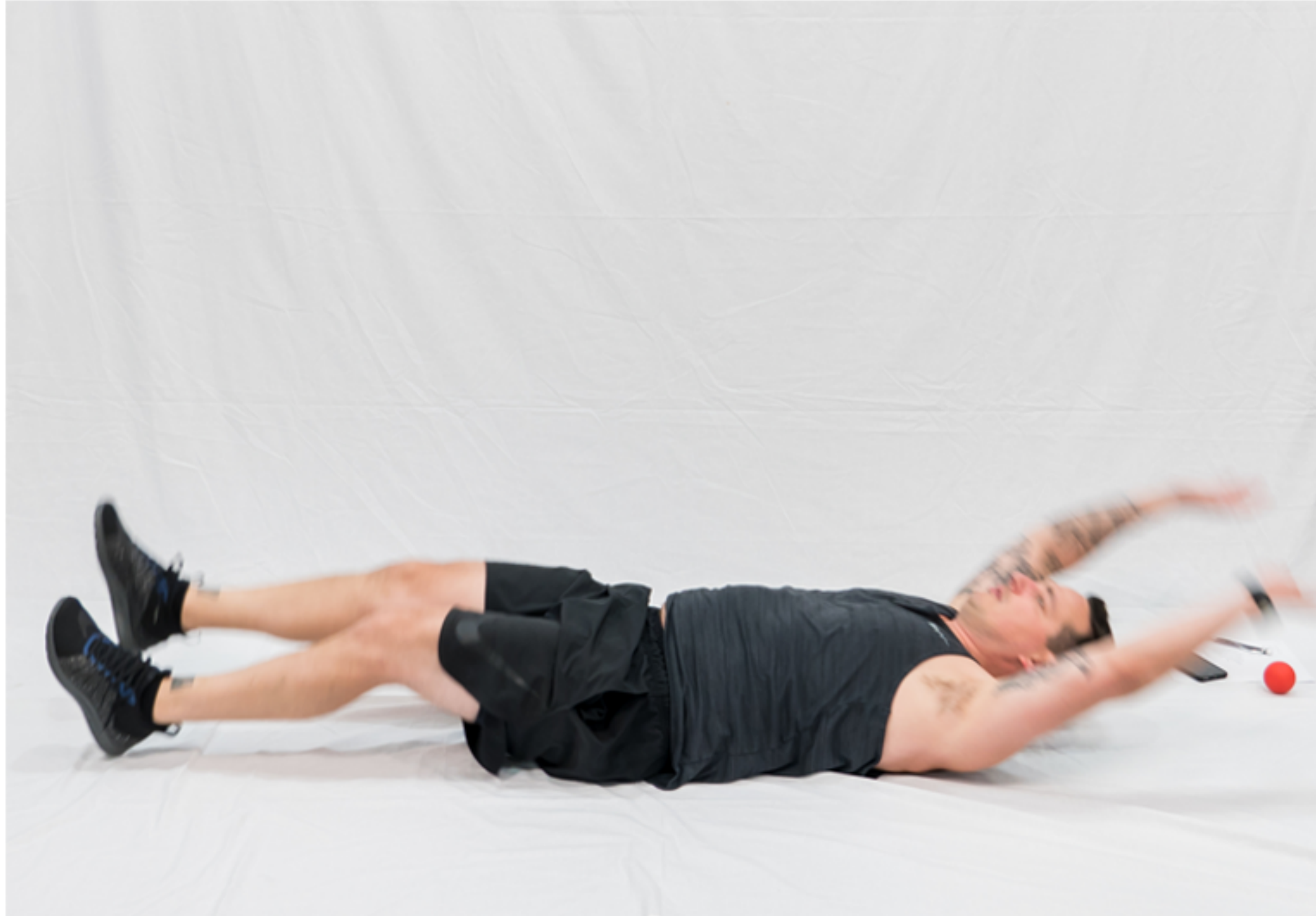


USC WELLNESS

FITNESS DIAGRAMS



V-UP



- Keeping core tight
- Reach for toes
- Chin towards ceiling

SUPERMAN HOLD



- Neck in neutral position
- Lift all four limbs off ground
- Keep eyes on floor

SIDE PLANK HIP DIP



- Elbow under shoulder
- Bottom knee bent at 90 degrees
- Push through knee and elbow
- Elevate hips and raise top leg
- Hold for 3 seconds
- Repeat

SUITCASE CARRY



- Weight at side of body
- Elevate hand to back of head
- Keep shoulder back
- Walk or hold for 15-30 seconds
- Switch and repeat

REVERSE SWISS BALL BACK EXTENSION



- Place ball in midsection
- Hands on floor
- Lift both feet

- Engage lower back
- Return and repeat

RKC PLANK



- Elbows under shoulders
- Feet shoulder width
- Engage glutes, engage core
- Hold as tight as possible for 5-10 seconds

BANDED TWIST



- Band fixed at chest level
- Press and rotate away from fixed location
- Rotate through mid-section AMAP

BANDED PRESS



- Band fixed at chest level
- Press arms straight out
- Anti rotation, holding hand position through out

STIR THE POT



- Arms under shoulders, feet shoulder width
- Rotate arms clockwise
- Repeat counter clock wise

RUSSIAN TWIST



- Sit with your torso leaning back at a 45-degree angle
- Knees bent
- Feet on the floor or elevated a few inches
- Rotate side to side

SIDE PLANK



- Elbow under shoulder
- Bottom knee bent at 90 degrees
- Elevate hips and hold

LOWER EXTENSION



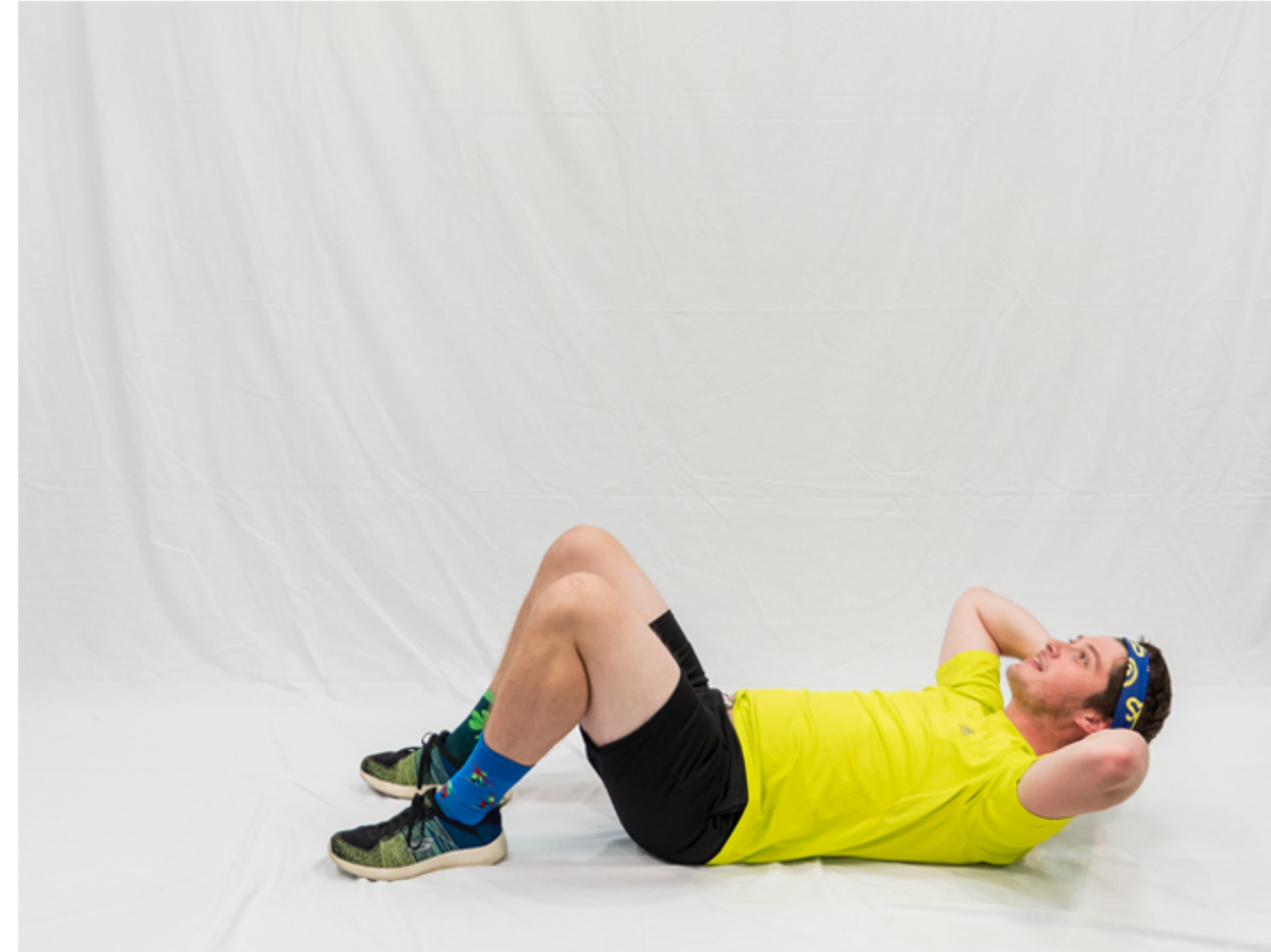
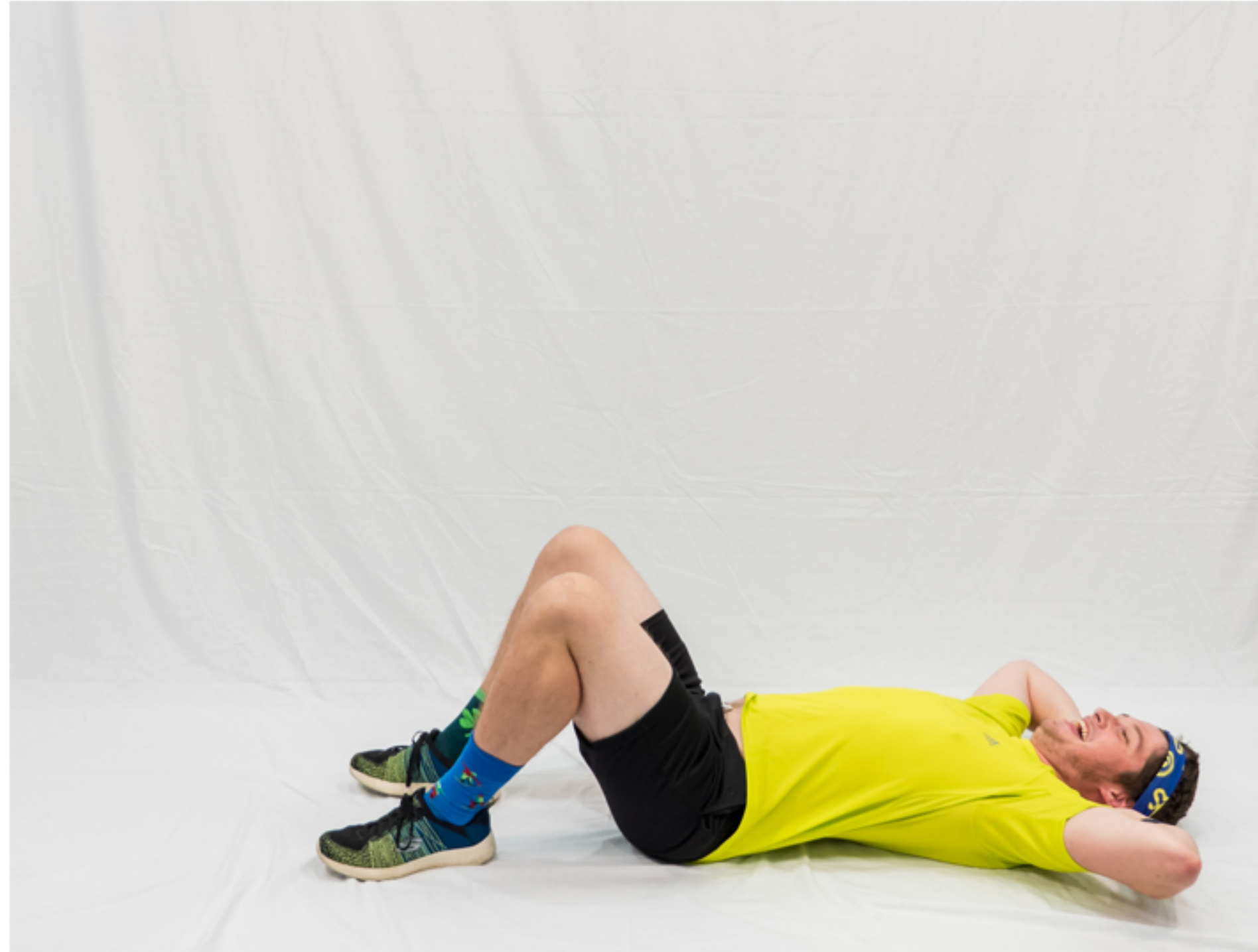
- Hands under back side, feet separated
- Engage core
- Lift legs to 90 degrees
- Return to starting position
- Repeat

BICYCLE



- Hands held lightly behind head
- Bring upper torso towards knee
- Reaching with underarm NOT elbow
- Feet are alternating in and out

CRUNCH



- Feet on floor, hands behind head
- Rise chest towards ceiling
- Lifting shoulder blades 10 cm off ground

DOUBLE CRUNCH



- Start in fully extended position
- Engage core
- Bring both upper and lower body together in centre
- Return to starting position

DIVE THROUGH



- Feet on floor, hands between legs
- Engage core
- “Dive through” knees
- Keep eyes and chin towards ceiling

ASSISTED TOE TOUCH



- Feet elevated at 90 degrees
- Hands extended above head
- Engage core
- “Toss” hands towards toes
- Keep eyes and chin towards ceiling

WEIGHTED CRUNCH



- Feet on floor, weight over chest
- Arms fully extended, engage core
- "Push" weight towards ceiling
- Keep eyes and chin towards ceiling

**RUSH
HOUR
CANADA**



TOE TOUCH



- Feet elevated, hands pointing towards toes
- Engage core
- Elevate shoulders
- Keep eyes and chin towards ceiling

SWISS BALL KNEE TUCK



- Starting in push up position
- Swiss ball under legs
- Engage core
- Tuck knees towards chest
- Return to starting position

SUPINATING DB CURL



- Weight at sides, slight bend in knees
- Curl weight up, keeping elbows back
- Rotate weight so palms are facing up
- Stopping when arms are parallel to floor

OVERHEAD TRI EXTENSION



- Feet shoulder width, soft knee
- Weight located behind head
- Elbows pointing towards ceiling
- Engage core, press weight up
- Extend through elbows
- Return to starting position and repeat

HAMMER CURL



- Feet shoulder width, soft knee
- Keeping hands in neutral position, engage core
- Curl weight until arms are parallel to floor
- Return to starting position and repeat

LYING SKULL CRUSHER



- Feet on floor, weight above chest
- “Break” at elbows
- Bring bar towards forehead
- Press weight back up

SINGLE ARM OVERHEAD TRI EXTENSION



- Feet shoulder width, soft knee
- Weight located behind head
- Elbow pointing towards ceiling
- Engage core, press weight up
- Extend through elbow
- Return to starting position and repeat

