



FIZIQUE

# Suspension Trainer 1

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SCHOLTZ

## Alternating Tuck

Abs



1 - Place your hands on the floor with your feet in the handles and one knee pulled in towards your chest and the other leg straight out.

2 - Extend the leg out and pull the other knee in towards your chest.

- Alternate sides with each rep.

## Bicycle

Legs



- Lie on your back with your legs straight, hips raised and feet looped through the handles and your arms by your sides.

1 - Bring one heel in towards your buttocks, bending at the knee.

2 - Extend this leg out and bring the other in.

- Continue alternating bringing each leg in and out.

## Dip

Triceps



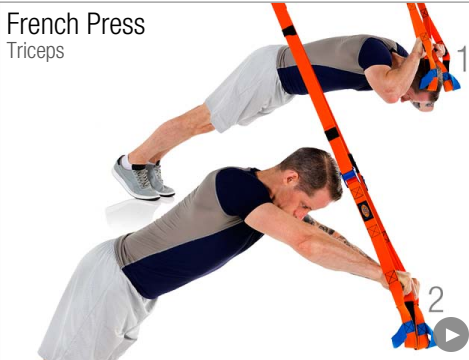
1 - Support your body off the floor with your hands in the handles at waist height with your arms straight.

2 - Lower your body toward the floor, bending at the elbows.

3 - Push back up to a straight arm position and repeat.

## French Press

Triceps



1 - Lean your body forward with your hands in the handles behind your head with your elbows bent and your legs straight out on your toes.

2 - Straighten your arms, pressing the handles over your head, keeping your shoulders steady.

## Glute Bridge

Legs



1 - Lie on your back with your legs straight and feet looped through the handles and your arms by your sides.

2 - Raise your back and hips up off the floor, bringing your body into a straight line from your feet to your shoulders.

- Lower your body back down to the floor and repeat.

## Kneeling Push Up

Chest



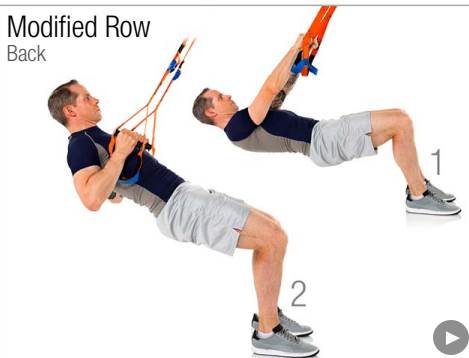
1 - Kneel on the floor with your hands in the handles, elbows bent and feet raised off the floor.

2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders throughout.

- Lower your body back to the start position and repeat.

## Modified Row

Back



1 - Lie back holding the handles with your arms straight, your upper body off the floor with feet flat and knees bent.

2 - Pull your chest up to your hands, twisting at the wrists and keeping your feet flat and knees bent.

## Pistol Squat

Legs



1 - Stand on one foot holding the handles out in front with your arms extended and one foot raised off the floor in front.

2 - Squat down on one leg, lowering your body towards the floor with your raised leg out in front, keeping your back flat/neutral.

3 - Push through the heel of your standing foot to return to the upright position.

- Complete all reps on one side before switching to the other side.

## Overhead Squat

Legs



1 - From an upright position, lean back slightly holding the handles overhead with your arms fully extended.

2 - Squat down, lowering your body towards the floor, keeping your arms overhead and your back flat/neutral.

3 - Push down through your heels to return to the upright position.