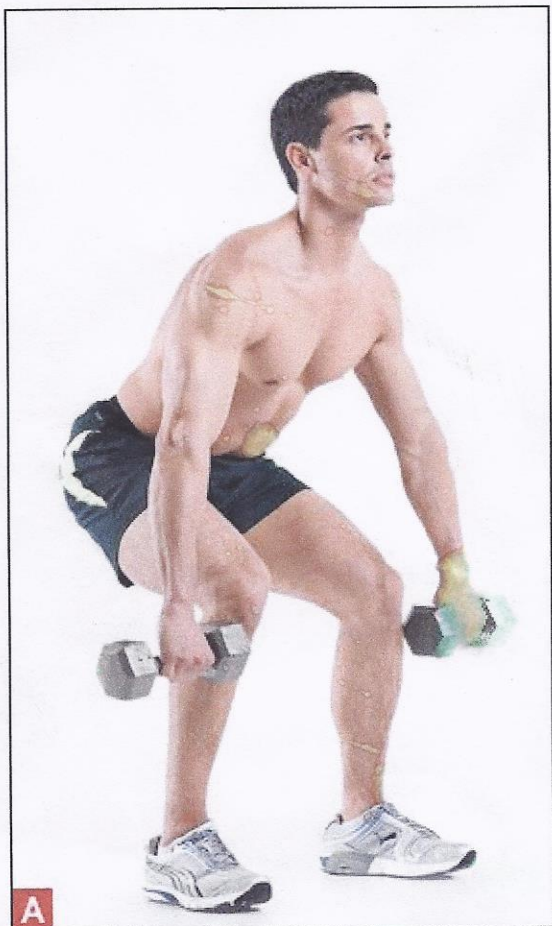


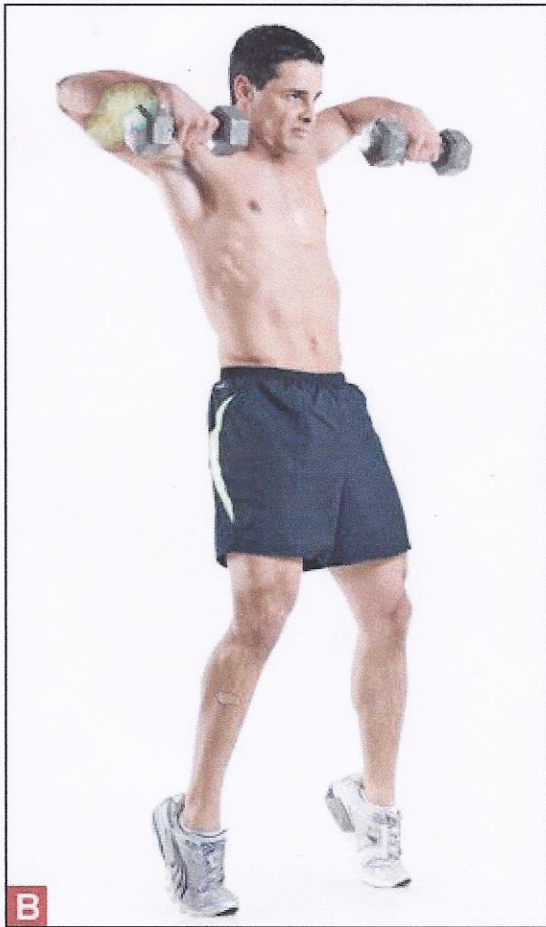
1. Dumbbell Hang Pull

Grab a pair of dumbbells and let them hang at arm's length in front of your body, your palms facing behind you. Now bend at your hips and knees, and lower the dumbbells until they're just below knee height. That's the starting position. Now, in one movement, thrust your hips forward, straighten your knees, and raise up on your toes as you pull the dumbbells as high as you can by bending your elbows and raising your upper arms. Then reverse the movement and repeat.



Keep your lower back naturally arched.

Explosively pull the dumbbells upward.

