (distance)-athletic position	3	5	R and L
Forward barrier hops w/staggered box-reaction		6	1
Lateral barrier hops w/staggered box-reaction		4	R and L
Box drop off-180°-box touch-max vertical-reaction		6	1
Lateral box drop off-max vertical		6	R and L
Assisted Russian hamstring curl		8	2
Dumbbell overhead squats		8	2
Wheel drill		6	1
V-drill		6	1

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GLOSSARY OF TERMS

● **12-Inch Box Airex Lateral Step Down (Heel Touch)**- (Figure 4) Athlete balances on one leg on a 12-in box with an Airex pad placed on top of the box. With the contralateral foot dorsiflexed, the involved knee is flexed until the contralateral heel makes contact with the surface of the floor, trying to keep the hips level, then the athlete ascends back up to starting position.

● **12-Inch Box Lateral Step Down (Heel Touch)**- (Figure 4) Athlete balances on one leg on a 12-in box. With the contralateral foot dorsiflexed, the involved knee is flexed until the contralateral heel makes contact with the surface of the floor, then the athlete ascends back up to starting position.

● **180° Jump-Broad Jump**- The jump is initiated by a direct vertical motion combined with a 180° rotation; once landed, a broad jump is immediately initiated to achieve maximal horizontal distance.

● **180° Jumps (Height)**- The jump is initiated by a direct vertical motion combined with a 180° rotation; once landed, the jump is initiated immediately to the opposite direction.

● **Airex**- 2-in foam balance pad. (Perform Better Inc, Cranston, R.I.)

● **Assisted Russian Hamstring Curls**- (Figure 18) The athlete begins in a kneeling position with a partner providing foot support and torso support (with band assistance). The athlete extends at the knee while maintaining a neutral spine. The strength and conditioning specialist should provide enough assistance so that the exercise can be performed without flexing at the hip.

● **Athletic Position**- (Figure 10) The athletic position is a functionally stable position with the knees comfortably flexed, shoulders back, eyes up, feet approximately shoulder-width apart, the body mass balanced over the balls of the feet. The chest should be aligned over the knees, which are over the balls of the feet. This is the athlete ready position and should be the starting and finishing position for most of the training exercises. During some of the exercises, the finishing position is over-exaggerated with deeper knee flexion to emphasize the correction of certain biomechanical deficiencies.

● **Band**- Resistive tubing, heavy Theraband or Jump Stretch band (Jump Stretch Inc, Youngstown, Oh.).

● **Band Good Mornings**- (Figure 17) Athlete positions the resistive band below the seventh cervical vertebrae and stands with both knees slightly flexed and feet on band. The movement is initiated with the trunk flexed to approximately 90°. A neutral spine should be maintained as the athlete extends the trunk from 90° to 0° (an erect posture).

● **BOSU**- Double-sided balance device (Team BOSU, Canton, Oh.).

● **BOSU (Flat)**- Flat side of domed balance apparatus is turned upward.

● **BOSU (Flat) Deep Hold Partner Perturbations**- (Figure 3) Athlete balances in deep hold position while standing on flat surface of a BOSU while the clinician perturbs the BOSU or the torso of the athlete.

● **BOSU (Flat) Drop Off-75% Max Vertical**- The athlete begins standing on the flat side of the BOSU in athletic position, then drops off the BOSU simultaneously with both feet and, on landing on the ground, performs a vertical jump with 75% of maximal effort.

● **BOSU (Flat) Drop Off-Deep Hold**- The athlete begins standing on the flat side of the BOSU in athletic position, then drops off the BOSU simultaneously with both feet and upon landing on the ground, the athlete immediately assumes the deep hold position.

● **BOSU (Flat) Drop Off-Single-Leg-Hold**- The athlete begins standing on one leg on the flat side of the BOSU, then drops off the BOSU and lands on the same leg with knee flexed.

● **BOSU (Flat) Single-Leg Balance-Hold**- The athlete assumes a single-leg stance on the flat side of the BOSU with knee and hip flexed and attempts to maintain this position for the duration of the exercise.

