



Fitness Evolution 3

Group 1: Rotational Plane Movements

- 1) **Rotational and Diagonal High-Low Cable Pull:** Start with a cable pull in the highest position. Stand in a squat stance with your body at a 90 degree angle to the cable. Grab the handle to your upper right with stiff arms and two hands, pulling it down like you're chopping wood toward your left knee. Your shoulders should end up pointing forward. Slowly releasing the cable to the starting position and repeat for three sets of 20 reps. Switch sides.
- 2) **Rotational and Diagonal Low-High Cable Pull:** Start with the cable pull in the lowest position (at the floor). Stand in a squat stance with your body at a 90 degree angle to the cable. Grab the handle to your lower right with stiff arms and two hands, pulling it up like you're starting a golf swing. Bring the cable down slowly and repeat for three sets of 20 reps. Switch Sides.
- 3) **Hanging Hip Rotations:** Hand from a chi-up bar or use a dip station. Bring thighs up to a parallel, rotate legs to the right with the body facing forward, slowly twist to the other side, then drop slowly. Repeat for three sets of 20.
- 4) **Lateral Cable Pulls:** With a cable pull at your right side at waist height. Turn your upper body to face the cable while keeping your feet planted and knees slightly bent. Grab the cable pull with your left arm, keeping it slightly bent at the elbow. Pull the cable across you lower chest, twisting 180 degrees to the left. Bring the cable back to the right slowly and repeat for three sets of 20 reps. Switch sides.

Group 2 Lateral (Side To Side) Plane Movements

- 1) **Dumbbell Side Bends On Balance Board:** Standing on a balance or Bongo Board, hold a single dumbbell (start with 10 pounds) in your right hand. While balancing in the middle of the board, lean down the right side to mid-thigh and return slowly upward. Repeat for three sets of 20, then switch to the left side.
- 2) **Side Raises On The Swiss Ball:** Start with your right hip on the Swiss ball, feet laying sideways on the ground, and arms folded over the chest. Bend at the side, slowly lowering your ear to the ground in a controlled fashion, then bring yourself back up so your body is straight. Repeat for three sets of 20 reps, then switch to the left side.

Group 3 Sagittal (Front To Back) Plane Movement:

- 1) **Good Mornings:** Keeping a flat lower back and using an un-weighted bar resting on your shoulders, bend forward at the hip to 90 degrees with knees slightly bent. Return to a standing position. Can be done kneeling or standing on a Swiss ball for a more advanced workout. Repeat for three sets of 20 reps, then switch to the left side.
- 2) **Swiss Ball Back Extensions:** With the front of your hips resting on a Swiss Ball, keep your feet close together on the ground with a slight bend in your knees. Slowly raise your upper body from a relaxed position (face down close to the floor) to where your lower body and torso form a straight line. Slowly release and come back to starting position. Repeat for three sets of 20 reps.
- 3) **Medicine Ball Sit Up:** Lying on your back with your knees bent and your feet against a wall, hold a three to five-pound medicine ball over your head with both hands. Do a basic sit-up, and while in the upright position, throe the ball against the wall and catch it on the rebound. Slowly lower to starting position. For extra credit, hold the medicine ball above your head and hi nge sideways at your waist while you sit up. Keep your lower back straight, drop the ball down to the ground beside you, and catch it. Repeat for three sets of 20 reps.