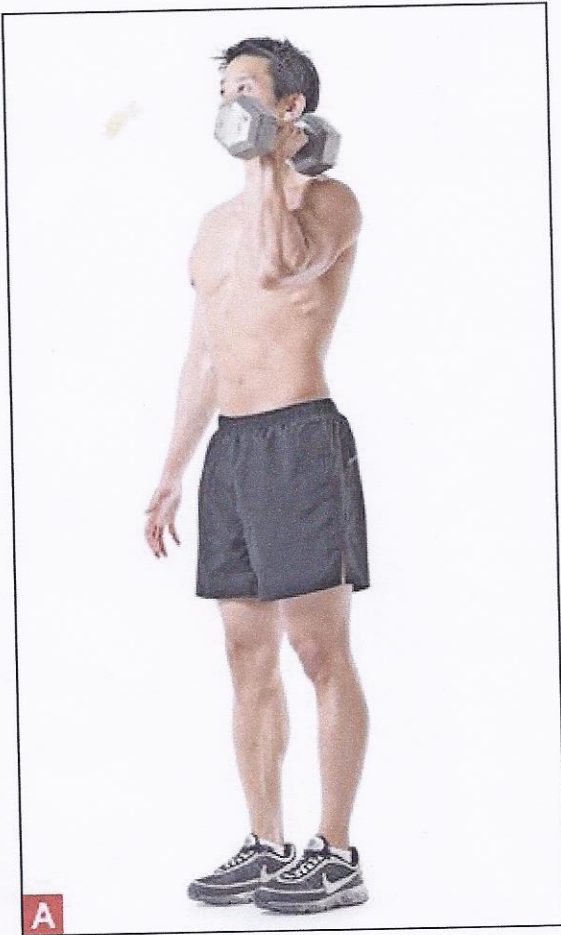


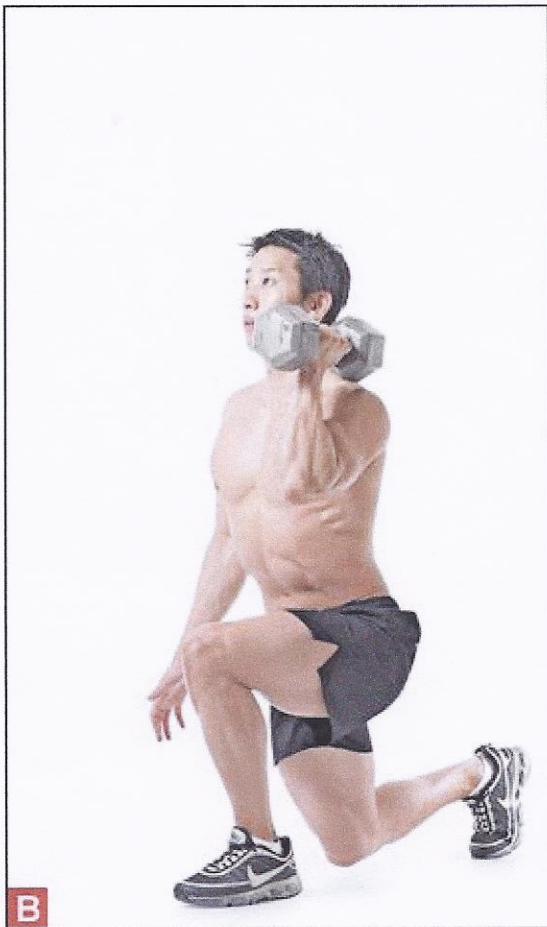
2. Offset Dumbbell Reverse Lunge

Stand tall holding a dumbbell in your left hand next to your shoulder, with your arm bent. With your right foot, step backward and lower your body until your back knee almost touches the floor. Push yourself back to the starting position and repeat. On then next round, hold the dumbbell on your other side, and step back with the opposite leg.

Let your right hand hang at your side or place it on your hip.

Keep your torso upright.



