

Craig Ballantyne, CSCS, MS, presents...

**Turbulence Training:
The Advanced Bodyweight Workout**

About Craig Ballantyne & Turbulence Training...



My name is Craig Ballantyne. I'm a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

I've developed a revolutionary new fat loss system called "Turbulence Training", which was designed specifically to help busy men and women such as students, executives and parents with young children to get the most results in the least amount of time.

Turbulence Training is scientifically proven, it is endorsed by elite trainers and top fitness magazines, and has been used by thousands of men and women for burning fat as well as increasing muscle and improving your health and energy levels at the same time.

Craig's websites include:

www.TTMembers.com – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

www.TurbulenceTraining.com - Advanced training information to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

www.WorkoutManuals.com – Daily fat loss and fitness tips and workout programs to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

www.grrlAthlete.com - Real training and nutrition information for real women lifters and female athletes.

www.TurbulenceTraining.Blogspot.com – Craig's blog featuring 3 fitness and fat loss posts each day, as well as the opportunity to follow along with Craig's workouts.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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TT Advanced Bodyweight Workout Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform this program for 4 weeks then switch to another TT workout.
- Train 5 days per week.
 - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance in real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. 1-arm Pushups – The number is (2-0-1). Take 2 seconds to lower your body, and without pausing, push back up in 1 second or less.
- Finish each workout with stretching for the tight muscle groups only if desired.
- For substitute exercises, please place your questions on the forum at www.TTmembers.com
- Start every workout with this warm-up circuit.

Warm-up Circuit

- 2x's through the circuit using a 1-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.

Pushup (10 reps)

Y-Squat (10 reps)

Stickup (10 reps)

Spiderman Climb (5 reps per side)

Waiters Bow (10 reps)

Cross Crawl (10 reps per side)

TT Advanced Bodyweight Workouts & Schedule

Day 1 – Workout A

- Warm-up Circuit

Superset #1

1A) 1-arm Pushup or Assisted 1-Arm Pushups – 1 rep per arm (2-0-1)

- Start with weak arm first. Rest 15 seconds between arms. Move to 1B without rest.

1B) 1-Leg Deadlift – 8 reps (2-0-1)

- Rest 1 minute before going continuing through the following sequence.
- In set 2, do 2 reps per arm for pushups & 8 reps for the deadlift.
- In set 3, do 3 reps per arm for pushups & 8 reps for the deadlift.
- In set 4, do 2 reps per arm for pushups & 8 reps for the deadlift.
- In set 5, do 1 rep per arm for pushups. There are no more deadlifts.

Superset #2

2A) Backpack Pull-up – 8 reps (2-0-1)

- No rest.

2B) Stability Ball Leg Curl – 20 reps (1-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

Superset #3

3A) Close-grip Pike Pushup – 15 reps (2-0-1)

- No rest.

3B) Underhand Bodyweight Rows – 15 reps (1-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

Superset #4

4A) Pike – As many reps as possible (2-0-1)

- No rest.

4B) Spiderman Pushups – 12 reps per side (1-0-1)

- Rest 30 seconds before repeating 2 more times for a total of 3 supersets.

TT Advanced Bodyweight Workouts & Schedule

Day 2 – Crazy Eight Bodyweight Circuit

- Warm-up Circuit
- Crazy 8 Circuit
 - Do exercises 1-4 without resting between each.
 - Rest 1 minute.
 - Do exercises 5-8 without resting between each.
 - Rest 1 minute.
 - Repeat 2 more times for a total of 3 “Crazy 8 Bodyweight Circuits”.

- 1) Burpees (10 reps)
- 2) Pushups (30 reps)
- 3) Squats (30 reps)
- 4) Mountain Climbers (15 reps per side)

- 5) Jumping Jacks (100 reps)
- 6) Alternating Forward Lunges (15 reps per side)
- 7) Bodyweight Rows (15 reps)
- 8) Close-grip Pushups (20 reps)

TT Advanced Bodyweight Workouts & Schedule

Day 3 – Workout B

- Warm-up Circuit

Superset #1

1A) Pistols or 1-leg Squats onto Bench – 2 reps per leg (2-0-1)

- Start with weak leg first. Rest 15 seconds between legs. Move to 1B without rest.

1B) Decline Pushup – 20 reps (2-0-1)

- Rest 1 minute before going continuing through the following sequence.

- In set 2, do 4 reps per leg of 1A & 20 reps for 1B.
- In set 3, do 6 reps per leg of 1A, but skip 1B.
- In set 4, do 8 reps per leg of 1A & 20 reps for 1B.
- In set 5, do 4 reps per leg of 1A & 20 reps for 1B.
- In set 6, do 2 reps per leg of 1A, and skip 1B.