● **BOSU (Flat) Single-Leg Hold (Partner Perturbations)**- The athlete assumes a single-leg stance on the flat side of the BOSU with knee and hip flexed and attempts to maintain this position for the duration of the exercise while a partner or trainer perturbs the BOSU.

● **BOSU (Flat) Single-Leg Max Depth Squat (Opposite Leg Extended Forward)**- The athlete assumes a single-leg stance on the flat side of the BOSU with knee and hip flexed as much as possible within the limits of control and attempts to maintain this position for the duration of the exercise. Opposite leg is extended forward during the exercise.

● **BOSU (Flat) Single-Leg Squat-Hold**- The athlete assumes a single-leg stance on the flat side of the BOSU and attempts to squat to a position with the knee flexed to 90° and torso erect, then return to the original position.

● **BOSU (Flat) Single Straight Leg Bend- Over**- (Figure 5) Balancing on one leg on the flat side of the BOSU with knee slightly flexed and maintaining neutral spine, the athlete flexes the trunk to 90° reaching for the front of the BOSU.

● **BOSU (Flat)**- Athletic Position-Partner Ball Toss- The athlete begins standing with both feet on the flat side of the BOSU in athletic position, and a ball is tossed between the athlete and partner or trainer. When tossing the ball to the athlete, attempt to place it in positions that will perturb their center of mass.

● **BOSU (Flat)-Deep Hold**- The athlete assumes the deep hold position while standing on the flat side of the BOSU.

● **BOSU (Flat)**- Rapid Squat-Deep Hold- The athlete rapidly descends into a parallel squat position with feet shoulder width apart on the flat side of the BOSU.

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		MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
EXERCISES:	KEY POINTS:		