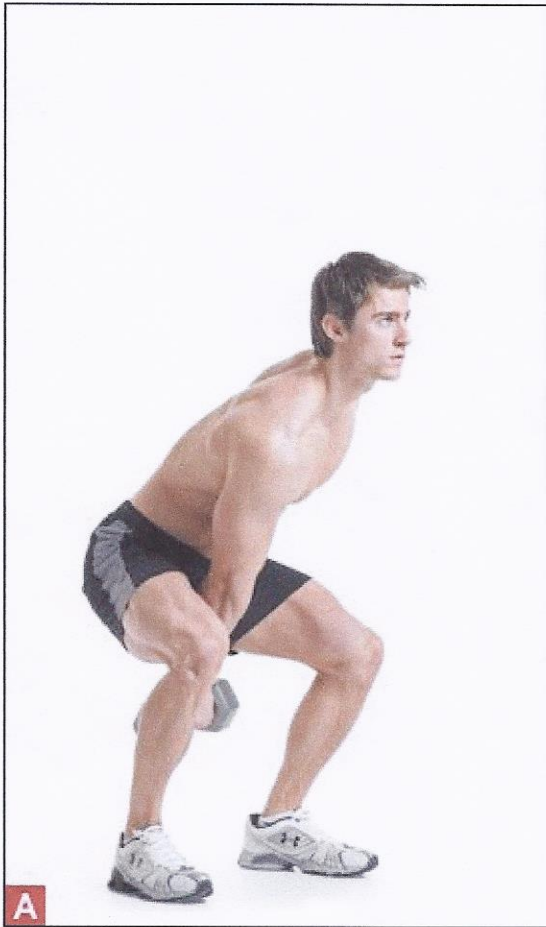


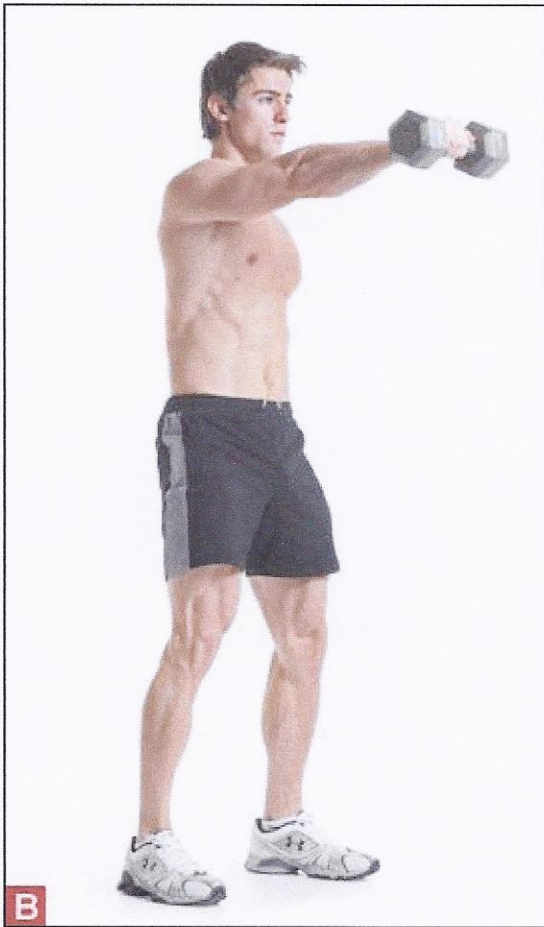
3. Single-Arm Dumbbell Swing

Hold a dumbbell at arm's length in front of your waist, with your knees slightly bent. Without rounding your lower back, bend at your hips and swing the dumbbell between your legs. Keeping your arm straight, thrust your hips forward and swing the dumbbell to shoulder level as you rise to a standing position. Then simply swing the weight back and forth.

Push your hips back and keep your lower back naturally arched.

Your arm should swing up from your momentum.





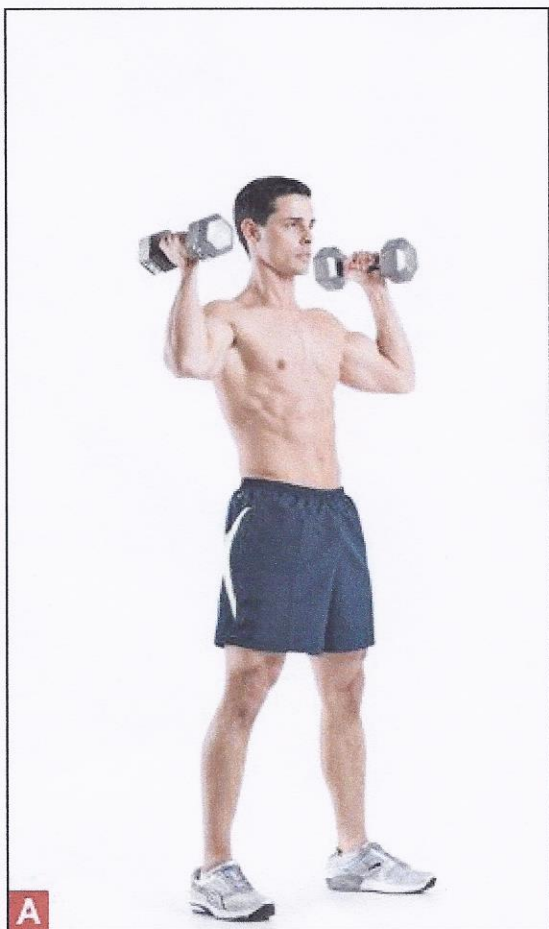
4. Thrusters

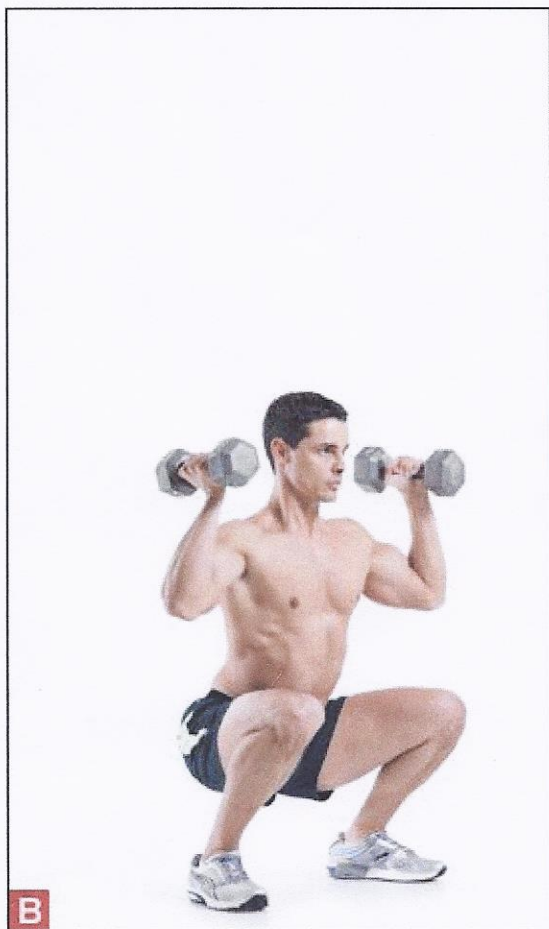
Stand holding a pair of dumbbells next to your shoulders. Push your hips back, then bend your knees and lower your body until your thighs are at least parallel to the floor. As you push your body back up from the squat, press the dumbbells above your shoulders until your arms are straight. Then lower the dumbbells back down to your shoulders, and repeat.