CHAIR DIP



- Feet under body, knees at 90 degrees
- "Break" at elbows
- Stopping when elbows hit 90 degrees
- Press through palms, return to starting position

ALTERNATING BICEP CURL



- Feet shoulder width, palms facing forward
- Curl both arms to parallel
- Alternate one arm at a time
- Return to bottom position and repeat

TRICEPS KICK BACK



- Feet shoulder width, soft knee, hip hinge
- Drop chest towards floor
- Elevate elbows to be inline with ribs
- Kick back weight

REVERSE CURL



- Feet shoulder width, soft knee
- Palms facing back, keeping elbows back
- Curl weight up until arms are parallel to floor

**RUSH
HOUR
CANADA**



CUBAN PRESS



- Feet shoulder width, palms facing back
- Rotate shoulders until upper arms are 180 degrees
- Press dumbbells by extending elbows
- Straightening arms overhead
- Return to starting position and repeat

LATERAL RAISE



- Feet shoulder width apart
- Keep back straight and brace your core
- Slowly lift weight out to the side until arms are parallel with the floor
- Keep elbows slightly bent
- Slowly lower and repeat

STANDING MILITARY PRESS



- Feet shoulder width knees slightly bent
- Grab the barbell palms facing forward
- Lift bar overhead while locking arms
- Hold at shoulder level and slightly in front of head
- Lower bar down to collarbone and repeat

STANDING PRESS



- Feet shoulder width, knees slightly bent
- Grasp weight palms facing in
- Extend arms over head grasping weight and bracing core
- Slowly lower and repeat

ALTERNATING OVERHEAD PRESS



- Feet shoulder width apart, knees slightly bent
- Grasp weight palms facing forward
- Keep elbows pointing out
- Extend one arm with weight straight up
- Hold weight overhead briefly and lower
- Repeat on opposite side

**RUSH
HOUR
CANADA**



VICTORY RAISES



- Feet shoulder width apart, knees slightly bent
- Place band around wrists
- Raise arms and extend to form a “V” overhead
- Lower and repeat

BANDED FACE PULLS



- Keep knees shoulder width
- Face a pulley with band attached
- Pull band directly towards face
- Separate hands as you do
- Keep upper arms parallel to ground
- Repeat

REAR DELT FLY



- Stand with legs hip width apart
- Bend torso forward and bend legs slightly
- Raise arms with hands facing down
- Squeeze shoulders together
- Lower arms and repeat motion

FRONT RAISES



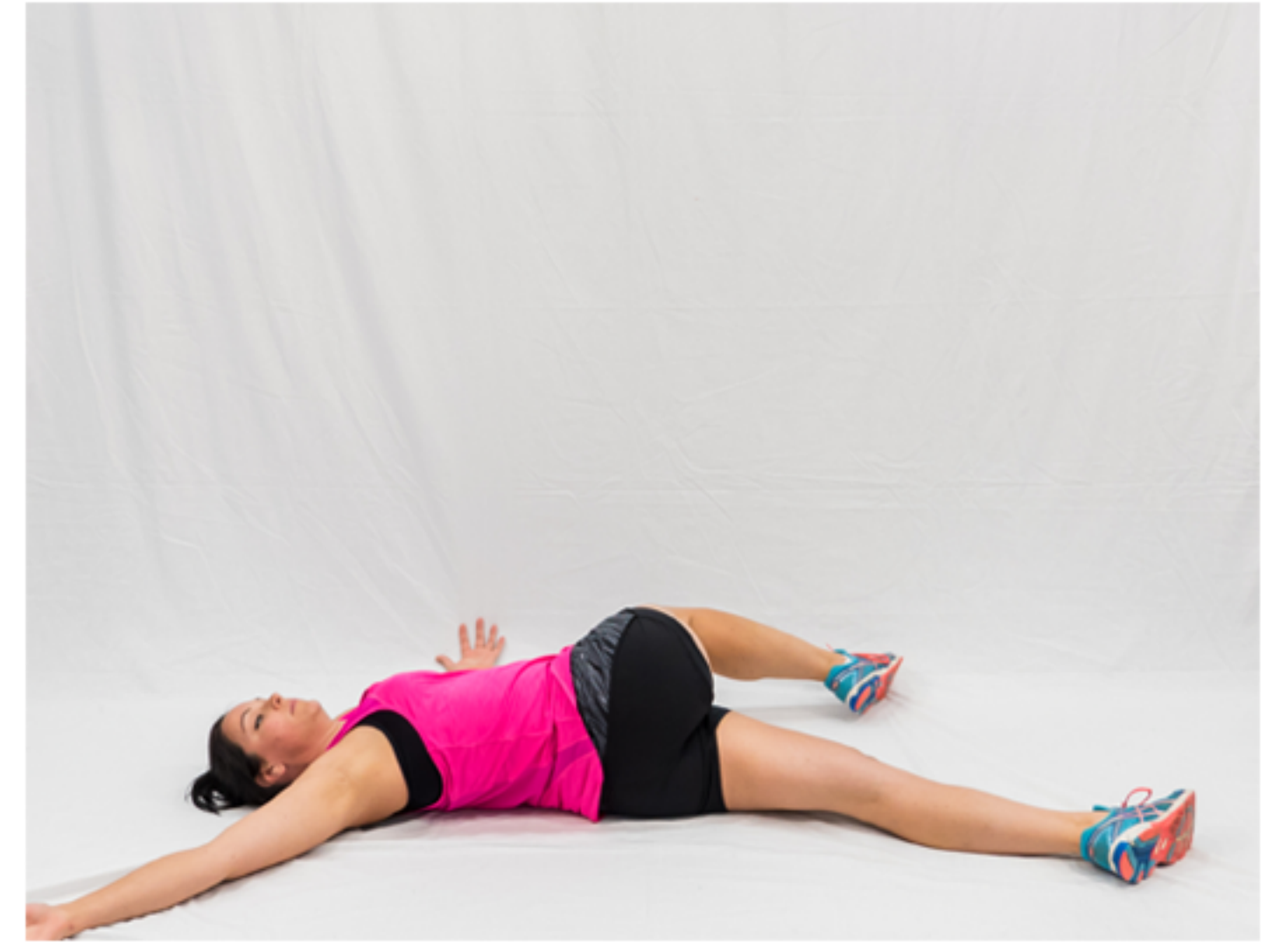
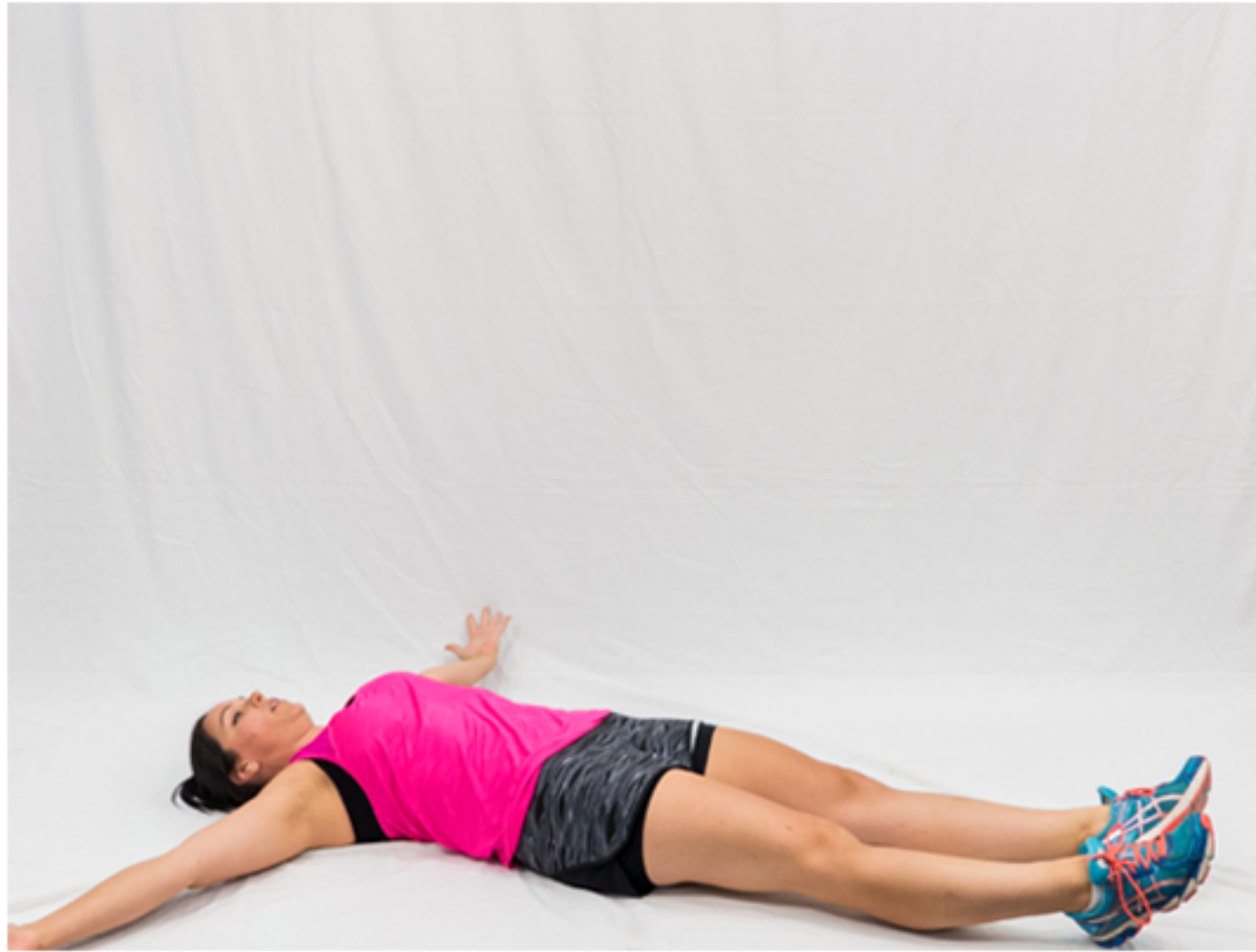
- Keep legs shoulder width apart
- Keep torso straight and brace core
- Palms of your hands face thighs
- Brace core and lift arm straight out while keeping elbow bent
- Palms face floor
- Lower arm, rotate and repeat

WIDE GRIP UPRIGHT ROW



- Legs shoulder width apart knees slightly bent
- Keep palms forward
- Grip a bit more than shoulder width
- Lift weights to shoulders
- Lower weight to starting position and repeat

SCORPIONS



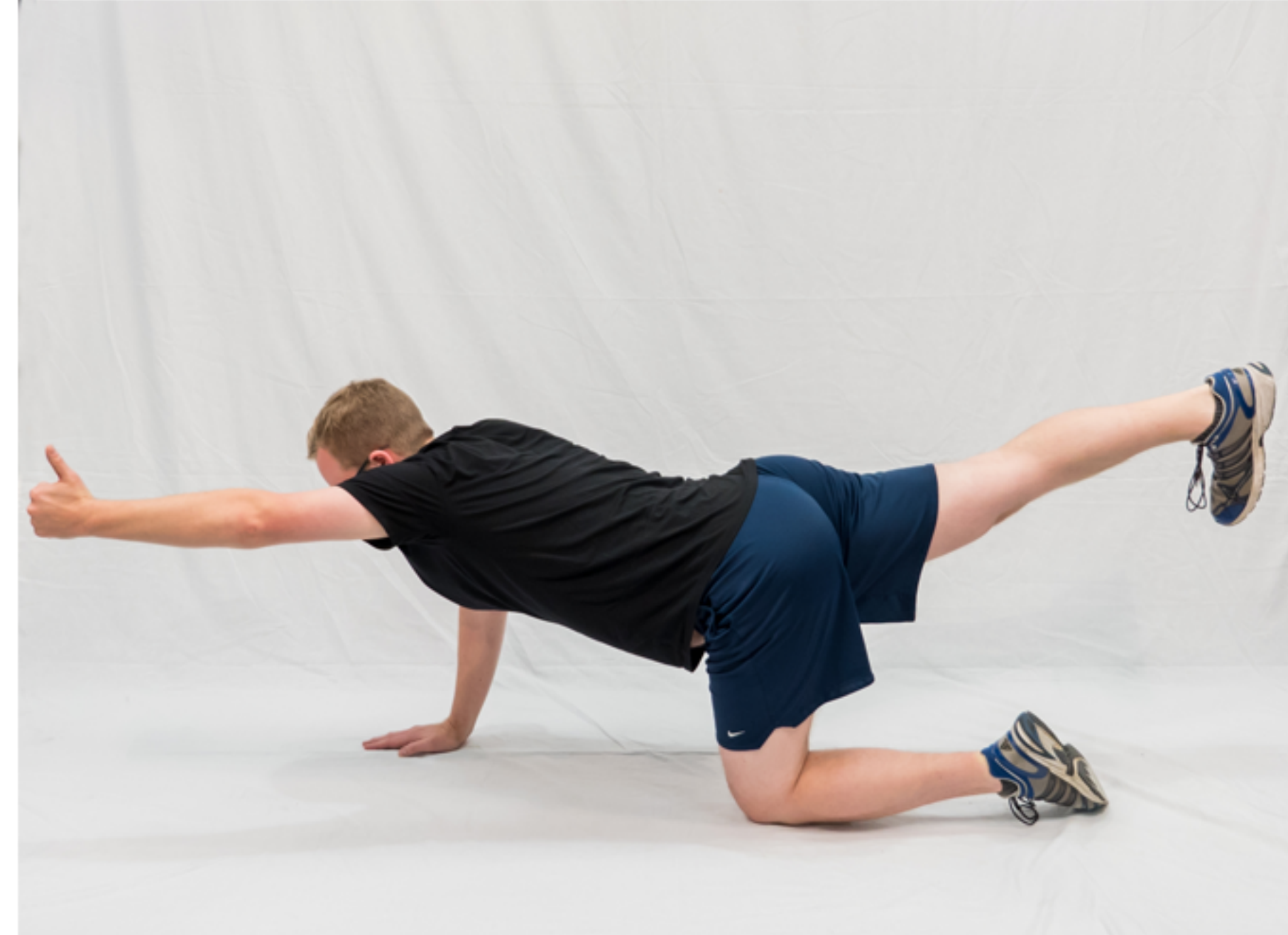
- Lay flat on back
- Arms extended out on the floor
- Raise one knee up
- Push knee to opposite side until the stretch is felt, hold
- Reset to starting position and repeat

RETRACTIONS



- Feet shoulder width apart, knees slightly bent
- Bring shoulder blade back and push chest out
- Hold position, reset back to starting position and repeat

BIRD DOG



- Kneel on floor, positioning knees and feet hip-width apart
- Lean forward, place hand on floor under shoulders
- Stiffen core
- Fully extend one arm and leg opposite each other
- Hold, reset and repeat

HIP FLEXOR STRETCH



- Place one knee on ground, one foot on floor
- Drive hip forward and knee into the ground

PIGEON POSE



- Bring heel of leg to the pant pocket of opposite leg
- Hold stretch
- Bring leg back and repeat with other leg