<ul style="list-style-type: none"> ● BOSU (Round)- Round side of domed balance apparatus is turned upward. ● BOSU (Round) Bilateral Kneel- The athlete begins this exercise by balancing in a kneeling position with knees shoulder width apart in the middle of the round side of the BOSU. The athlete will maintain this balanced position with the hips slightly flexed for the duration of the exercise. ● BOSU (Round) Butt Balance (Feet Up) Partner Ball Toss- Athlete begins sitting on the round side of the BOSU in a balanced position (Figure 15) with feet held in the air. A trainer or partner provides perturbations by tossing a ball back and forth with the athlete. ● BOSU (Round) Crunches- Athlete begins sitting on the round side of the BOSU in a balanced manner with the feet planted on the ground. The exercise is performed by extending the spine in such a way that the athlete allows their back to touch the ground, followed by flexing their spine to allow their elbows to touch their knees. ● BOSU (Round) Double Crunch- Athlete starts by sitting balanced on the round side of the BOSU, then flexes their trunk simultaneous with hip flexion. ● BOSU (Round) Double Leg Pelvic Bridges- The athlete lays supine with their hip and knees flexed and their feet planted on the round side of the BOSU. The athlete then extends their hips and elevates their trunk off the ground to execute a pelvic bridge. This position should be held for 3 seconds before the next repetition (see Figure 1 for single-leg pelvic bridge). ● BOSU (Round) Jump up-Deep Hold- The athlete starts on the ground and jumps onto the round side of the BOSU and lands in a deep hold position. ● BOSU (Round) Jump up-Single-leg-Hold- The athlete starts on single leg on the ground and jumps up onto round side of the BOSU and lands on that same leg with the knee flexed. ● BOSU (Round) Lateral Crunch- Athlete starts lying on side with hip located in the center of the round side of the BOSU. The athlete's feet and legs must be anchored during this exercise by the trainer or a stationary object. The athlete will proceed to bend laterally at the waist back and forth for the prescribed repetitions. ● BOSU (Round) Opposite Swivel Crunch (Feet Up)- Athlete begins sitting on the round side of the BOSU in a balanced position with the feet held in the air (similar to figure 15). Athlete begins exercise by twisting the trunk so that they can touch the ground with their hands. The movement is reversed and the athlete swivels their torso so that they can touch the ground on the other side of the body. ● BOSU (Round) Single Knee-Hold- The athlete begins this exercise by balancing in a kneeling position with one knee directly in the middle of the round side of the BOSU and the other knee extended out to the side. The athlete will maintain this balanced position with the hip slightly flexed for the duration of the exercise. 	<ul style="list-style-type: none"> ● BOSU (Round) Single-leg (4-way) Hop-Hold- The athlete starts in a single-leg athletic position immediately behind the BOSU. The athlete hops forward onto the round side of the BOSU and lands in a balanced position. After achieving a balanced single-leg stance on the BOSU, the athlete proceeds to hop off the BOSU laterally and assumes this same stance on the floor immediately next to the BOSU. The athlete will then continue to hop on and off the BOSU, achieving a balanced athletic position, in each of the four directions: forward, backward, lateral, and medial. ● BOSU (Round) Single-leg Pelvic Bridges- (Figure 5) The athlete lays supine with their hip and knees flexed and a single foot planted on the round side of the BOSU and the contralateral leg fully extended. The athlete then extends their hips and elevates their trunk off the ground to execute a pelvic bridge. This position should be held for 3 seconds before the next repetition. ● BOSU (Round) Single-leg Step-Hold- The athlete starts off of BOSU in athletic position. The movement begins with the athlete stepping onto the round side of the BOSU and continuing to balance with knee flexed to approximately 90°. ● BOSU (Round) Supermans- The athlete begins in prone position with their arms overhead and legs extended and abdomen centered on the round side of the BOSU. The movement is initiated by extending the hip and trunk while maintaining shoulders in flexed position. Hold the position for 3 seconds and repeat. ● BOSU (Round) Swimmers- The athlete begins in prone position with abdomen centered on the round side of the BOSU and with their arms overhead and legs extended. The movement is initiated by elevating the opposite arm and leg and held for 3 seconds. ● BOSU (Round) Swivel Crunch (Feet Planted)- Athlete starts out balancing supine on the round side of the BOSU with lower back/butt centered on the BOSU. The athlete rotates at the spine as they flex the trunk for the crunch. ● BOSU (Round) Toe Touch Swimmers- The athlete begins in a prone position with their abdomen centered on the round side of the BOSU and their arms overhead and legs extended. The athlete reaches back with one arm to touch opposite foot and returns to the outstretched superman position. ● BOSU (Round) Toe Touch Swimmers Partner Perturbations- The athlete begins in a prone position with their abdomen centered on the round side of the BOSU and their arms overhead and legs extended. The strength and conditioning specialist should perturb the BOSU while the athlete reaches back with arm to touch opposite foot while performing swimmer technique. ● BOSU (Round) V-Sit Partner Toe Touch- Athlete starts out on the round side of the BOSU with lower back/butt centered on the BOSU, leaning their shoulders
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EXERCISES:	KEY POINTS:		

back on the floor and their arms reaching overhead. With their feet extended upward at a 45° angle, the partner holds their feet and gives support while the athlete crunches forward, reaching to touch their toes.

- **BOSU (Round)-Reverse Crunches-** Athlete starts out balancing supine on the BOSU with lower back/butt centered on the BOSU. The athlete flexes the hip while attempting to maintain a balanced position on the BOSU.

- **BOSU (Round)-Swivel Ball Touches (Feet up)-** Athlete starts by sitting balanced on the round side of the BOSU with feet up and with the athlete leaning slightly back. The athlete rotates at the spine as they flex the trunk for the crunch.

- **BOSU (Round)-Trunk Extensions-** The athlete begins in a prone position on the round side of the BOSU and performs the exercise by extending the upper torso.

- **Bounding-** (Figure 13) Athlete jumps horizontally off one foot, landing on the other. Once proper rhythm is attained, the vertical component of the bound should be maximized.

- **Box Butt Touch-** A box is placed behind the athlete and the athlete starts with feet shoulder width apart and performs a squat down to the height of the box, softly touches the box without resting, then ascends up to initial starting position.

- **Box Drop Off 180°-Reaction-** Athlete drops off the box performs a 180° jump and lands in an athletic position and follows with a lateral reaction to a cue, such as the strength and conditioning specialist pointing out a random cut direction, using defender reaction cut or ball retrieval drills.