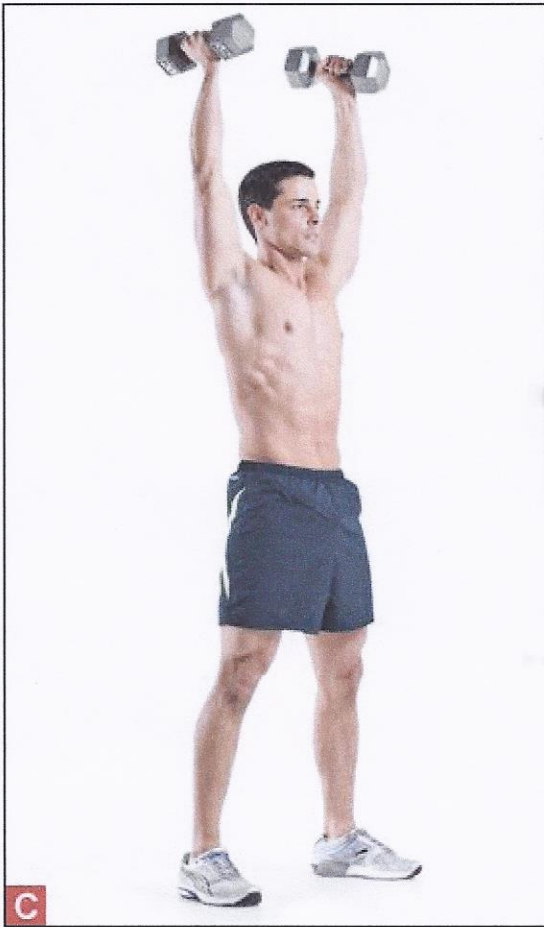
Your feet should be set shoulder-width apart (or a little wider).

Squat as deep as you can.

Push the weights directly above your shoulders.





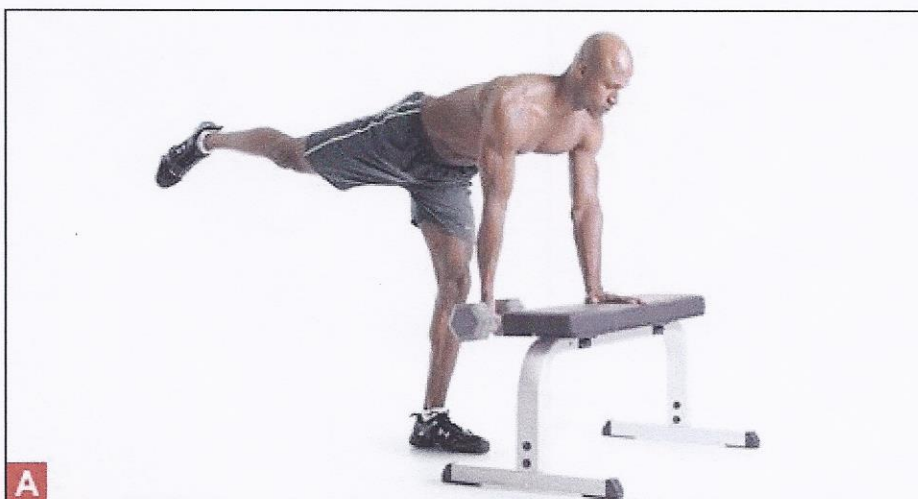


5. Single-Leg, Single-Arm Underhand-Grip Dumbbell Row

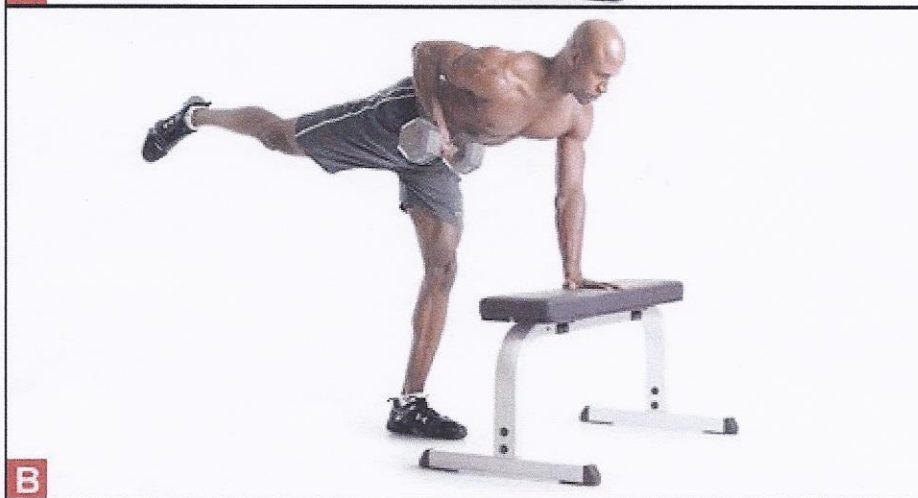
Grab a dumbbell in your right hand, then bend at your hips and place your left hand on a bench in front of you. Raise your right leg so that it's in line with your upper body. Now let the dumbbell hang straight down from your shoulder, your palm facing forward (an underhand grip). That's the starting position. (If you prefer, you can use an overhand grip (so your palms would be facing behind you), instead of an underhand grip.) Pull the dumbbell to the side of your torso, by raising your upper arm, and bending your elbow. Pause, then slowly lower the dumbbell back to the starting position. That's one rep. On your next round, switch arms and legs.