DISLOCATIONS



- Feet shoulder width apart, grasp resistance band
- Hang arms down and lock elbows
- Flex shoulders and rotate shoulder blades upward
- Retract shoulder blade and repeat

ARM CIRCLES



- Feet shoulder width apart
- Arms parallel to floor and perpendicular to torso
- Slowly make circles with arms, gradually increasing in size
- Reverse movement and go in opposite direction

ROTATOR CUFF ROTATIONS



- Keep feet shoulder width apart
- Hold arms out, bend elbows and hands face the floor
- Rotate shoulders and arms up vertically and repeat

STEP UPS



- Stand straight, feet shoulder width apart
- Place foot on elevated platform
- Step up on the platform
- Use heel mainly to lift the rest of body up

- Place opposite foot on platform
- Step down with opposite foot
- Return to standing position and repeat

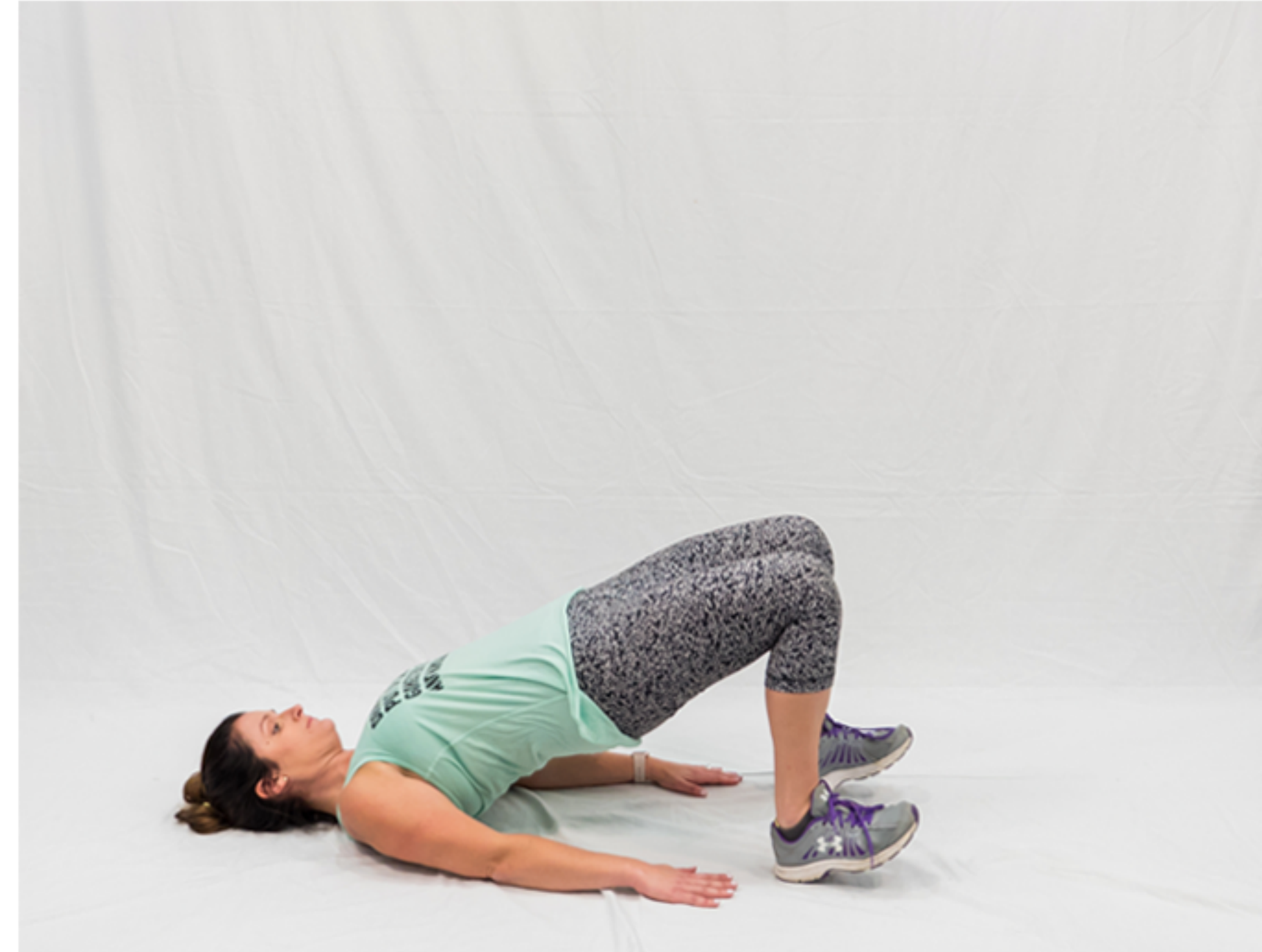
BELLY UPS



- Stand straight with feet shoulder width apart
- Move body down into push up position
- Do single push up

- Stand back up into starting position
- Repeat

BRIDGES



- Lie down on back, arms at side
- Raise hips toward the ceiling
- Keep knees and thighs parallel
- Hold pose
- Reset back to starting position and repeat

GOOD MORNINGS



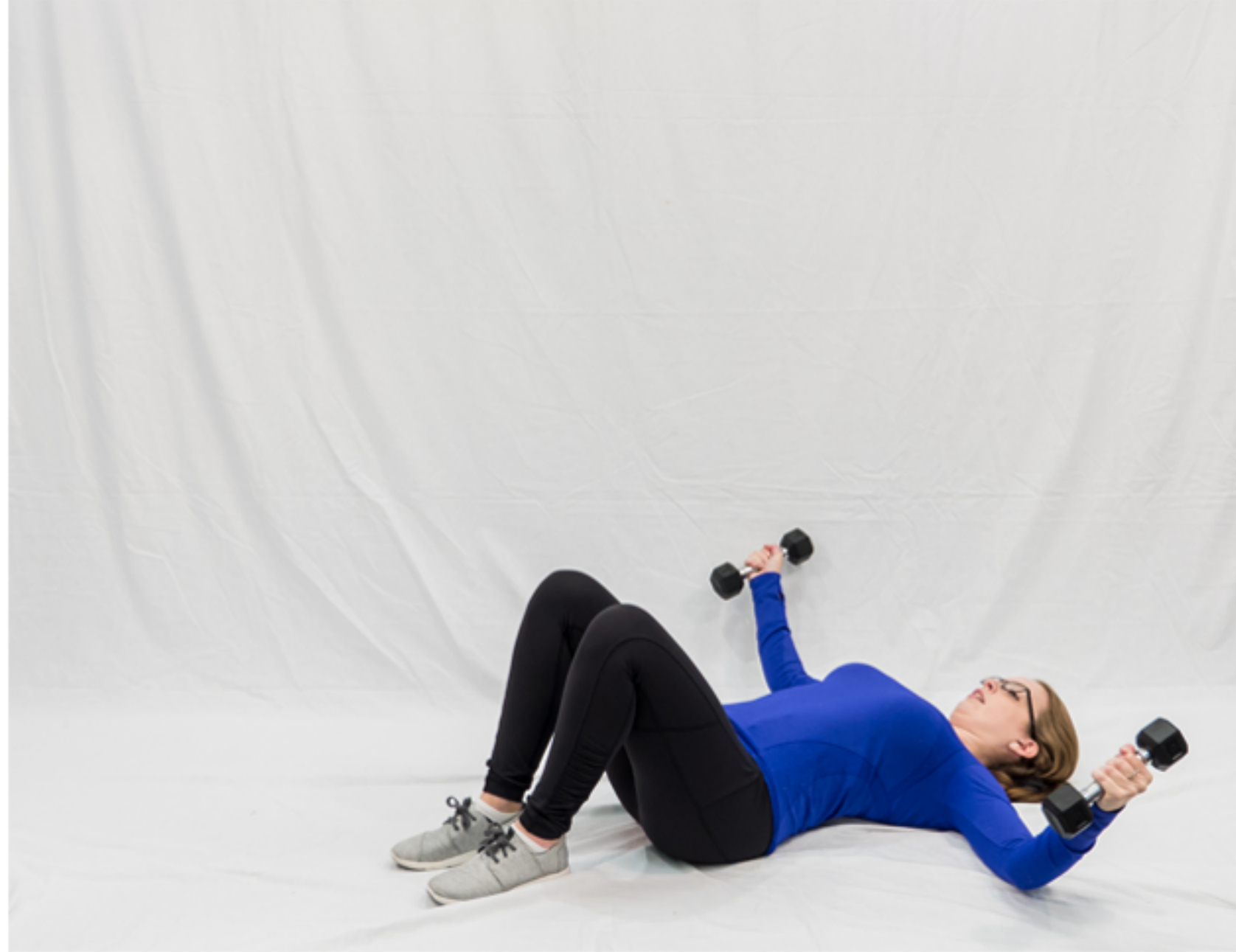
- Stand straight with feet shoulder width apart
- Raise arms, extend elbows and grasp hands to side of head
- Bend at hips moving them back as you bend near parallel
- Keep back arched
- Return to start by extending through hips with glutes and hamstrings
- Repeat

PUSH UP



- Get into plank position with hands under but slightly outside shoulders
- Lower body until chest nearly touches floor
- As you lower tuck elbows pulling them close to body
- Arms are at 45 degree angle when torso is in bottom position
- Pause then push back to starting position

FLOOR CHEST FLY



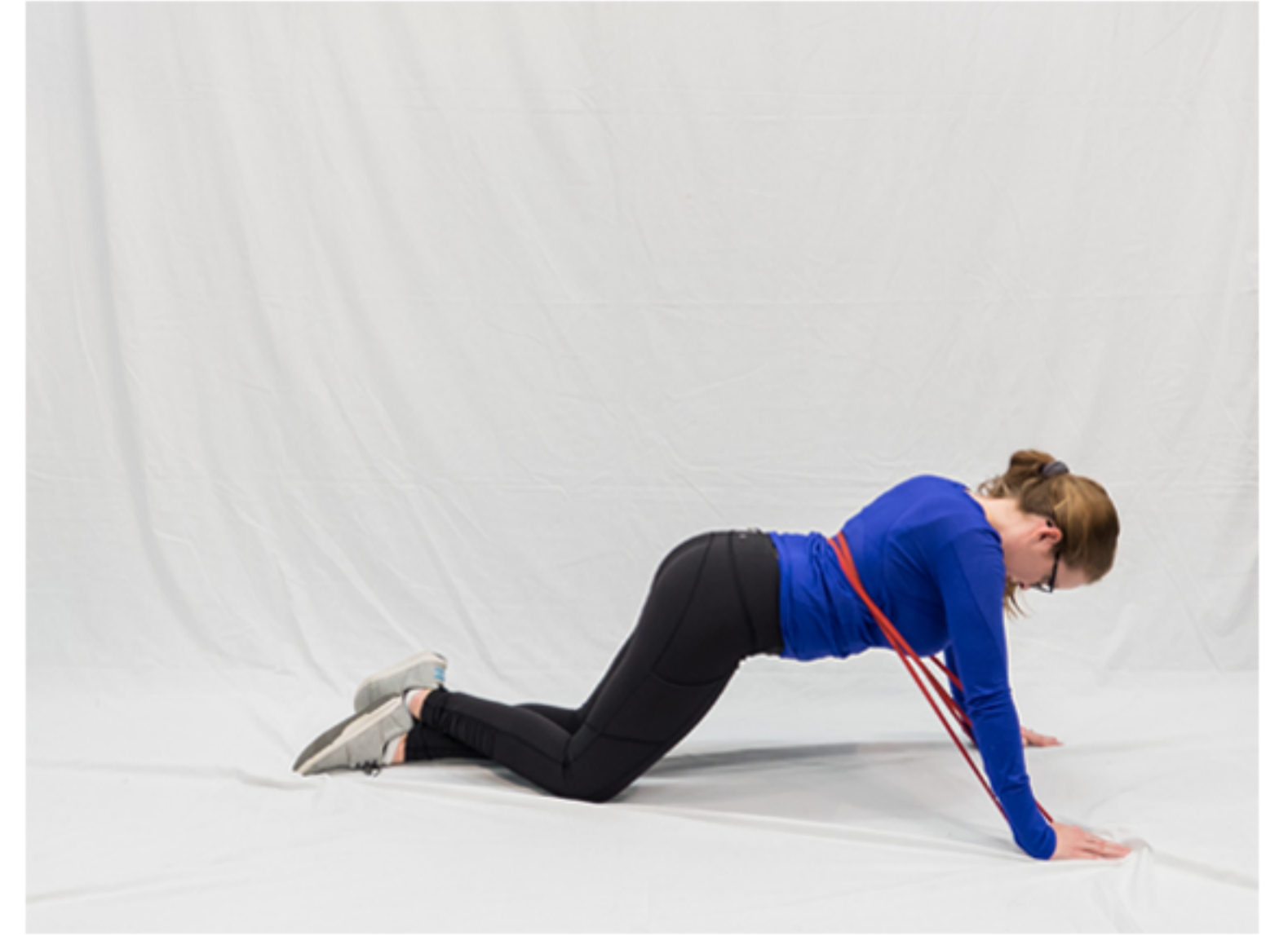
- Lie on floor with weights above shoulders, palms facing in
- Lower weights in arching motion
- When elbows hit the floor they should be even with chest
- Squeeze weights back together in arching motion
- Once in starting position repeat

FLOOR PRESS



- Lie on the floor
- Keep elbows at side on floor with arms raise grasping weight
- Fully extend arms up
- Slowly lower arms back into starting position
- Repeat