- **Box Drop Off-180°-Box Touch-Max Vertical-Reaction-** Athlete drops off the box performs a 180° jump, then jumps back up on the box and immediately drops down forward off the box, performs a maximal vertical jump, lands in an athletic position, and follows with a reaction to a cue such as the rehabilitation specialist pointing out a random cut direction, using defender reaction cut, or ball retrieval drills.

- **Box Drop Off-Athletic Position-** Athlete drops down from a box landing with both feet simultaneously in the athletic position (Figure 10).

- **Box Drop Off-Deep Hold-** Athlete drops down from a box landing with both feet simultaneously in the deep hold position (ending position of Figure 11).

- **Box Drop Off-Max Broad Jump-** Athletic Position- Athlete drops down from a box landing with both feet simultaneously and immediately jumping horizontally to achieve maximal horizontal distance. The athlete should stick the landing in athletic position.

- **Box Drop Off-Max Vertical-** Athlete drops down from a box landing with both feet simultaneously in the athletic position and immediately performs a maximal vertical jump and lands in an athletic position.

- **Box Drop Off-Max Vertical-Reaction Step-** Athlete drops down from a box, landing with both feet

simultaneously in the athletic position. Immediately after landing, the athlete performs a max vertical jump, lands in an athletic position, and reacts to the strength and conditioning specialist's directional cue with a submaximal effort cut. Focus is on the desired technical performance and not speed of movement.

- **Box Drop Off-Reaction-** Athlete drops off lands in an athletic position and follows with a reaction to a cue, such as the strength and conditioning specialist pointing out a random cut direction, using defender reaction cut, or ball retrieval drills.

- **Broad Jump Max Vertical-Reaction Step-** The jump is initiated horizontally to achieve maximal horizontal distance. Immediately after landing the athlete performs a maximal vertical jump (Figure 12), lands in an athletic position, and reacts to the strength and conditioning specialist's directional cue with a submaximal effort cut. Focus is on the desired technical performance, not speed of movement.

- **Broad Jump, Jump-Deep Hold-** (Figure 12) The athlete prepares for this jump in the athletic position with their arms fully extended behind their back at the shoulder. The athlete begins by swinging their arms forward and jumping horizontally to achieve maximum horizontal distance. The athlete must stick the landing with their knees flexed to approximately 90° in an over-exaggerated athletic position. The athlete may not be able to stick the landing during a maximal effort jump in the early phases. In this situation, have the athlete perform a submaximal broad jump in which they can stick the landing with their toes straight ahead and no inward motion of the knees. As their technique improves, encourage them to add distance to their jumps, but not at the expense of technique perfection.

- **Broad Jump, Max Vertical-** The athlete performs a broad jump and immediately progresses into a maximum effort vertical jump and lands in athletic position. When teaching this jump, the athlete may have a tendency to "float" in a horizontal direction during the vertical jump; encourage the athlete to quickly transfer from the broad to vertical jump.

- **Cross-over Hop, Hop, Hop (Distance)-Athletic Position-** The starting position for this jump is with the athlete in a semi-crouched position on the single limb being trained. The arms should be fully extended behind the athlete at the shoulder. The athlete initiates the hop by swinging the arms forward while simultaneously extending at the hip and knee. The hop should carry the athlete up at a 45° angle laterally toward the opposite leg and should be for maximal distance. They land on the leg opposite of the initial stance leg. Once the athlete lands, they immediately hop in a 45° angle laterally toward the other leg. This is repeated for one hop with the exception that the final landing is on two feet and the athlete maintains the athletic position.

- **Deep Hold Position-** Athlete squats with feet shoulder width apart and holds a position with the knees flexed to 90° and torso erect.

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• **Double BOSU (Flat) Rapid Squats Deep Hold-** The athlete places each foot on the flat side of separate BOSUs. The athlete then rapidly descends into a parallel squat position with feet shoulder width apart, then ascends slowly back to the start position.

• **Double Leg Stretch Bend over Dead Lift-** With knees slightly flexed and neutral spine, the athlete flexes the trunk to 90°. The weight is held in front of the shins and targeted to the shoe tops.

• **Dumbbell Bent Leg Dead Lift Pick-up-** (Figure 6) The athlete starts in a stance that has their feet twice shoulder width apart. They descend in squat position to pick up the dumbbell. They secure the dumbbell in an alternated grip and ascend upward.