Your lower back should be naturally arched and your torso parallel to the floor.

As you pull the dumbbell upward, try to "squeeze" your shoulder blade toward your spine.



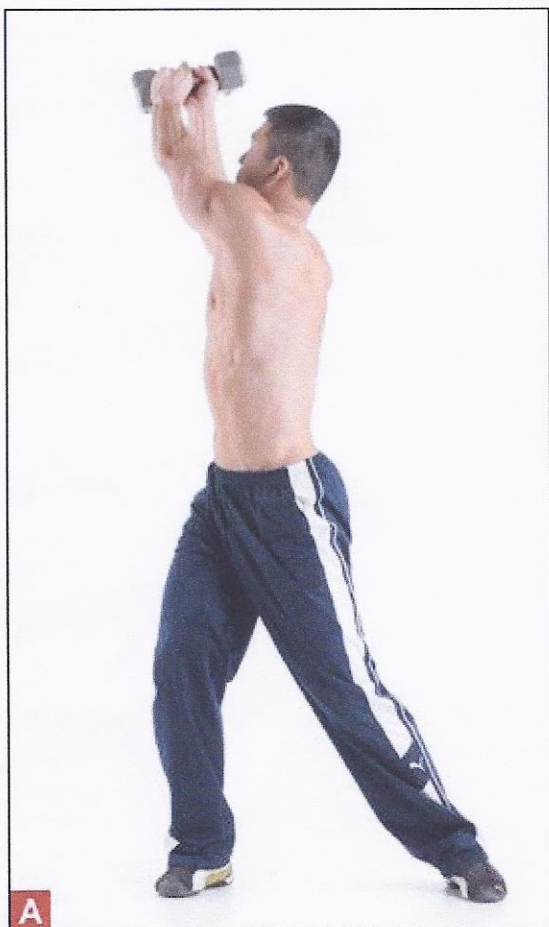
A



B

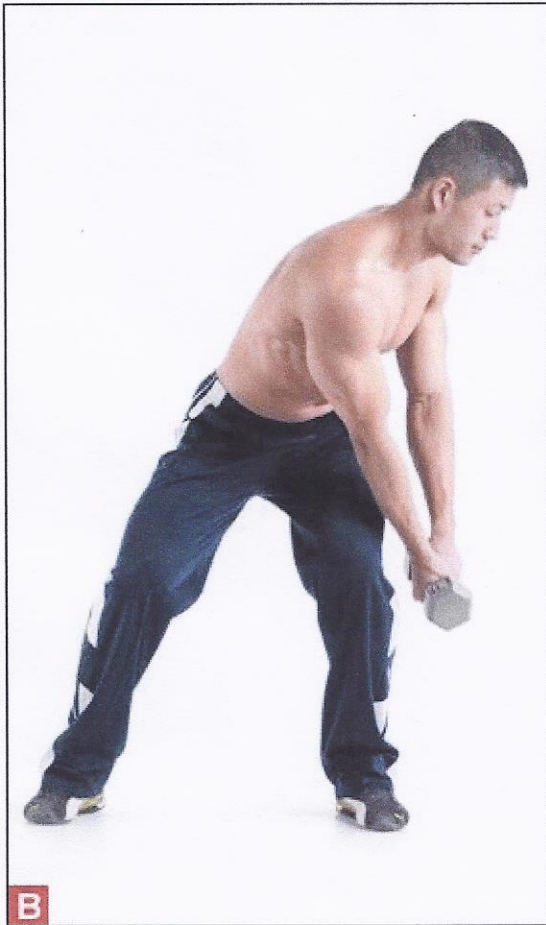
1. Dumbbell Chop

Grab a dumbbell and hold it with both hands just above your right shoulder. Swing the dumbbell down and to the outside of your left knee by rotating and bending your upper body in the same direction. Reverse the movement to return to the starting position. On your next round, switch sides, this time holding the dumbbell over your left shoulder and chopping to down and to your right.



Place your feet shoulder-width apart, with your knees slightly bent.

Don't round your lower back.