BANDED PUSH-UP



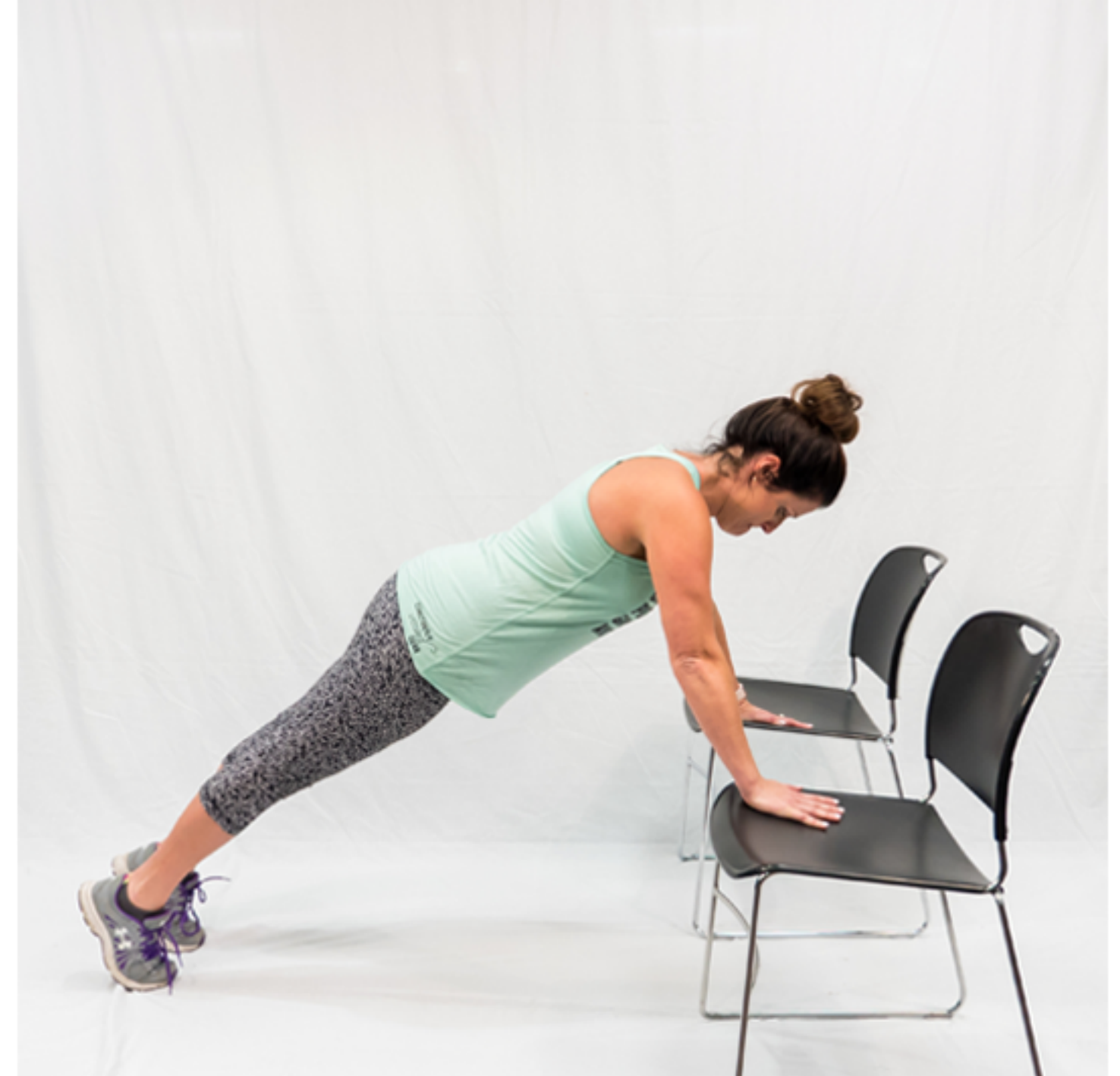
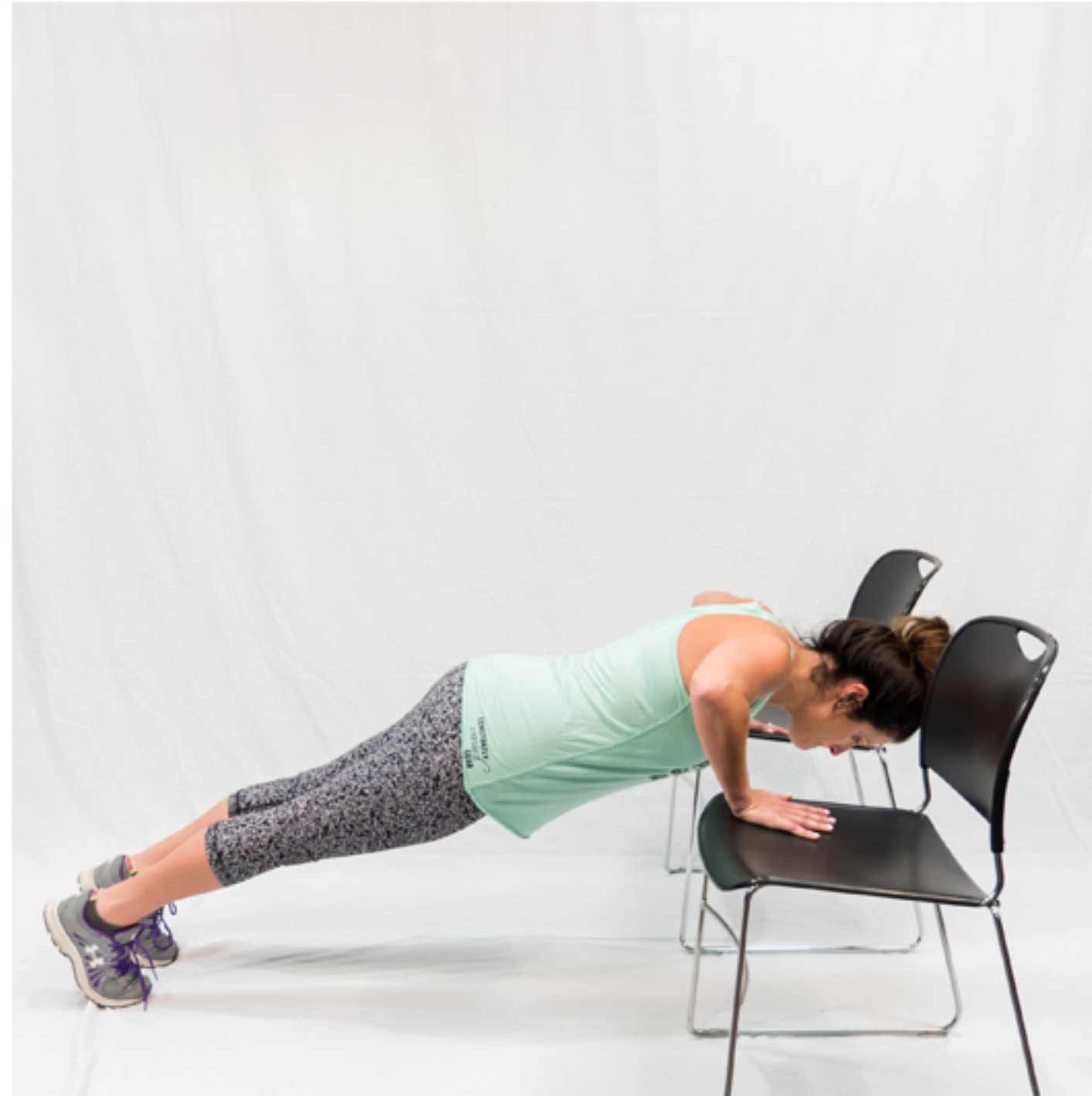
- Wrap band behind upper back
- Get into push up position
- Brace abdominal muscles
- Bend elbows to 90 degrees, rise back up to perform the push up
- Repeat once in starting position

PUMP BAR FLOOR PRESS



- Lie on floor grasping bar
- Lower the bar towards bottom of chest, squeezing the bar
- Tuck elbows throughout the movement
- Raise bar and repeat the motion

INCLINE PUSH-UP



- Place hands on an inclined platform
- Keep back straight and embrace core
- Lower body keeping elbows close to the body
- Raise body and repeat

ALTERNATING FLOOR PRESS



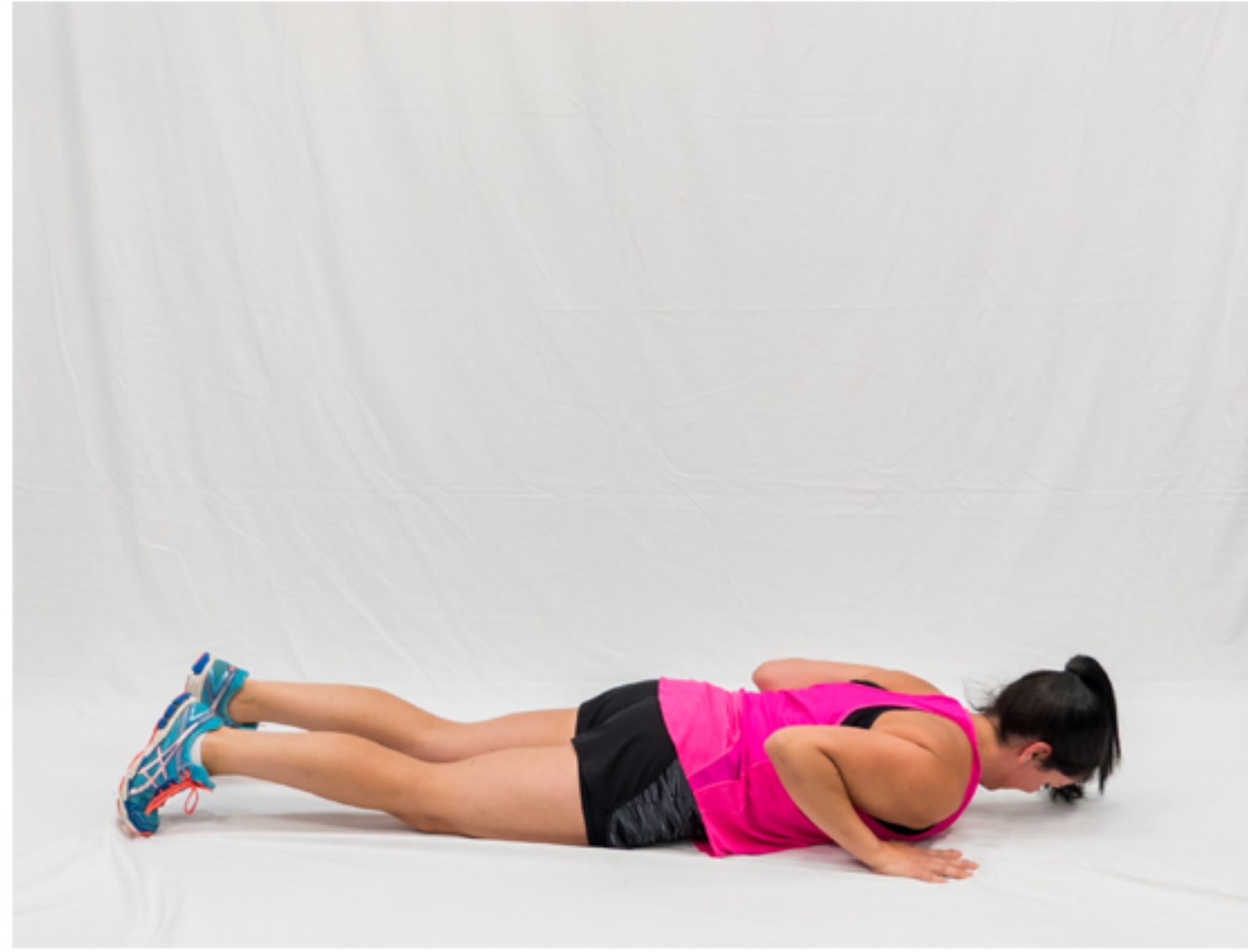
- Lie on the floor, position weight in place on chest
- Palms facing forward
- Extend both arms so that weight is held above chest
- Lower weight to chest so it's back in starting position
- Repeat

BOSU PUSH-UP



- Assume prone position with body straight supporting upper body
- Wide grip on the flat side of the Bosu Ball
- Flex elbows lowering torso
- Pause at the bottom of motion
- Extend elbows to return to starting position, repeat

NEGATIVE PUSH-UP



- Assume standard push up position
- Slowly lower down while keeping body in straight line
- As body comes close to ground, drop knees and push up
- Raise back up and repeat

DECLINE FLOOR PRESS



- Lay face up on floor
- Elbows out to the side, hands up grasping weight
- Push hips off the floor
- Fully extend arms overhead with weights
- Lower arms and repeat

SINGLE ARM ROW



- Feet shoulder width apart, knees slightly bent
- Keep back straight and brace core
- Push hips back, bending upper body forward
- Extend arm down, grasping weights
- Bend elbow and pull weight up to ribcage
- Lower and repeat

**RUSH
HOUR
CANADA**



BENT OVER ROW



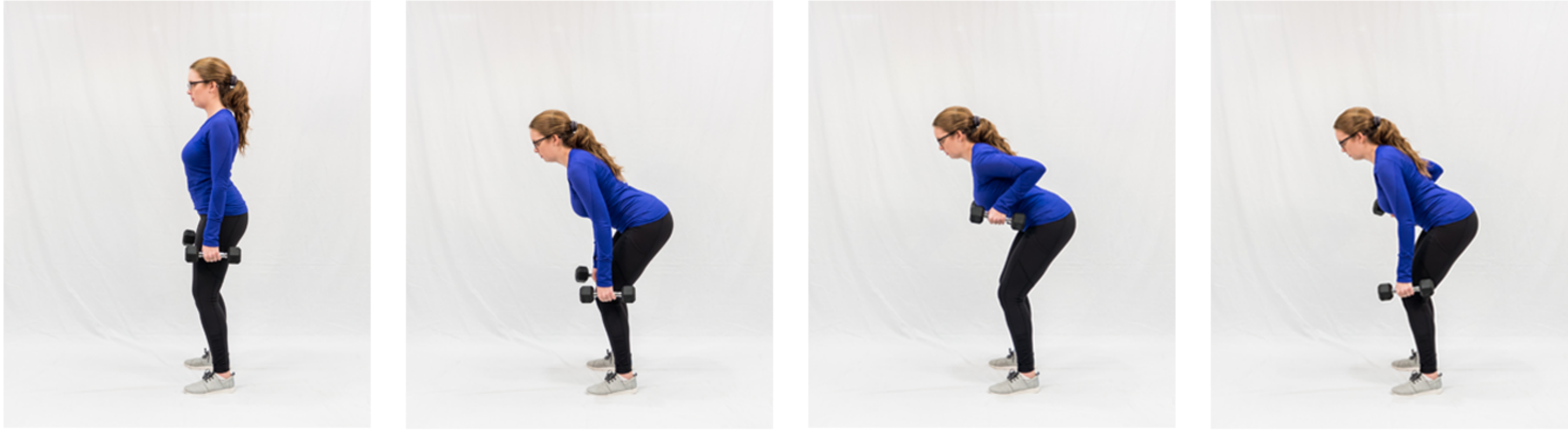
- Feet shoulder width apart
- Hinge forward until torso is parallel with the floor
- Drive elbows behind the body, retract shoulder blades
- Pull weight towards stomach
- Lower into starting position and repeat

SWISS BALL HYPER EXTENSION



- Lie down on exercise ball, torso pressing against the ball, parallel to the floor
- Slowly raise torso up
- Hold and lower into starting position
- Repeat

ALTERNATING BENT OVER ROW



- Feet shoulder width
- Bend over slightly, push butt
- Pull weight up, retract shoulders
- Bend elbow, draw weight to rib cage
- Lower into starting position, repeat



BENT OVER STRAIGHT ARM PULLBACK



- Feet shoulder width apart
- Push butt back and keep back straight, slight bend in elbows
- Pull arms fully behind body, hold for a moment at shoulder level
- Lower arms to starting position and repeat

SHRUGS



- Feet shoulder width apart
- Slight bend in the elbow while grasping weight
- Lift weight by elevating shoulders as high as possible while you exhale
- Hold at top for a moment
- Lower into starting position and repeat

