

CORE STRENGTHENING WORKOUT WITH SUSPENSION TRAINER 2/WEEK

SUSPENSION TRAINER SQUAT

Start by grabbing the handles and taking a step back. With feet about shoulder width apart, lean back while gripping the handles. Once you are leaning back perform the squat. Your arms will have a slight bend in them the entire time. Think about going down to the ground not sticking your butt out.

Dosage

2 sets of 20 repetitions

Tip: The deeper you go the more it works your hips and lower back. As you get comfortable go lower. You can go deeper for a greater challenge.



SQUAT TO ROW

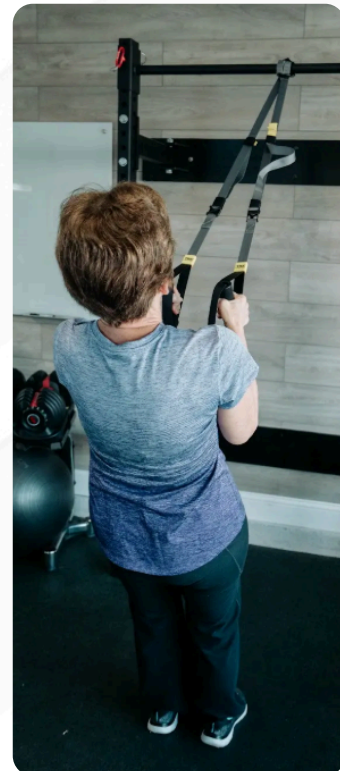
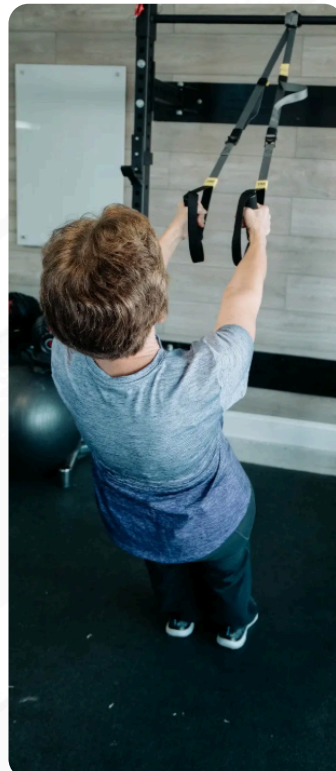
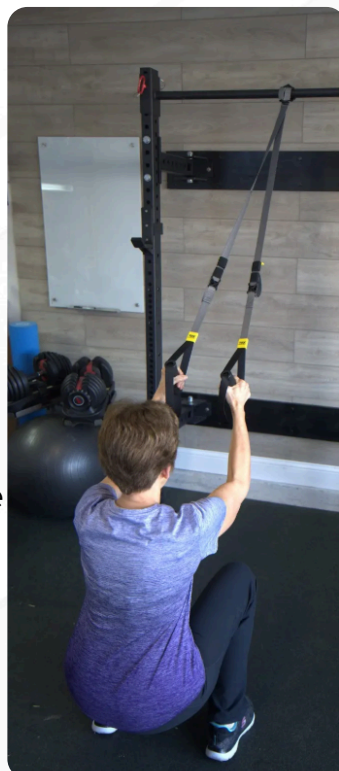
You will complete the squat for 1 rep then immediately complete the row for 1 rep.

Move your feet closer to the door so that your body has a slight decline to it. Once in that position let your arms extend and then row up, bringing your elbows to your side. Think about pinching your shoulder blades together as you row up.

Dosage

20 repetitions of each exercise

Tip: Control your movement and move your feet between exercises if you need to for comfort.



SUSPENSION TRAINER FALL OUT

Face away from the door and hold the hands at your side. Your feet will be close to the door or wall. Then keep your arms straight and then as your arms raise to shoulder height and above lean your body forward. As you lean forwards you will feel your shoulders and core active.

Dosage

5 repetitions 10 second holds

Tip: You don't have to go that far to start to feel it. Make sure to contract your abs before you fall forward. If you have any shoulder pain, limit how far your arms go up.



SUSPENSION TRAINER PUSH UP

Lengthen the suspension trainer straps. The longer they are, the harder the push up will be. Keep your heels closer to the door. Then move your hands under your shoulders and bend your elbows completing a push up movement. Make sure to turn your hands out slightly.

Dosage

2 Sets of 12 repetitions

Tip: The deeper into the push up the more you will feel it in your chest. Make sure to keep your abs contracted throughout the movement.



SUSPENSION TRAINER LUNGE

While holding onto the suspension trainer you want to take a large step back with one foot. Then bend both knees in a lunge position. Once you dip the back leg as far as you can tolerate, return to the starting position with both feet together. Alternate legs as you complete the lunge

Dosage

2 sets of 20 total repetitions

Tip: Make sure to keep some bend in your arms and keep your body tall



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on our blog!



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and more workouts!



Find suspension
trainer here



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