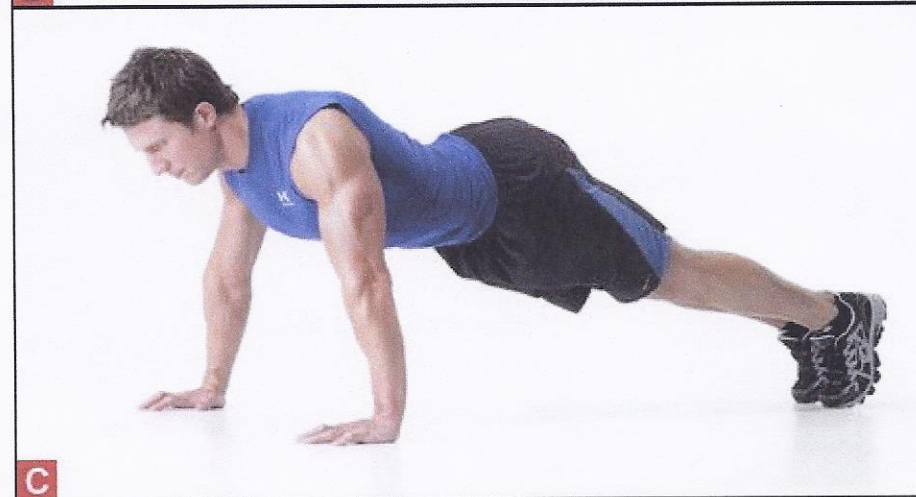
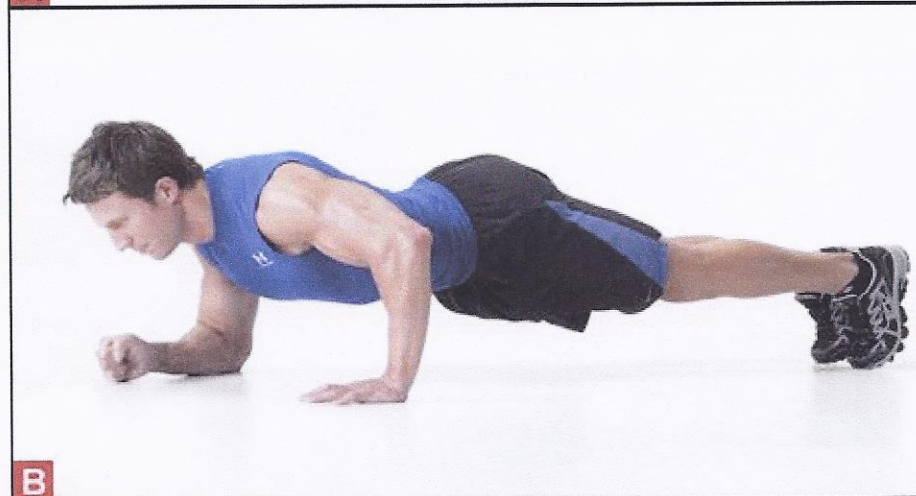
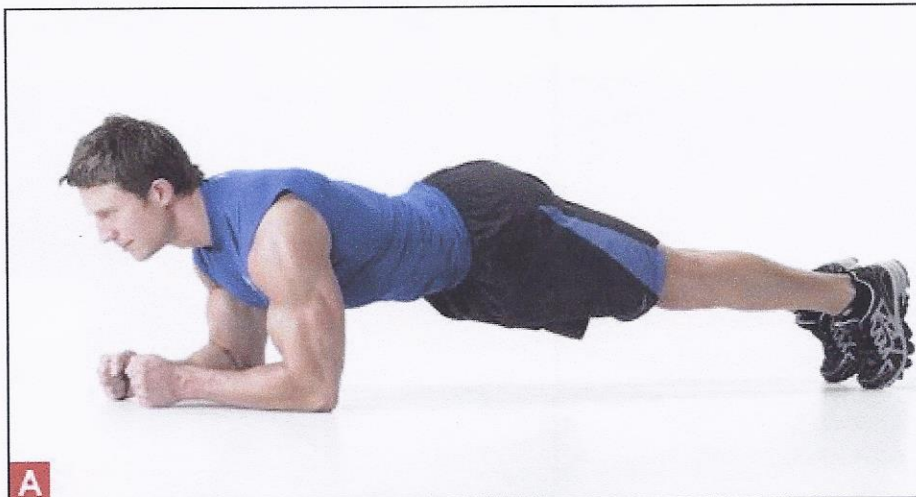
2. Plank Walkup To Pushup

Start to get into a pushup position, but bend your elbows and rest your weight on your forearms instead of your hands. Your body should form a straight line from your shoulders to your ankles. Now brace your core by contracting your abs as if you're about to be punched in the gut. Without allowing your body posture to change (don't let your hips sag!), place your left hand on the floor, then your right hand. Then push your body into the "up" position of a pushup. Now do a pushup. Then lower yourself back to your elbows into the plank position, by placing each elbow on the floor again. Repeat as many times as you can.

Brace your core and hold it tight for the entire movement.

One at a time, place your hands on the floor. Then push up until your arms are straight.