LYING REVERSE SNOW ANGELS



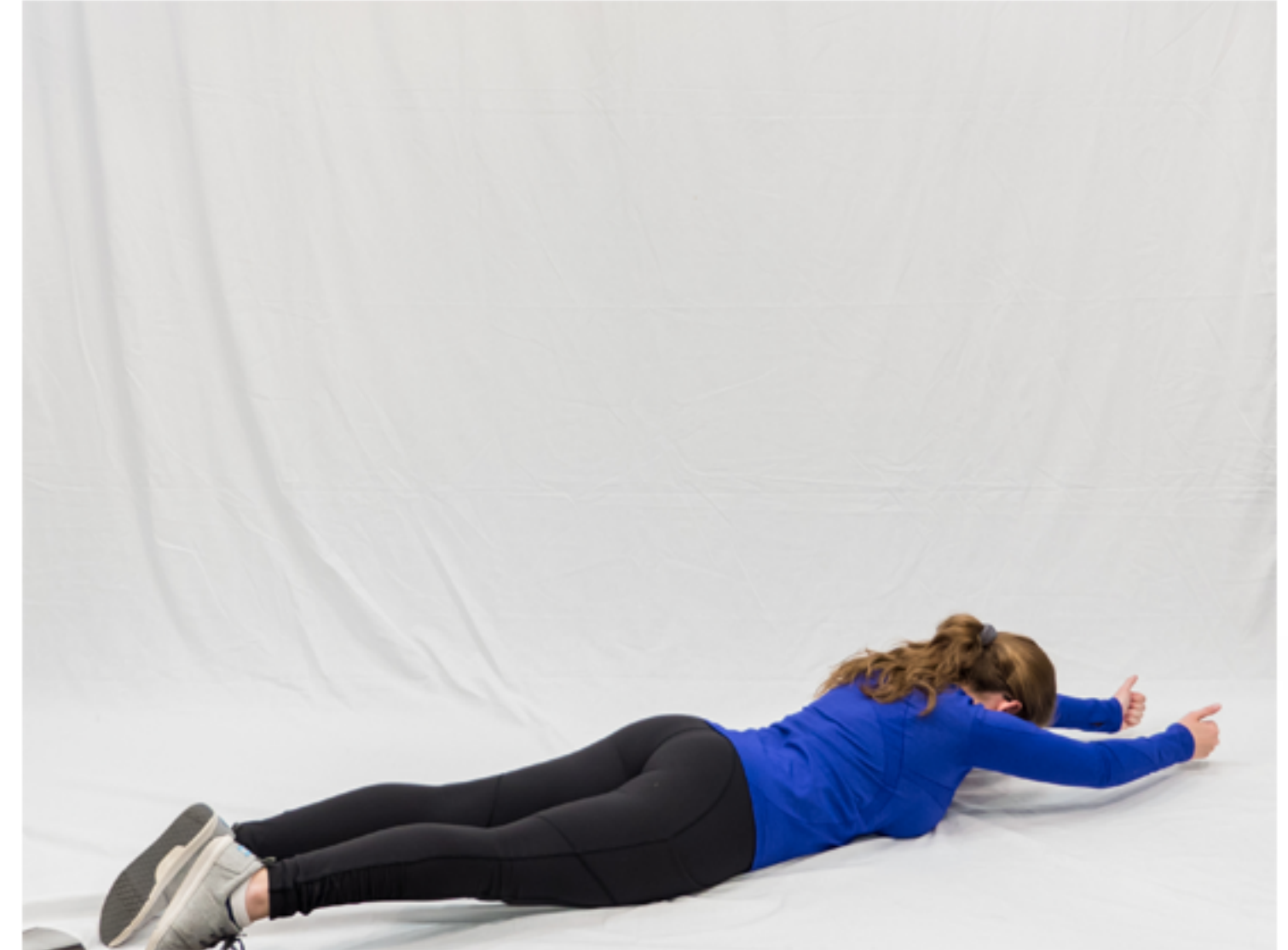
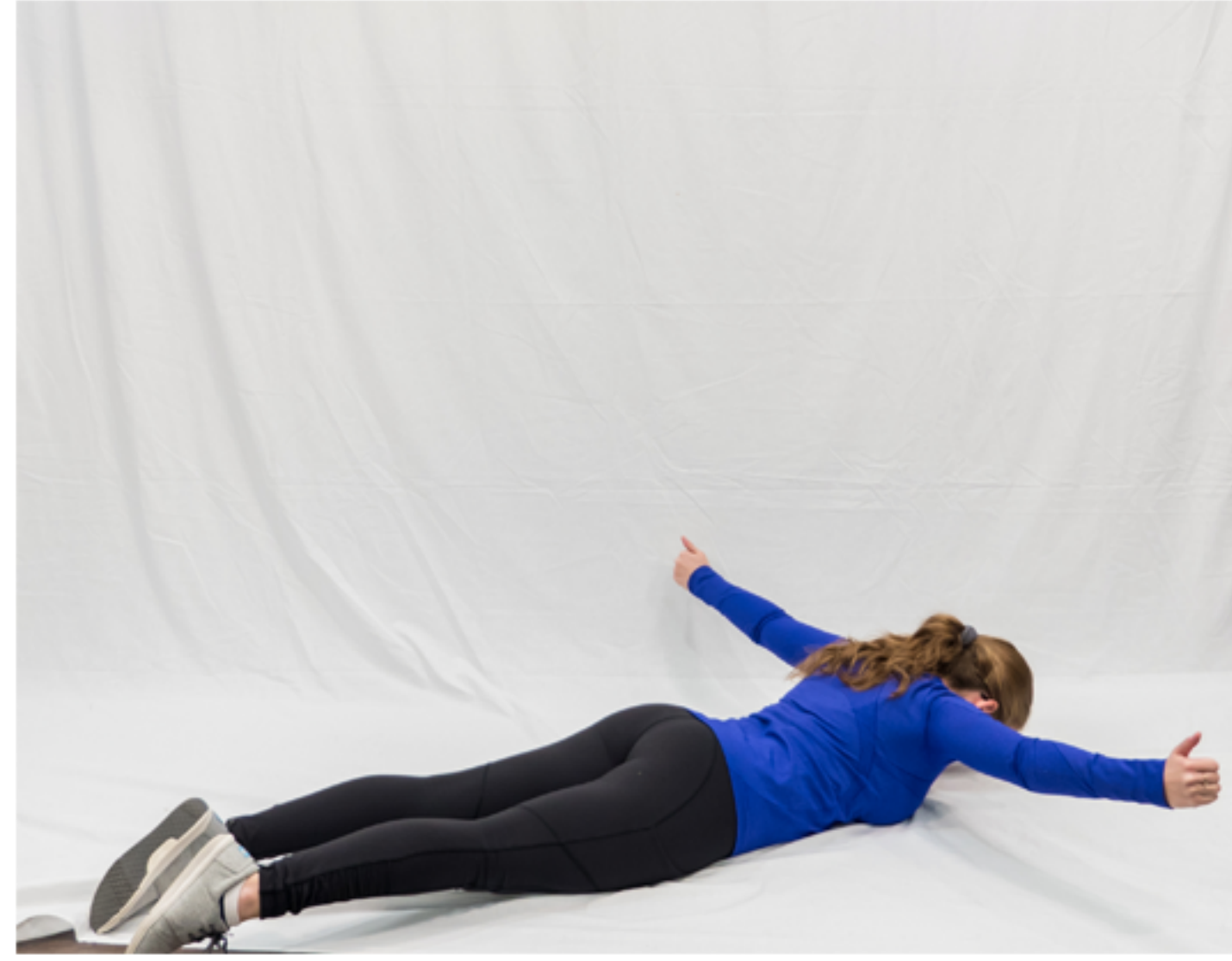
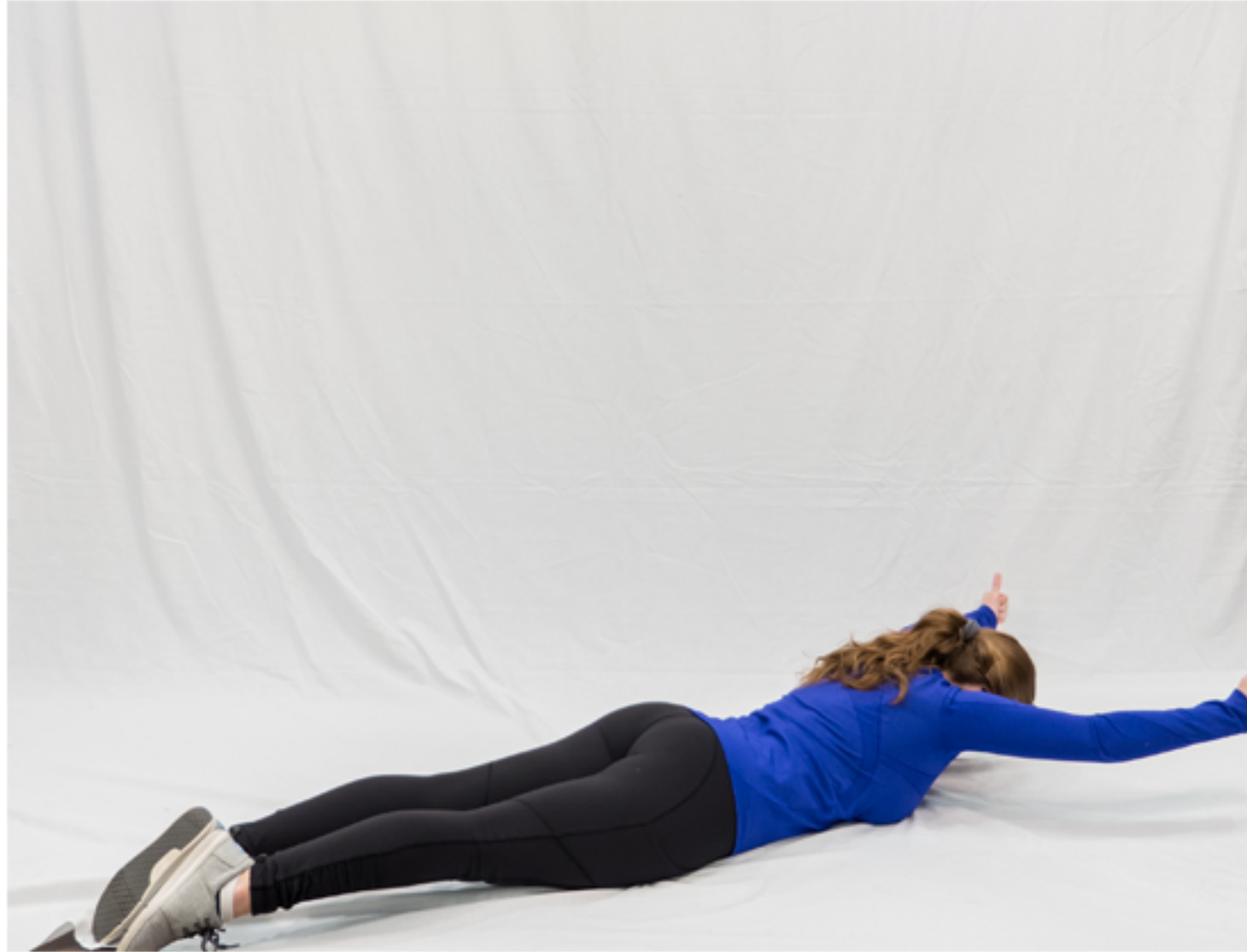
- Lay front side on the floor
- Fully stretch arms to front, palms facing the floor
- Legs stretched out, toes touching the floor
- Lift chest, arms, and legs slightly
- Move arms to pelvis, move legs apart keeping limbs off floor
- Return to starting position and repeat

LYING ARMS CRISS CROSS



- Lying on stomach
- Lift hands off floor
- Move hands to "T" position
- Rotate hands
- Bring hands behind back, crossing hands

FLOOR YTs



- Lying on stomach, arms in a “Y” position
- Lift hands off floor, return to starting position
- Arms in a “T” position
- Lift hands off floor, return to starting position
- Arm’s in an “I” position
- Lift hands off floor, return to starting position
- Repeat all positions

QUADRICEPS



- Stand straight, feet shoulder width
- Stand on left foot and grab right shin
- Tuck pelvis in
- Pull your shin towards your glutes
- Ensure knee is facing the ground



- Hold for 30 seconds
- Lower and switch sides

HAMSTRINGS



- Stand straight, feet shoulder width apart, arms extended at sides
- Bend forwards until you feel the stretch
- Lower arms to the ground or as much as you can
- Hold stretch
- Return to starting position

CALF



- Stand straight with one leg extended
- Bend the knee of the front leg, initiating the lunge
- Hold the stretch
- Switch legs and repeat

SIDE OBLIQUE



- Stand feet shoulder width apart
- Keep one arm extended down at your side, one arm extended above your head
- Bend to one side initiating the stretch
- Hold and return to starting position
- Repeat with other arm

STANDING HIP FLEXOR



- Stand with one leg placed forward and one leg back, point toes straight
- Raise one arm extended over head (the arm opposite of the forward leg)
- Bend forward legs knee to initiate the stretch
- Hold and return to starting position
- Repeat with opposite arm and leg

HAMSTRING



- Stand straight, feet shoulder width
- Place hands on hip, bend one knee
- Keep one leg fully extended, heel touching the floor, toes pointed up
- Hold stretch and return to starting position
- Repeat with other leg

ADDUCTORS



- Stand straight, feet shoulder width
- Keep arms down to side, bend one knee
- Keep one leg fully extended, push it out to your side
- Hold and return to starting position
- Repeat with other leg

FOREARMS



- Stand straight, feet shoulder width
- Bend elbows, place hands together with fingers pointing up
- Push hands down 45 degrees or until you feel the stretch
- Hold and repeat

REAR DELT

- Stand straight, feet shoulder width
- Bring one arm's elbow to opposite arm's shoulder
- Hold stretch
- Return to starting position and repeat



LAT (CHAIR)



- Stand straight, feet shoulder width
- Slightly bend knees and push hips slightly back
- Grasp back of chair with both hands
- Bend forward until back is straight, arms extended in line with back
- Hold stretch, raise to starting position

SEATED GLUT



- Sit straight on a chair
- Raise one leg, ankle resting on the knee of the opposite leg
- Bend forward until you feel the stretch in glut
- Lower leg, repeat with opposite leg

TRICEPS (OVER HEAD)



- Stand straight, feet shoulder width apart
- Raise one elbow behind your head with rest of arm down towards floor
- Use other hand to push down on elbow slightly, initiating stretch
- Return to starting position and repeat with opposite arm

NECK (SHRUG)