• **Dumbbell Overhead Squats-** Athlete holds dumbbells overhead and squats to 90° knee flexion while maintaining the dumbbells in the overhead position.

• **Four Corners Drill-** Four cones are lined up in a shape of a square approximately 5 yards apart in each direction. Athlete performs basic pattern of sprint to first cone, lateral slide to second cone, backward sprint to the third cone, and lateral slide to first cone.

• **Ground Base Warm-up (Carioca, Lateral Shuffle, Forward Jog, Backward Jog)- Hold-** Knee flexed to greater than 60° in single-leg stance and flexed to greater than 90° in bipedal stances. Athlete must stabilize their center of mass and maintain postural stability during the specific agility activity, for the prescribed durations.

• **Hop-** Single-leg jump Hop, Hop, Hop (Distance)-Hold- Athlete performs three single-leg hops for distance with no pause between jumps and performs a hold at the end.

• **Jump-** Double leg jump with feet shoulder width apart.

• **Jump into Bounding-** The athlete begins by doing a single maximal effort broad jump. Once they land on a single leg, they should immediately begin the bound exercise. The bounding should emphasize achieving vertical height with minimal horizontal distance. Coach the athlete to drive the non-weight-bearing leg forward and vertically to help to achieve the maximal vertical height. Do not allow the athlete to perform an exaggerated stride out jog (Figure 13).

• **Lateral Box Drop Off-Max Vertical-** The athlete starts with both legs on a box (12 in or less) and drop of the box laterally with both legs simultaneously and lands with both feet shoulder width apart and immediately performs a maximal vertical jump and lands in athletic position.

• **Lateral Lunges-** The athlete starts standing shoulder width apart. The athlete lunges with one foot out at 45° angle and returns to the starting position.

• **Line Jumps (Side to Side)-Speed-** The athlete prepares for this exercise by standing with their feet close together and their knees slightly bent on one side of the line. The athlete should jump sideways over the line keeping their knees bent and staying close to the line. When the athlete lands on the opposite side, they should immediately redirect

back to the initial position. Repeat this sequence as quickly as the athlete can while maintaining proper form. When teaching this exercise, encourage the athlete to achieve as many repetitions as possible in the allotted time by jumping close to the lines, shortening the ground contact time, and not using excessive height on the jumps. Do not allow the athlete to perform a double hop on the side of the line. Early in the training, the athlete may focus on the line, but as their technique improves, encourage them to shift their visual focus away from the line to outside cues.

• **Line Jumps (Front to Back)-Speed-** The athlete prepares for this exercise by standing with their feet close together and their knees slightly bent on behind the line. The athlete should jump forward over the line, keeping their knees bent and staying close to the line. When they land on the opposite side, they should immediately redirect back to the initial position. Repeat this sequence as quickly as the athlete can while maintaining proper form. Teach this jump by having the athlete keep their eyes up as much as possible. Looking down at the line will cause them to lean too far forward on the forward jump, making it difficult for them to redirect backward. The athlete can improve speed and efficiency of this jump by learning to maintain core center of gravity control and by preparing to change direction in mid-flight. Encourage the athlete to jump directly over the line and not around the sides.

• **Lunge Jump-** The athlete starts in an extended stride position with the hips pushed forward, and the front knee positioned directly above the ankle and flexed to 90°. The back leg is fully extended at the hip and knee, providing minimal support for the stance. The athlete should jump vertically off of the front support leg maintaining the starting position during flight and landing. The jump is repeated as quickly as possible while still achieving maximal vertical height. To coach this jump, encourage the athlete to keep the back leg straight and use it only for balance support. Vertical power is obtained by the front leg. Stance support percentages are 90% for the front leg and 10% for the back.

• **Max-** The athlete gives maximal effort.

• **Partner Assisted Single-leg Box Butt Touch Squats-** A box is placed behind the athlete and a band (held by a partner) is provided for them to hold onto to assist them with the exercise. The athlete starts on a single leg, performs a squat down to the height of the box, softly touches the box without resting, then ascends up to initial starting position.