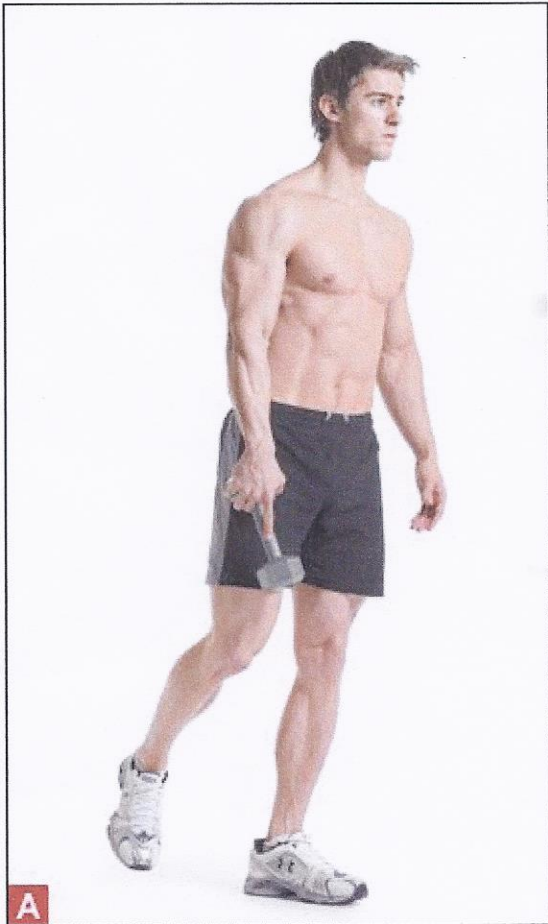
Once in this position, lower yourself down into a pushup, then push back up. Now return to position A, one elbow at a time.



Rotational Dumbbell Straight-Leg Deadlift

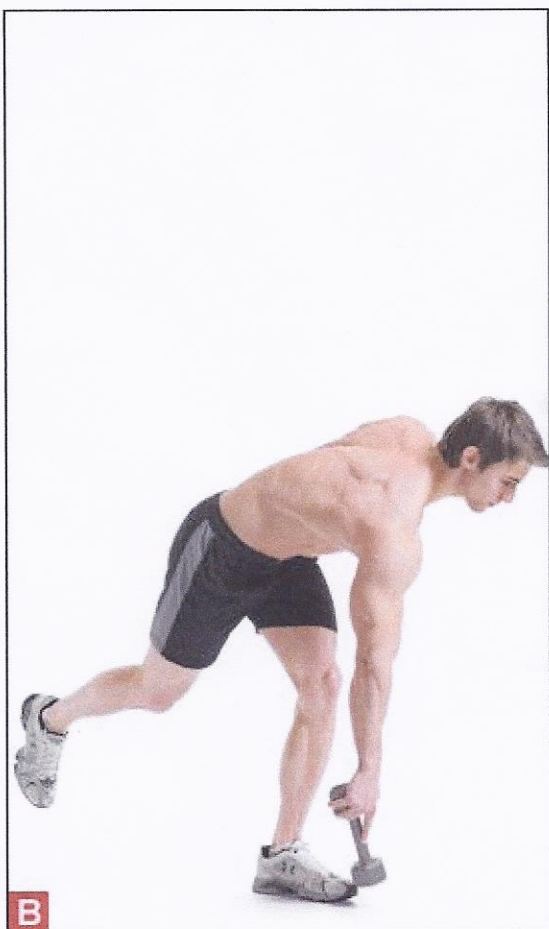
Grab a dumbbell in your right hand and hold it next to your side. Stand on your left foot with your knee slightly bent. Lift your right foot off the floor and bend that knee slightly. Without changing the bend in your left knee, bend at your hips (don't round your lower back), and lower your torso as you rotate it to the

left and try touch the dumbbell in front of your left foot. Reverse the move to the starting position and repeat. On your next round, switch arms and legs.



Hold the dumbbell so that hangs vertically.

Keep your lower back naturally arched.