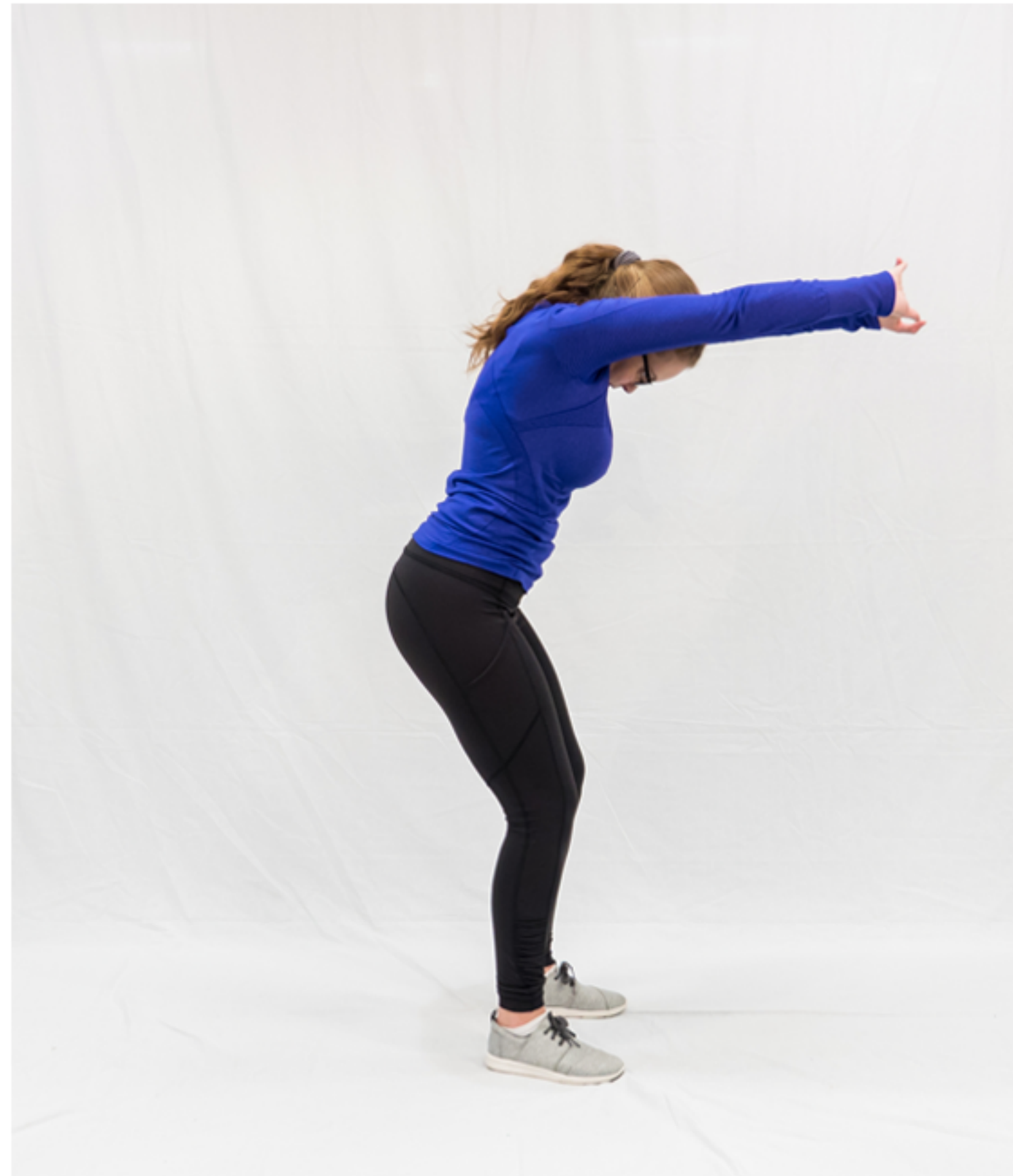
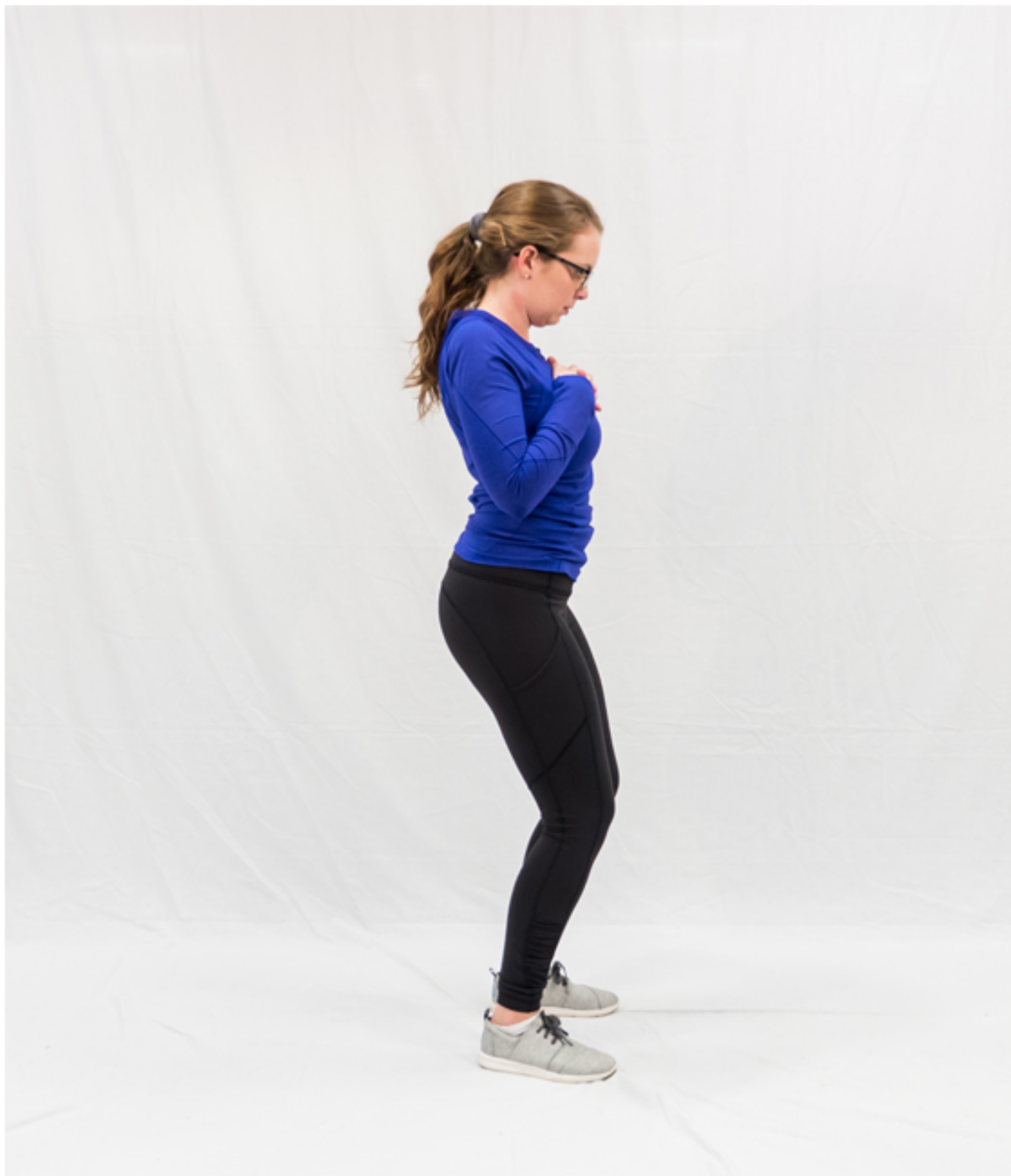
- Stand straight, feet shoulder width apart
- Raise both shoulders towards neck initiating stretch

NECK (ROTATIONS)



- Stand straight, feet shoulder width apart
- Rotate neck fully to one side, hold
- Return to middle, hold, and rotate to opposite side
- Repeat

UPPER BACK



- Interlock fingers at chest height
- Turn hands down so thumbs are pointing down
- Press out, breath out
- Return to starting position

HURDLER



- Sit on the ground
- Extend one leg out to the side, one leg tucked in so foot is touching inside of knee
- Reach with one arm as far down the extended leg as you can and hold
- Use your other arm to reach over head in the same direction as the extended leg and hold
- Return to starting position and repeat with other leg

GROIN



- Sit on the ground
- Pull both legs in, bottom of feet touching each other
- Once feet are together place hands on ankles
- Push knees down towards ground to initiate stretch
- Hold as needed

TRAP / NECK



- Stand straight, feet shoulder width apart
- Place one arm behind back, one arm extended out to side, palms facing forward
- Rotate neck to extended arm and hold to initiate stretch
- Return to starting position and repeat with opposite arm

BICEP



- Stand straight, feet shoulder width apart
- Fully extend one arm, place it out in front
- Palms facing up, with opposite arm pull fingers of extended hand toward ground
- Lower both arms towards ground while keeping fingers pulled and arms extended to initiate stretch
- Return to starting position and repeat with opposite arm

INVERT QUAD / HIP FLEXOR



- Stand straight, feet shoulder width apart, chair in front of you
- Place one hand on the chair and raise one leg behind your back
- With opposite arm, grasp your foot to maintain balance
- Bend the opposite leg's knee and bend forward to initiate the stretch
- Hold and return to starting position and repeat with other leg

KB PUSH PRESS



- Stand straight, feet shoulder width apart
- Grasp kettleball with both hands and in front of your chest
- Bend knees and push hips back slightly
- Stand straight and extend arms overhead while holding the kettleball
- Lower and repeat

RENEGADE ROW



- Start in pushup position with weights grasped in both hands
- Raise one elbow up to ribcage with weight
- Lower and repeat with opposite hand

