

Sample Workout 1 - Power Studio

Timers: 1 minute per exercise with 20 second transition, 1 minute break after 3 rounds.

Equipment: TRX, BOSU Ball, light to heavy dumbbells, Swiss ball, Bench

1) TRX Chest Press

- a. Start with arms extended in front of you, holding handles, facing away from anchor point.
- b. Keeping shoulders stable, bend elbows into a chest press. Extend elbows to return to start.

2) TRX Cross Balancing Lunge Right

- a. Start facing anchor point with elbows bent by sides and left knee lifted in front of hip.
- b. Slowly send left leg behind you and to the right as you lower into a lunge and extend elbows.
- c. Straighten right knee to return to start position. Left foot will never touch ground.

3) TRX Cross Balancing Lunge Left

- a. Start facing anchor point with elbows bent by sides and right knee lifted in front of hip.
- b. Slowly send right leg behind you and to the left as you lower into a lunge and extend elbows.
- c. Straighten left knee to return to start position. Right foot will never touch ground.

BOSU, 1-2 sets of medium to light dumbbells

1) Alt Mac Raises

- a. Start standing on BOSU (black side up = advanced), holding dumbbells.
- b. Slowly bend and lift right elbow back to 90 degrees shoulder height and left arm into straight front raise.
- c. Repeat second side.

2) Sumo Squats over BOSU

- a. Start with BOSU blue side up, one foot on bullseye, feet turned out. Lower into squat.
- b. Use power to push over BOSU and repeat second side.

3) BOSU Plank with Alt Knee to Elbow

- a. Start in plank position, BOSU black side up.
 - b. Slowly pull right knee into chest, angling it toward the left elbows.
 - c. Hold for a count of 2 and then repeat second leg
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Swiss Ball, Bench, 1-2 medium to heavy dumbbells

1) Alt Lunge with Overhead Press

- a. Start standing on bench with medium dumbbells racked at shoulders.
- b. Step one leg back into lunge. As you return to standing, push arms overhead into press.
- c. Repeat second side.

2) Wall Squat with Bicep Curl

- a. Start with Swiss ball between back and wall, holding dumbbells.
- b. Sit back into squat position. Holding squat, perform bicep curls.

3) Row, Row, Push-up

- a. Start in plank position with hands on medium dumbbells
- b. Pull right and then left arm into single arm rows.
- c. Perform a push-up. Repeat sequence.