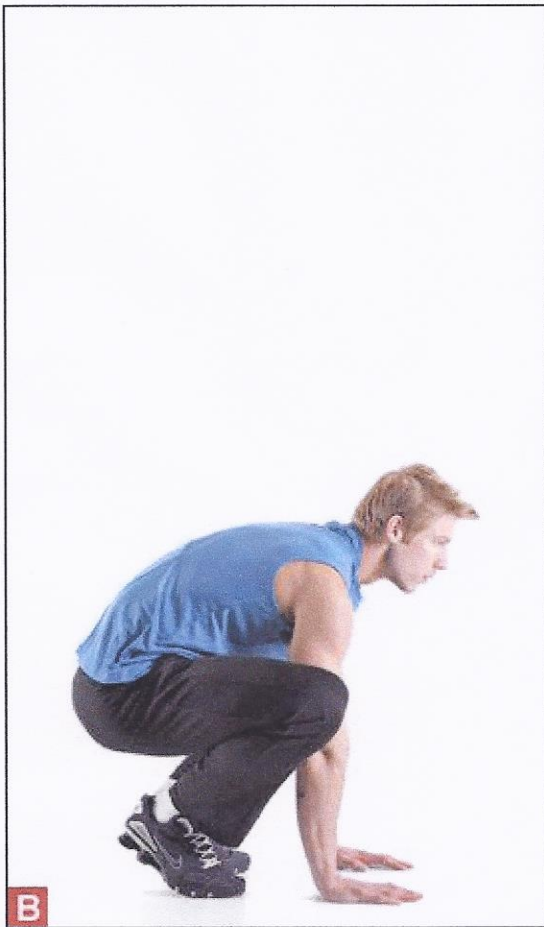
4. Squat Thrusts

Stand with your arms at your sides. Push your hips back, bend your knees, and lower your body as deep as you can into a squat. With your hands on the floor, kick your legs backward so that you're in a pushup position. Then quickly bring your legs back to a squat and stand up.

Your feet should be set about shoulder-width apart.

As you squat down, place your hands on the floor in front of you, shifting your weight onto them.

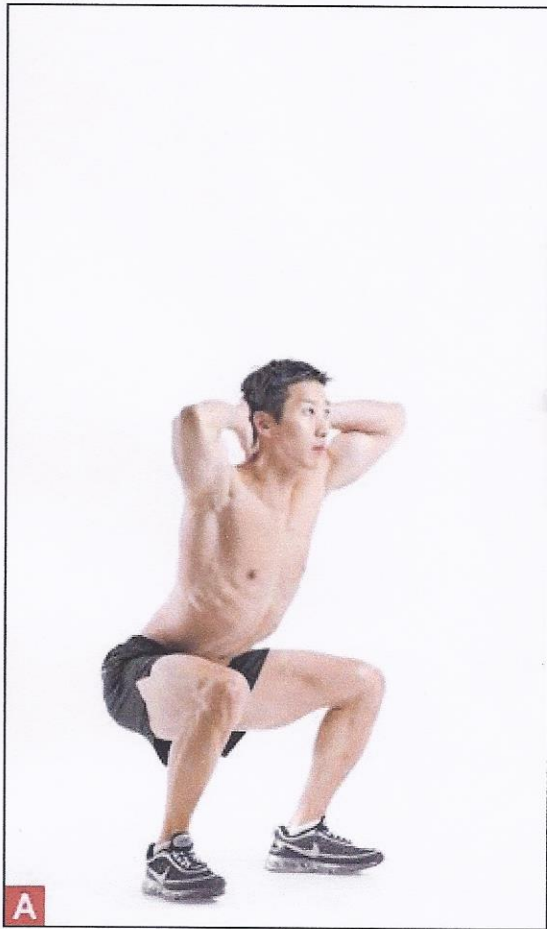
From the pushup position, return to the squat (position B, above). Then stand up quickly.

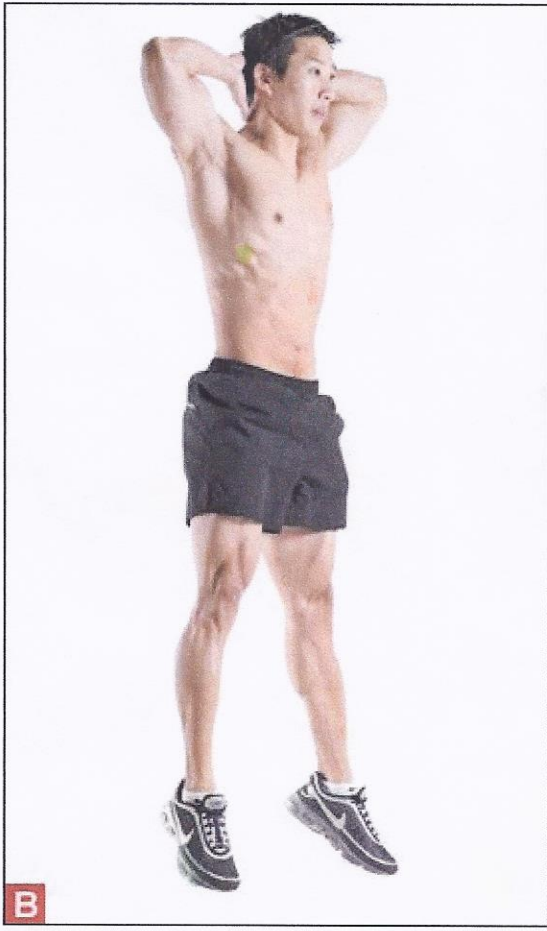


5. Jump Squat

Stand with feet about shoulder-width apart. Place your fingers on the back of your head and pull your elbows back so they're in line with your body. Push your hips back, bend your knees, and squat down. Then jump as high as you can. When you land, squat and jump again. If that's too easy, hold a pair of dumbbells at your sides as you perform the exercise.

Lower your body until the tops of your thighs are at least parallel to the floor.





Faint handwritten notes in pencil, including the word 'Spartacus' and other illegible scribbles.