LUNGE WITH TWIST



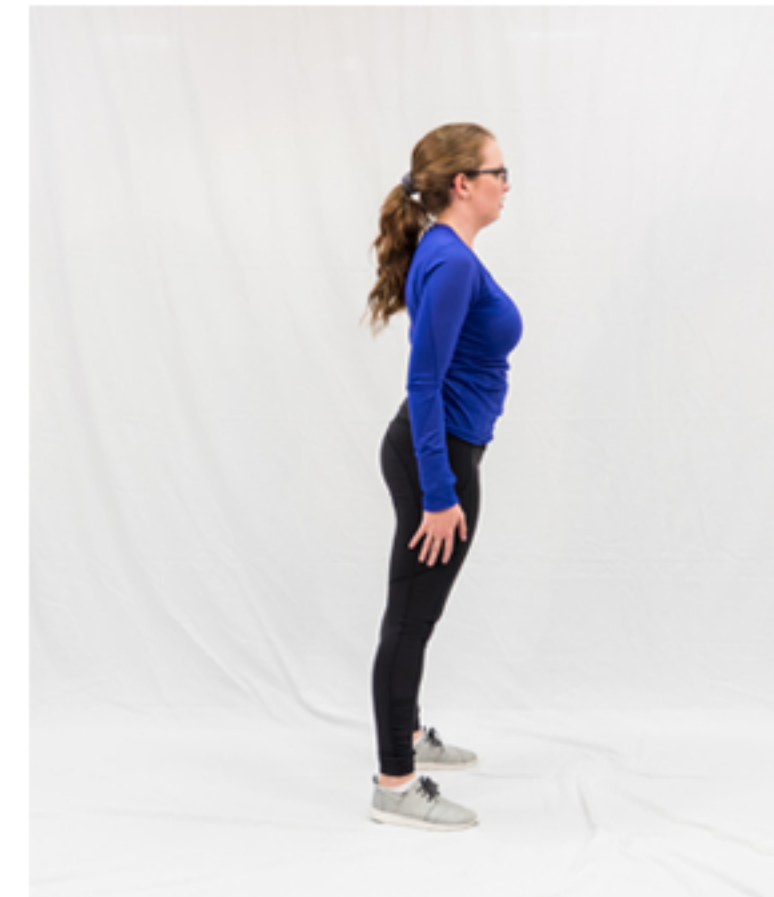
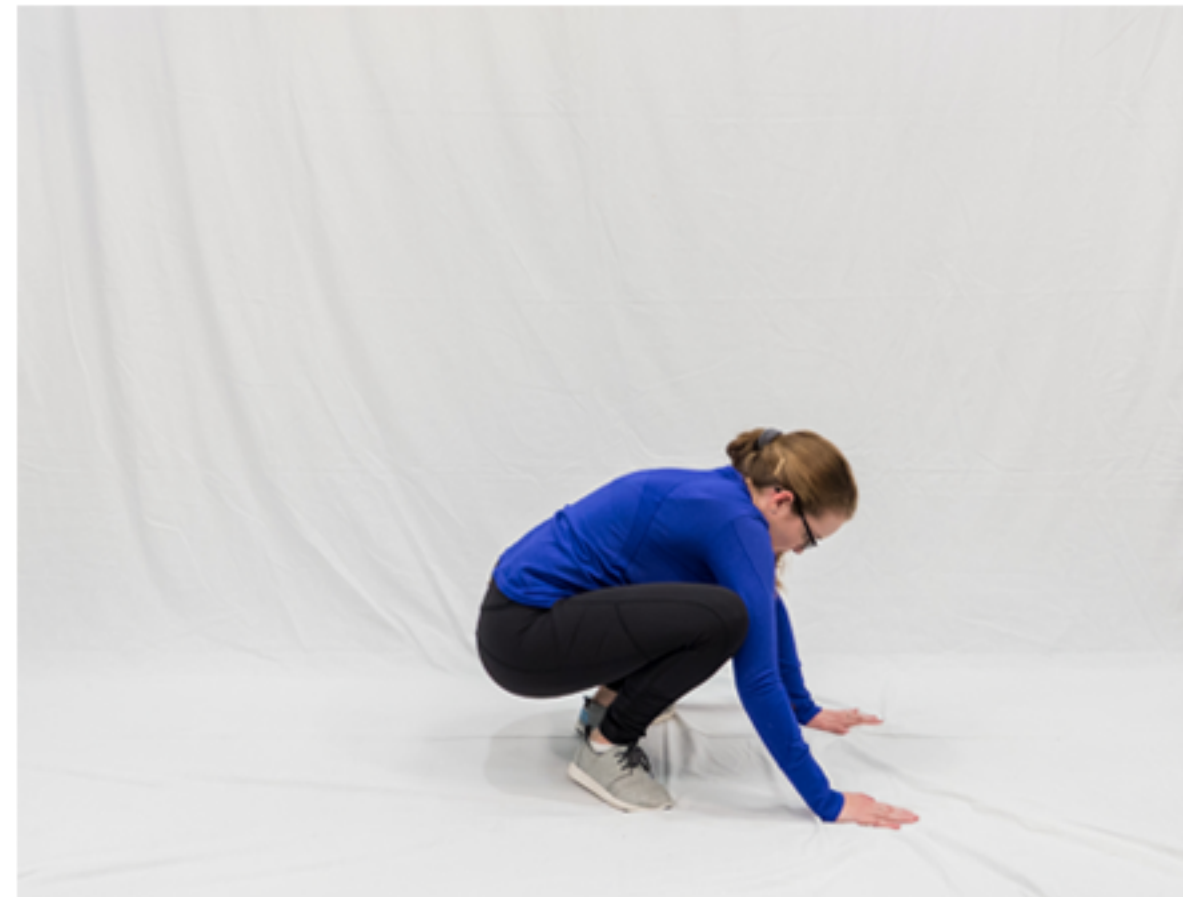
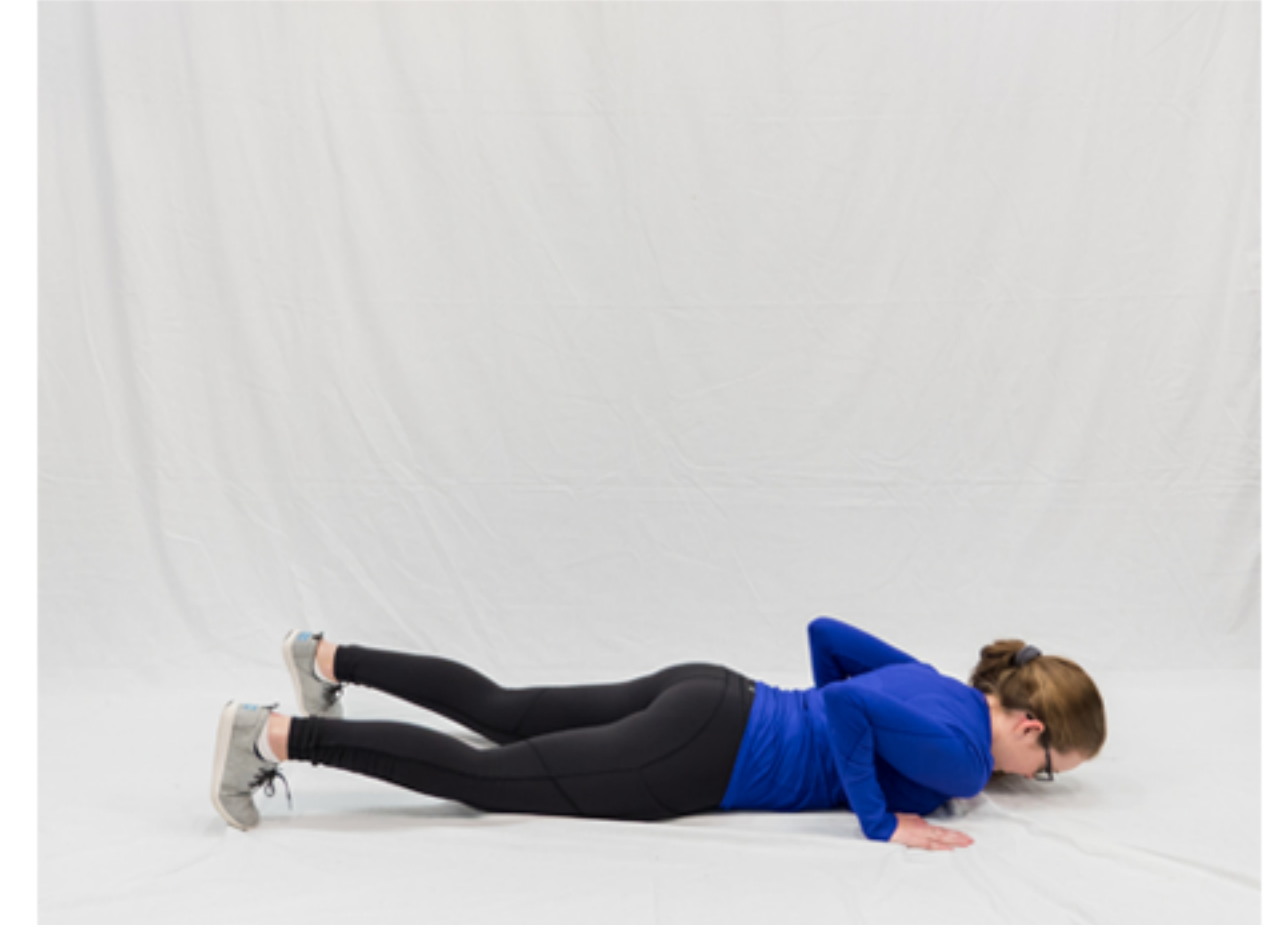
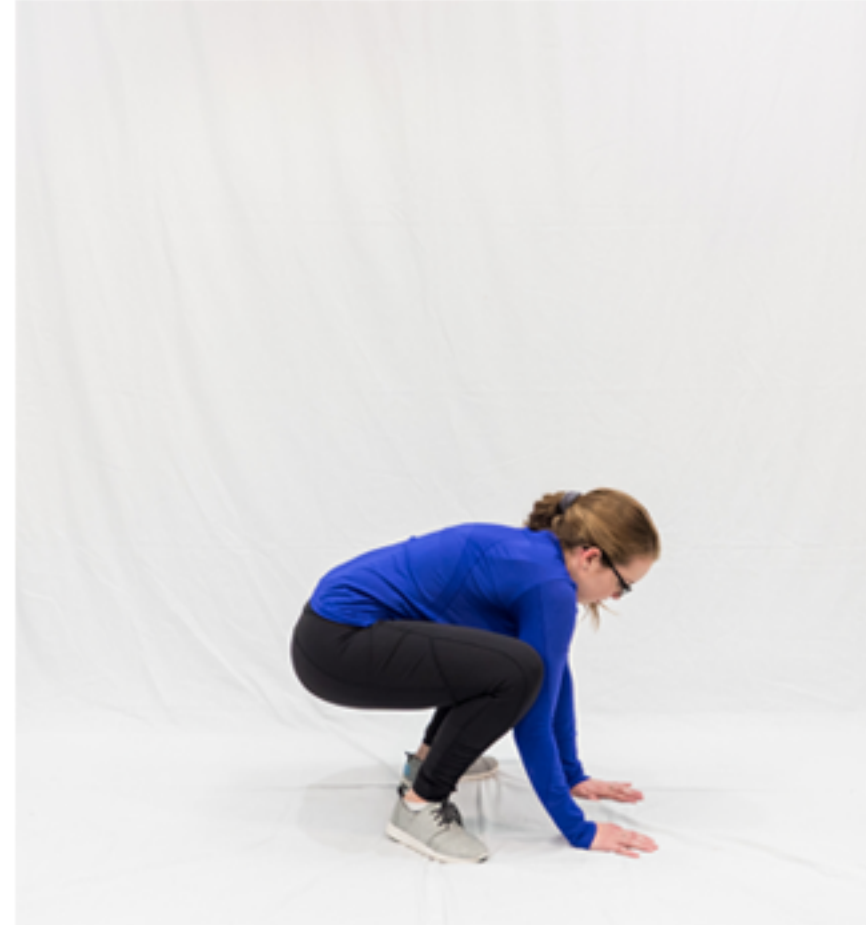
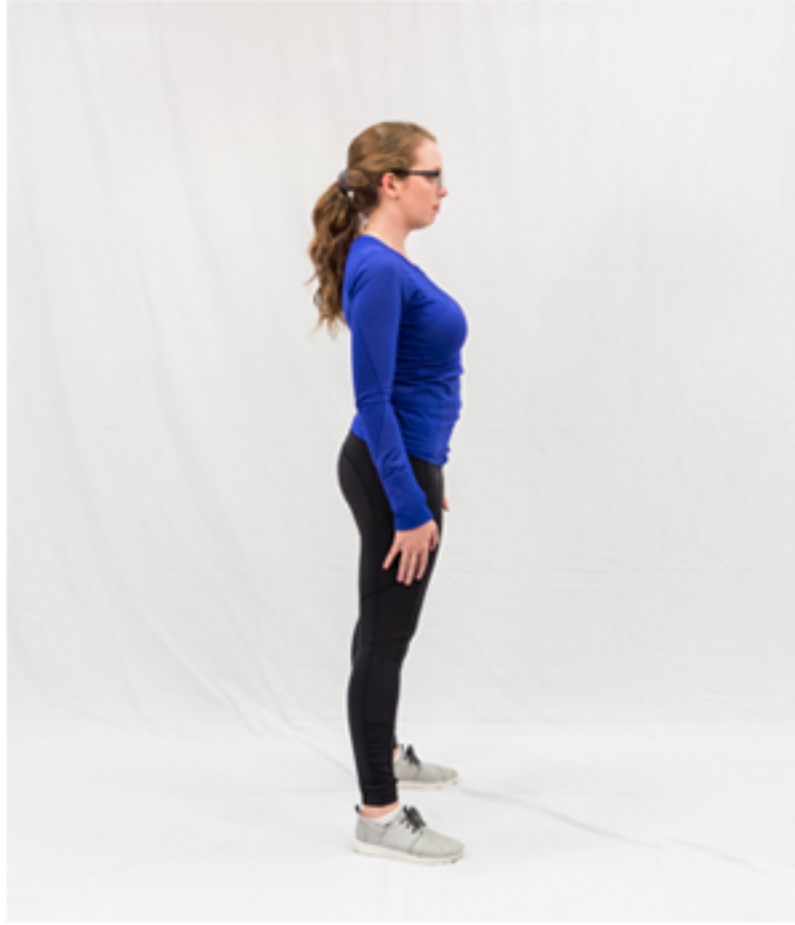
- Stand straight, feet shoulder width apart
- Grasp weight in front of chest
- Initiate lunge
- While in lunge, twist upper body both ways
- Return to starting position and repeat

CATERPILLARS



- Stand straight, feet shoulder width apart
- Keeping legs straight, bend over and let your hands touch the floor
- Push legs back and get into push up position
- Repeat

BURPIES



- Stand straight, feet shoulder width apart
- In a fluid motion, squat down and get into pushup position
- Do a single pushup, then stand back up into starting position
- Repeat

JUMP SPLIT SQUAT



- Stand straight, feet shoulder width apart
- Initiate lunge by pushing one leg behind and bending the knee of your front leg
- Jump into air and upon landing, switch legs
- Repeat

REVERSE LUNGE WITH OVERHEAD POSITION



- Stand straight, feet shoulder width apart, and grasp weights in both hands
- Embrace core and raise elbows up so the weights are by ears
- Bend the knee of one leg in front and push one back behind with kneecap nearly touching ground
- While in lunge, extend arms fully and push weight completely overhead
- Return to starting position and repeat

GOBLET SQUAT



- Stand straight, feet shoulder width apart
- Grasp weight with both hands and keep shoulder level
- Bend knees and push hips back while embracing core into a squat position
- Hold at the bottom and return to starting position and repeat

IN-OUTS



- Stand straight, feet shoulder width apart
- Bend knees and push hips back to initiate squat
- Knees should face out from body
- Bring hands together in front of chest while transitioning into squat
- Return to starting position and repeat

SQUAT - CURL - PRESS



- Stand straight, feet shoulder width apart
- Grasp weights in both hands
- Bend knees, push hips back while bracing core
- Curl weights up to shoulders while in squat
- Return to starting position with weights down by side
- Bring elbows up
- Fully extend arms with palms facing each other overhead
- Pause and return to starting position and repeat

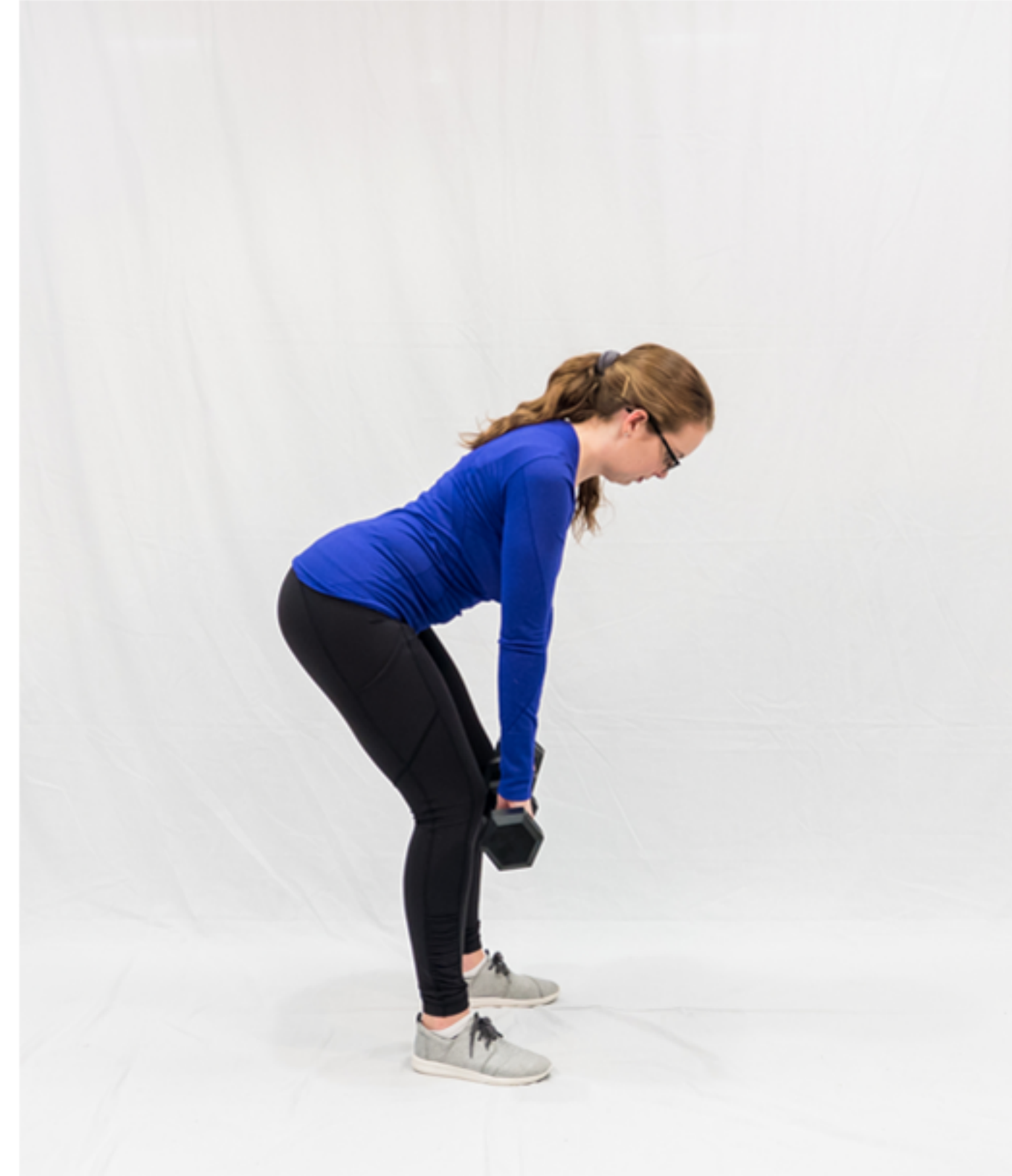
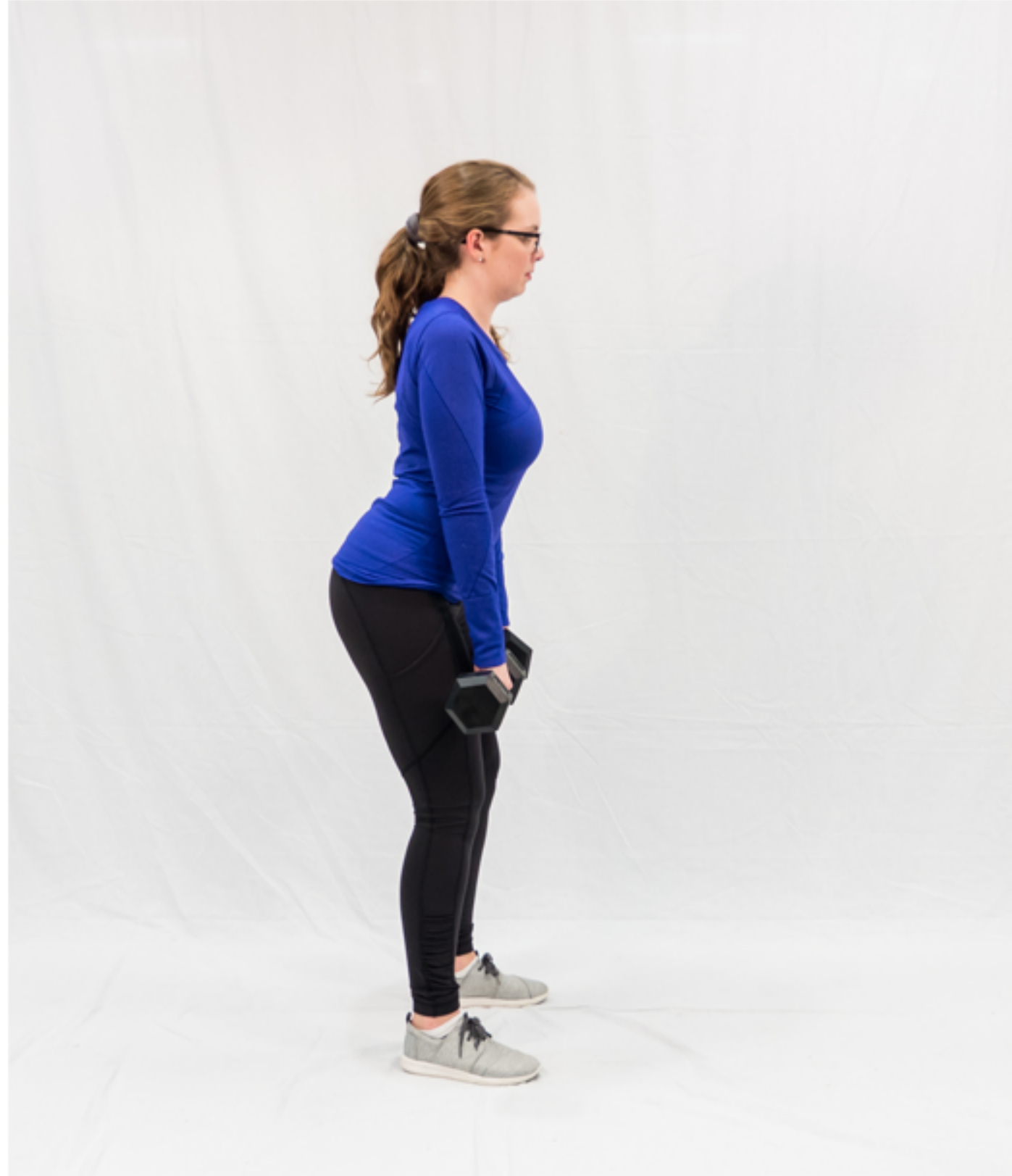