2A) Partner-Assisted Glute-Ham Raise or 1-leg RDL – 8 reps (3-0-1)

- No rest.

2B) 1-Arm Inverted Row – As Many Reps as Possible (1-0-1)

- Rest 30 seconds and repeat 2 more times for a total of 3 supersets.

3A) Bulgarian Split Squat – 8 reps (2-2-1)

- No rest.

3B) Stability Ball Ab Crunch – 15 reps (3-0-1)

- Rest 30 seconds and repeat 2 more times for a total of 3 supersets.

4A) 1-leg Stability Ball Leg Curl– 8 reps (1-1-1)

- No rest.

4B) Plank with Arms on Ball – 45 seconds

- Rest 30 seconds and repeat 2 more times for a total of 3 supersets.

TT Advanced Bodyweight Workouts & Schedule

Day 4 – Interval Training Circuit

- Warm-up Circuit
- Interval Warm-up – 5 minutes at a moderate pace

- Interval #1 (60 seconds at 8/10 intensity level)
- Without rest, do 20 pushups
- Rest 1 minute before moving to Interval #2.

- Interval #2 (60 seconds at 8/10 intensity level).
- Without rest, do a side plank (30 seconds per side)
- Rest 1 minute before moving to Interval #3.

- Interval #3 (60 seconds at 8/10 intensity level).
- Without rest, do 20 bodyweight squats.
- Rest 1 minute before repeat Intervals 1-3 one more time each.

- Cooldown for 5 minutes.

TT Advanced Bodyweight Workouts & Schedule

Day 5 – Workout C

- Warm-up Circuit

Superset #1

1A) 1-Arm Chin-up – 1 rep per arm (1-0-1)

- Start with weak arm first. Rest 15 seconds between arms. Move to 1B without rest.

1B) Split Squat with Front Foot Elevated – 12 reps (2-0-1)

- Rest 1 minute before going continuing through the following sequence.

- In set 2, do 2 reps per arm of 1A & 12 reps for 1B.
- In set 3, do 3 reps per arm of 1A, but skip 1B.
- In set 4, do 4 reps per arm of 1A & 12 reps for 1B.
- In set 5, do 3 reps per arm of 1A, but skip 1B.
- In set 6, do 2 reps per arm of 1A & 12 reps for 1B.
- In set 7, do 1 rep per arm of 1A, and skip 1B.

Superset #2

2A) Pushup with Hands on Ball – 20 reps (1-0-1)

- No rest.

2B) Stability Ball 1-Leg Jackknife – (2-0-1)

- Rest 1 minute and repeat 2 more times for a total of 3 sets.

Triset #3

3A) Inverted Bodyweight Row with Feet on Ball – Max Reps (1-0-1)

- No rest.

3B) Jump Squat – 6 reps (1-0-1)

- No rest.

3C) Mountain Climber with Hands on Ball – 10 reps per side (1-0-1)

- Rest 1 minute and repeat 2 more times for a total of 3 tri-sets.

Exercise Descriptions – Warm-up Circuit

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Warm-up Circuit

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
- Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.



Spiderman Climb

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Warm-up Circuit

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Exercise Descriptions – Workout A

1-arm Pushup

- Spread your feet very wide, brace your abs, and place one hand several inches in front of your face, just in front of your face.
- Slowly lower yourself down, and keep your elbow close to your side as you do so.
- Brace your abs strong to keep your body in a straight line.
- Pause briefly at the bottom and push hard to return to the start position.



Assisted 1-Arm Pushups

- Same as above but use the other arm for a bit of help.



1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Exercise Descriptions – Workout A

Backpack Pull-up

- Wear a weighted backpack if necessary.
- Grasp the bar with an overhand, wide grip.
- Pull yourself up.



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Exercise Descriptions – Workout A

Close-grip Pike Pushup

- Place your feet on a bench and hands on the floor shoulder-width apart.
- Pike your hips up in the air as much as possible, so you are as vertical as can be.
- Slowly lower your head to the floor, while keeping your elbows tucked in.
- Pause, and push with your triceps back to the start position.



Underhand Bodyweight Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Exercise Descriptions – Workout A

Pike

- Hang from a chin-up bar. Brace your abs.
- Slowly bring your ankles to the bar and then slowly return to the start position.
- This is a very difficult exercise.



Spiderman Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position.
- Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to rotate at your hips.