• **Power Box Steps-** The athlete stands with the ball of one foot on top of the 6- to 12-in box. The athlete performs a maximal effort vertical hop up and off of the box using the foot that was placed on the box and landing on both feet in the athletic position.

• **Prone Table Manual Resisted Hip Extension-** The athlete begins in a prone position with their pelvis and lower extremity stabilized on the table and their trunk flexed forward off the edge of the table with their hands on the floor

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		MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
EXERCISES:	KEY POINTS:		

in front of them. The movement is initiated by extending hip and trunk to a neutral position while maintaining shoulders in overhead position. Hold the position for 3 seconds and repeat.

- **Reaction-** The athlete reacts to a cue, such as the strength and conditioning specialist pointing out a random cut direction, using defender reaction cut, or ball retrieval drills.

- **Reaction Step-** The athlete reacts to the strength and conditioning specialist's directional cue with a submaximal effort cut. Focus is on the desired technical performance and not speed of movement.

- **Resisted Lateral Shuffling-** The athlete begins in athletic position with a resistive Theraband anchored to their ankles. They are instructed to maintain the athletic position and shuffle in the prescribed direction. The strength and conditioning specialist can have the athlete move quickly during exercise or can use increased resistance and have the athlete move more slowly and more directed to focus on improved strength.

- **Single- leg Airex Balance (Knee Slightly Flexed)-** Athlete balances on a single leg with the knee slightly flexed and attempts to maintain postural stability for the duration of the exercise.

- **Single-leg Airex Hop (Front/Back)-Hold-** Athlete starts behind the Airex pad and hops up onto the Airex. The athlete should maintain balance and hold the knee in a flexed position. The athlete then hops forward off the Airex, maintains balance with the knee in a flexed position, then hops backward onto the Airex pad. After regaining balance and holding the knee in a flexed position, the athlete hops backward off the Airex onto the ground and maintains balance in a flexed knee position.

- **Single-leg Airex Hop (Side/Side)-Hold-** Athlete starts on one side of the Airex pad and hops laterally onto the Airex. The athlete should maintain balance and hold the knee in a flexed position. The athlete then hops off the other side of the Airex onto the ground, maintains balance, and repeats the exercise in the other direction.

- **Single-leg Dumbbell Bend over Dead Lift (Focus on Balance)-** Balancing on one leg with knee slightly flexed and maintaining neutral spine, the athlete flexes the trunk to 90°. The weight is held in front of the athlete's shins and targeted to their shoe top as they descend during the exercise.

- **Single-leg Hop-Hold-** (Figure 14) The starting position for this jump is with the athlete in a semi-crouched position on the single limb being trained. The arms should be fully extended behind the athlete at the shoulder. The athlete initiates the jump by swinging the arms forward while simultaneously extending at the hip and knee. The jump should carry the athlete up at a 45° angle and provide the maximal distance they can handle while maintaining an upright stance on the single landing. The landing is on the jumping leg and occurs with deep knee flexion (to 90°). The landing should be held for a minimum of 3 seconds to be

counted as a successful landing. Coach this jump with care to protect the athlete from injury. Start the athlete with a submaximal effort on the single-leg broad jump so they can experience the difficulty of the jump. Continue to increase the distance of the broad jump as the athlete improves their ability to stick and hold the final landing. Have the athlete keep their focus away from their feet, to help to prevent too much forward lean.

- **Single-leg Squat-Hold-** Athlete squats on single leg attempting to achieve 90° or more of knee flexion.

- **Single-leg X Hop-** The athlete begins facing a quadrant pattern standing on a single limb with their support knee slightly bent. They will hop diagonally, landing in the opposite quadrant, maintaining forward stance, and holding the deep knee flexion landing for 3 seconds. The athlete then hops laterally into the side quadrant again holding the landing. Next the athlete will hop diagonally backward holding the landing. Finally, they hop laterally into the initial quadrant holding the landing. Athletes should repeat this figure eight pattern for the required number of sets. Encourage the athlete to maintain balance during each landing, keeping their eyes up and focus away from their feet.

- **Single-leg X Hop (Reaction)-** Athlete performs the single-leg X hop as described above with the exception that each landing must be held until the athlete receives an unanticipated cue from the strength and conditioning specialist to hop to the next quadrant.