Exercise Descriptions – Crazy 8 Circuit

Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Pushups – See above.

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Crazy 8 Circuit

Mountain Climbers

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest.
- Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- This is a combination warm-up and ab exercise that can also be used for circuits.



Exercise Descriptions – Crazy 8 Circuit

Forward Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Push with your right leg to return to the starting position. Alternate sides.



Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.



Close-grip Pushups

- Same as regular push-ups, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.



Exercise Descriptions – Workout B

1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.



Pistol

- If you are advanced, you may be able to squat all the way to the floor.



Decline Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Workout B

Partner-Assisted Glute-Ham Raise

- Kneel and have your partner hold down your ankles.
- Brace your abs, squeeze your butt, contract your hamstrings & slowly lower to floor.
- Pushup explosively and contract butt and hamstrings to get back up to start position.



1-Leg RDL

- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your lower back arched and bend forward by pushing your hips back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- Repeat all reps for one side then switch.



Inverted Row – 1-Arm

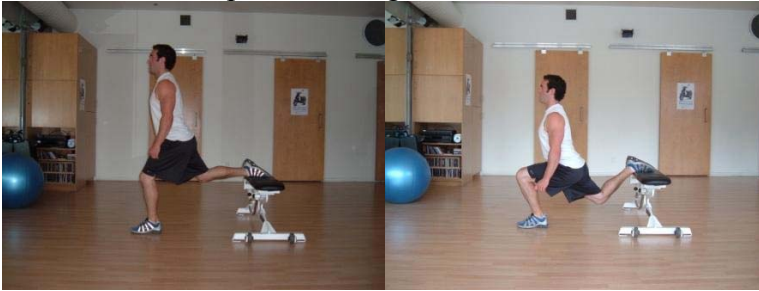
- This is the most advanced form of the row.
- You must contract your glutes very strongly to maintain the starting position.
- As you pull up, drive your non-rowing arm skyward to assist the motion.



Exercise Descriptions – Workout B

DB Bulgarian Split Squat

- Unlike the photo below, you need to hold a dumbbell in each hand.
- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Stability Ball Crunch

- Lie on the stability ball with your feet spread slightly greater than shoulder width apart on the floor (a wider stance equals greater stability and an easier exercise).
- Curl your shoulder blades off the ball as if performing a regular abdominal crunch off the floor. Return to the start position.



Exercise Descriptions – Workout B

1-Leg Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep only one foot on the ball and raise the other one up in the air.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Plank with Arms on Ball

- Place your clasped hands on the top of a medium sized ball.
- Keep your body in a straight line from shoulders to toes and keep your abs braced.



Interval Circuit

Pushups – See above.

Side Plank

- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Bodyweight Squats – See above.

Exercise Descriptions – Workout C

1-Arm Chin-up

- Take underhand grip on the bar with the palms facing you.
- On your “non-working” arm, remove your thumb and pinky finger from the grip.
- Focus on using only your “working” arm & pull up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum.
- As you get stronger, use only 2 fingers and then only 1 finger as assistance.



Split Squat with Front Foot Elevated

- Stand with your feet shoulder-width apart. Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6-inch riser.
- Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Descriptions – Workout C

Push-Up with Hands on Ball

- Place your hands on a Stability ball and keep your feet on the floor.
- Perform regular push-ups. Make sure your grip does not bother your wrist.
- Keep your body in a straight line at all times.



1-Leg Jackknife

- Same as the regular Jackknife, but use only 1-leg on the ball.
- The other leg does the opposition action (i.e. it goes out when the leg on the ball comes in).



Exercise Descriptions – Workout C

Inverted Row – Feet on Ball

- Same as regular inverted rows, but place your heels on a ball. This is more advanced.



Squat Jumps

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again. Repeat for 6 reps.



Mountain Climber with Hands on Ball

- Place your hands on the ball. Keep your abs braced. Bring your knee to your chest.
- Alternate sides for all repetitions.



Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level)
- Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



Quadriceps Stretch

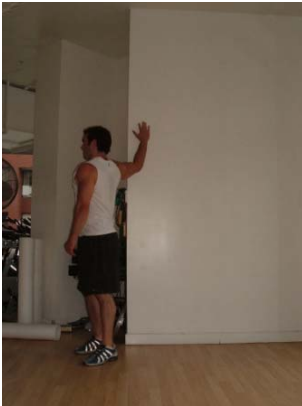
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch

- Stand next to a doorframe.
- Raise your elbow up to shoulder height and rotate your arm so that your hand is up (as if you were in a throwing position with your elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow.
- You should feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.