- **Split Squats-** The athlete starts in lunge stance with full support on the front limb with the opposite limb resting on a box behind them. The athlete then squats to 90° of knee flexion on their front limb. Encourage the athlete to lunge their front limb far enough out so that their knee does not cross over their ankle when performing the squat exercise.

- **Sumo Squat Dumbbell Pick-up-** (Figure 6) Stance is wide (approximately double shoulder width) so that weight can be lifted between the legs. The athlete should focus on maintenance of an upright posture with minimized trunk flexion when they descend to pick up the dumbbell. Once they reach the dumbbell, they should grasp it an alternated grip and ascend back to the start position.

- **Supine Swiss Ball Hamstring Curl-** Athlete begins lying in a supine position with shoulders and back on the floor, with hips flexed and both feet on top of the Swiss ball. The athlete then extends at the hip and flexes at the knee attempting to pull the heels to the buttocks.

- **Swiss Ball Bilateral Kneel-** Athlete kneels and balances on Swiss ball with feet off the ground. A spotter should be available at all times in front of the athlete.

- **Swiss Ball Hip Extensions-** The athlete begins in a prone position on the Swiss ball with their hands and elbows on the floor in front of them. The movement is initiated by extending both hips while maintaining shoulders in flexed position. Hold the torso and lower extremity in the overhead position for 3 seconds and repeat.

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- **Table Double Crunch-** Athlete starts out supine on a table and flexes trunk simultaneous with hip flexion.
- **Table Double Swivel Crunch-** Athlete starts in a supine position on a table with arms placed on the back of the head. The athlete flexes their trunk simultaneous with hip flexion as the trunk and hip are maximally flexed the athlete rotates at the trunk touching each elbow to the opposite knee.
- **Table Lateral Crunch-** (Figure 16) Athlete starts lying on side with hip located at the edge of the table. The athlete's feet and legs must be anchored during this exercise by the trainer or a stationary object. The athlete will proceed to flex and extend laterally at the waist for the prescribed repetitions.
- **Tuck Jumps-** (Figure 9) The athlete starts in the athletic position with their feet shoulder width apart. The athlete initiates a vertical jump with a slight crouch downward while they extend their arms behind them. The athlete then swings their arms forward as they simultaneously jump straight up and pull their knees up as high as possible. At the highest point of the jump, the athlete should be positioned in the air with their thighs parallel to the ground. When landing, the athlete should immediately begin the next tuck jump. Encourage the athlete to land softly, using a toe to mid-foot rocker landing. The athlete should not continue this jump if they cannot control the high landing force or keep their knees aligned landing.
- **V-Drill-** The athlete starts at the base of three cones that are set up in a "V" shape 5-8 yards apart. The pattern is initiated by sprinting to left cone, backpedaling back to the middle cone, then a turn 90°, followed by a sprint to the right

- **Walking Lunges-** The athlete performs a lunge and instead of returning to the start position, they step through with the back limb and proceed forward with a lunge on the opposite limb. Encourage the athlete to lunge their front limb far enough out so that their knee does not advance beyond their ankle during the exercise
- **Wall Jumps-** The athlete stands erect with their arms semi-extended overhead. The athlete then executes repeated quick vertical jumping while reaching upward. This vertical jump requires minimal knee flexion as gastrocnemius and soleus muscles should create the vertical height. The arms should extend fully at the top of the jump. Use this jump as a warm up and an important interactive coaching exercise, as this relatively low-intensity movement can reveal abnormal knee motion in athletes with poor side-to-side knee control.
- **Wall Squats w/Swiss Ball-** A squat exercise that is performed with the aid of a Swiss ball positioned between the back and a stable wall.
- **W-Drill-** The athlete starts at the left hand side of five cones that are positioned in the shape of a "W." The athlete first backpedals at a 45° angle to the next cone, turns and sprints to the next cone, repeating through the series of cones.
- **Wheel Drill-** The athlete stands next to a cone that is encircled by seven other cones that are 3-5 yards away. The athlete moves through the cones using a series of sprints, lateral slides, and backpedals. The athletes should keep their shoulders square to the starting position during