JUMP SQUAT



- Stand straight, feet shoulder width apart
- Bend knees and push hips back while bracing core
- Jump straight into the air
- Upon landing, immediately return to squat position
- Repeat

ROMANIAN DEAD LIFT



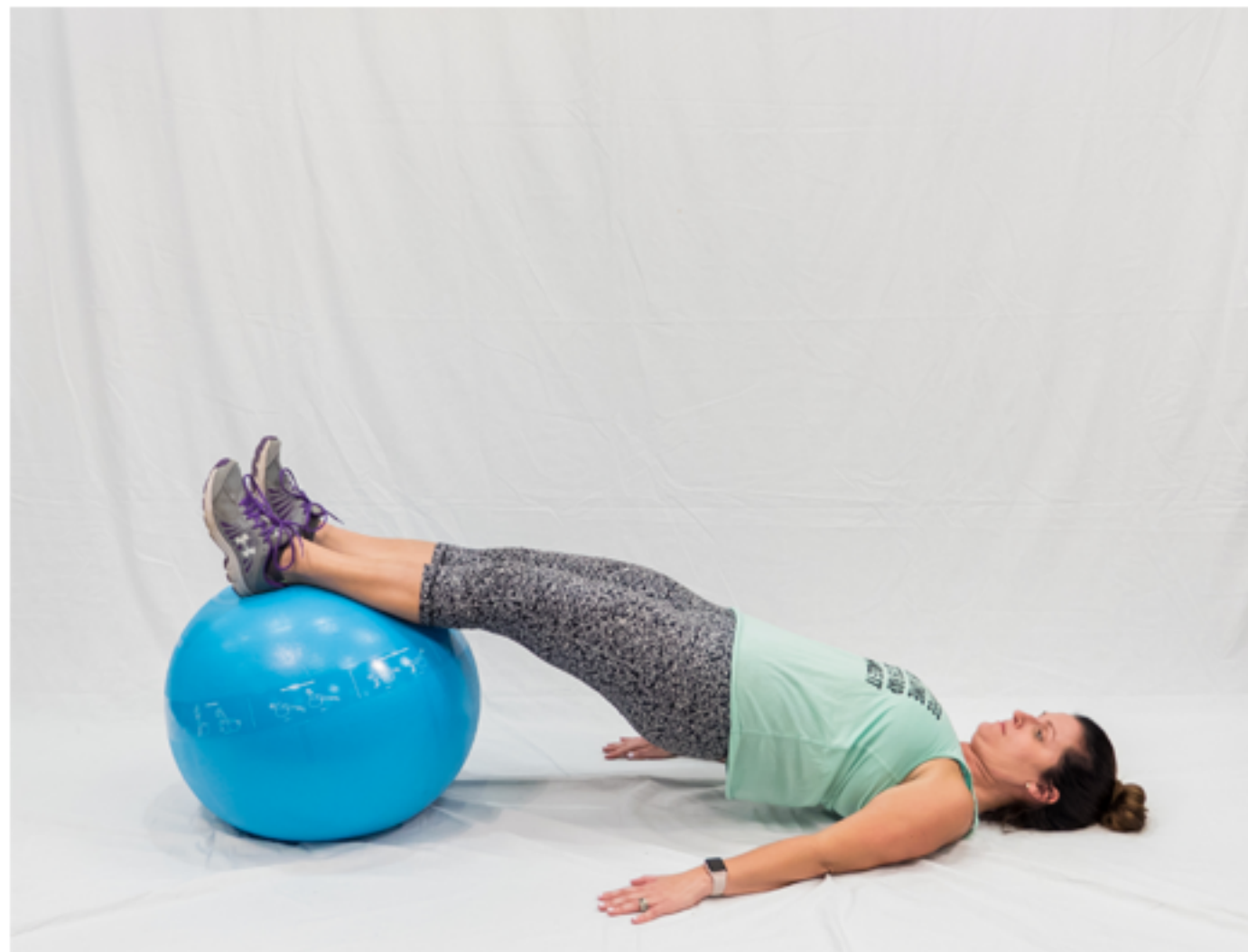
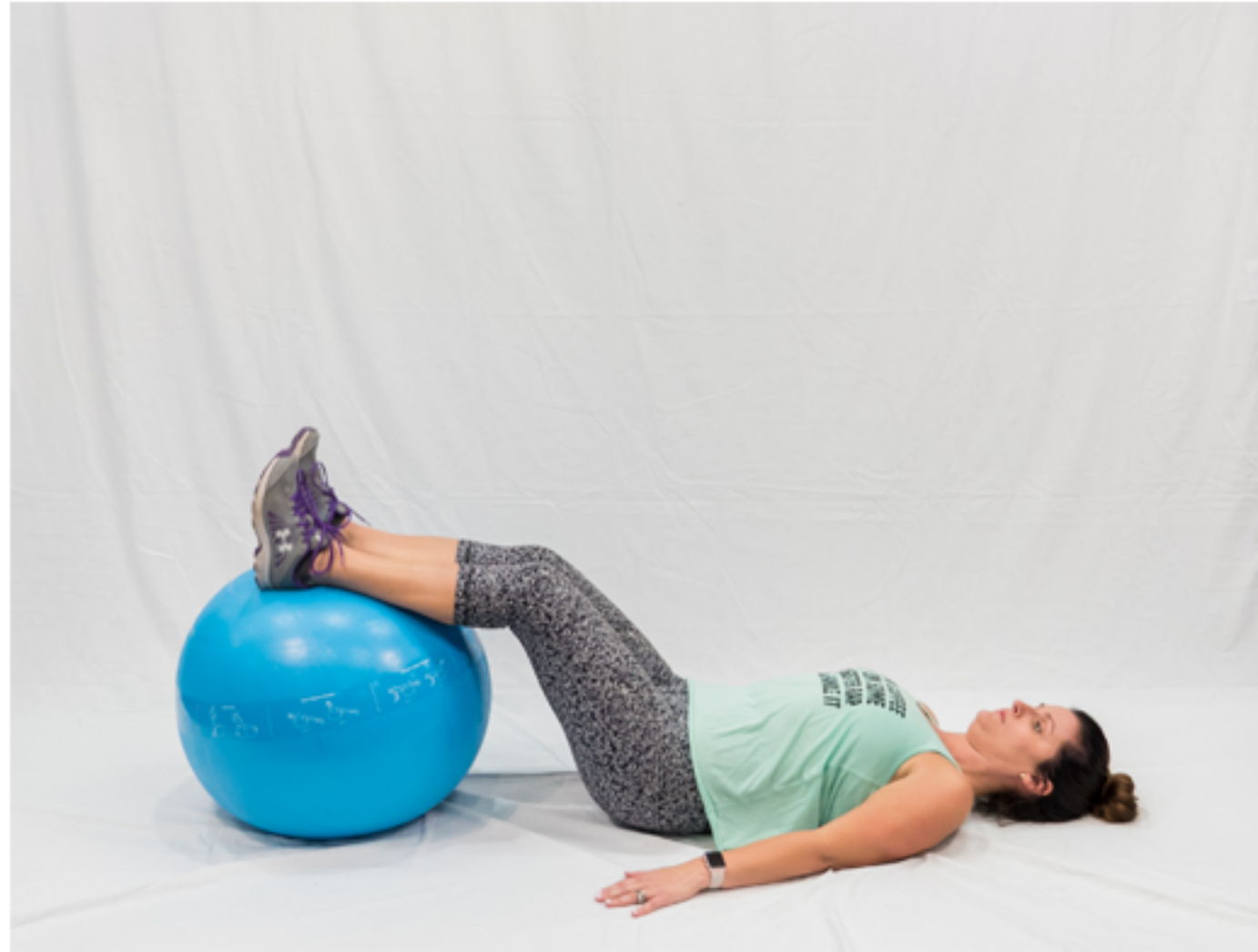
- Stand straight, feet shoulder width apart and knees slightly bent
- Grasp weight with both hands, keep arms extended down by your side
- Push hips back while keeping back straight
- Lower the weight towards the floor and lift back up
- Repeat

SPLIT SQUAT



- Stand straight, feet shoulder width apart
- Grasp weights in both hands, bracing core
- Keep arms fully extended down by side
- Push one leg behind and bend the knee of the front leg
- Lower the back leg so the knee almost touches the ground
- Return to starting position and repeat with other leg

HAMSTRING CURL



- Lay down on ground with feet on top of exercise ball
- Raise hips off the ground as high as possible
- Keep arms fully extended, palms on the ground
- Use heels to roll the exercise ball towards you
- Push ball back out, extending your legs
- Repeat desired amount

WALKING LUNGE



- Stand straight, feet shoulder width apart
- Bend one knee out in front
- Place other leg behind with knee nearly touching the ground
- Return to starting position and repeat with other leg moving forward slightly each time

CALF RAISE



- Stand straight, feet shoulder width apart, knees slightly bent
- Raise your heels into the air by standing on your toes
- Lower and repeat

SUMO SQUAT



- Stand feet wider than shoulder width with toes slightly turned out
- Push hips back and squat down
- Keep chest up and knees facing out
- Return to starting position and repeat

FROG SQUAT



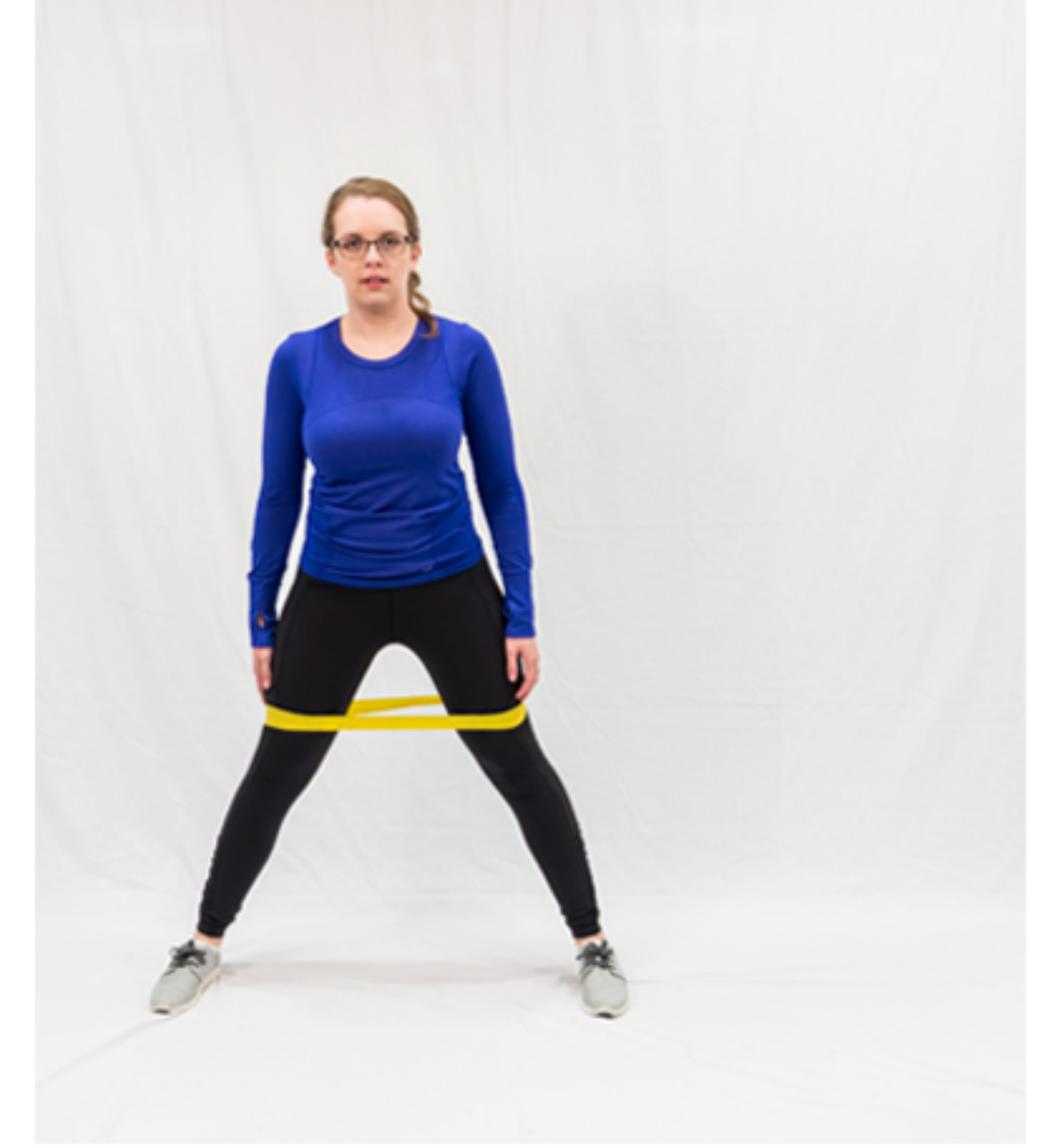
- Stand straight with feet wider than shoulder width apart
- Hold hands in front of body at arms length
- Push hips back while bending at the knees into a squat
- Ensure knees are perpendicular to feet
- Squat down until thighs are parallel to ground and fingers can touch floor
- Return to starting position and repeat

BULGARIAN SPLIT SQUAT



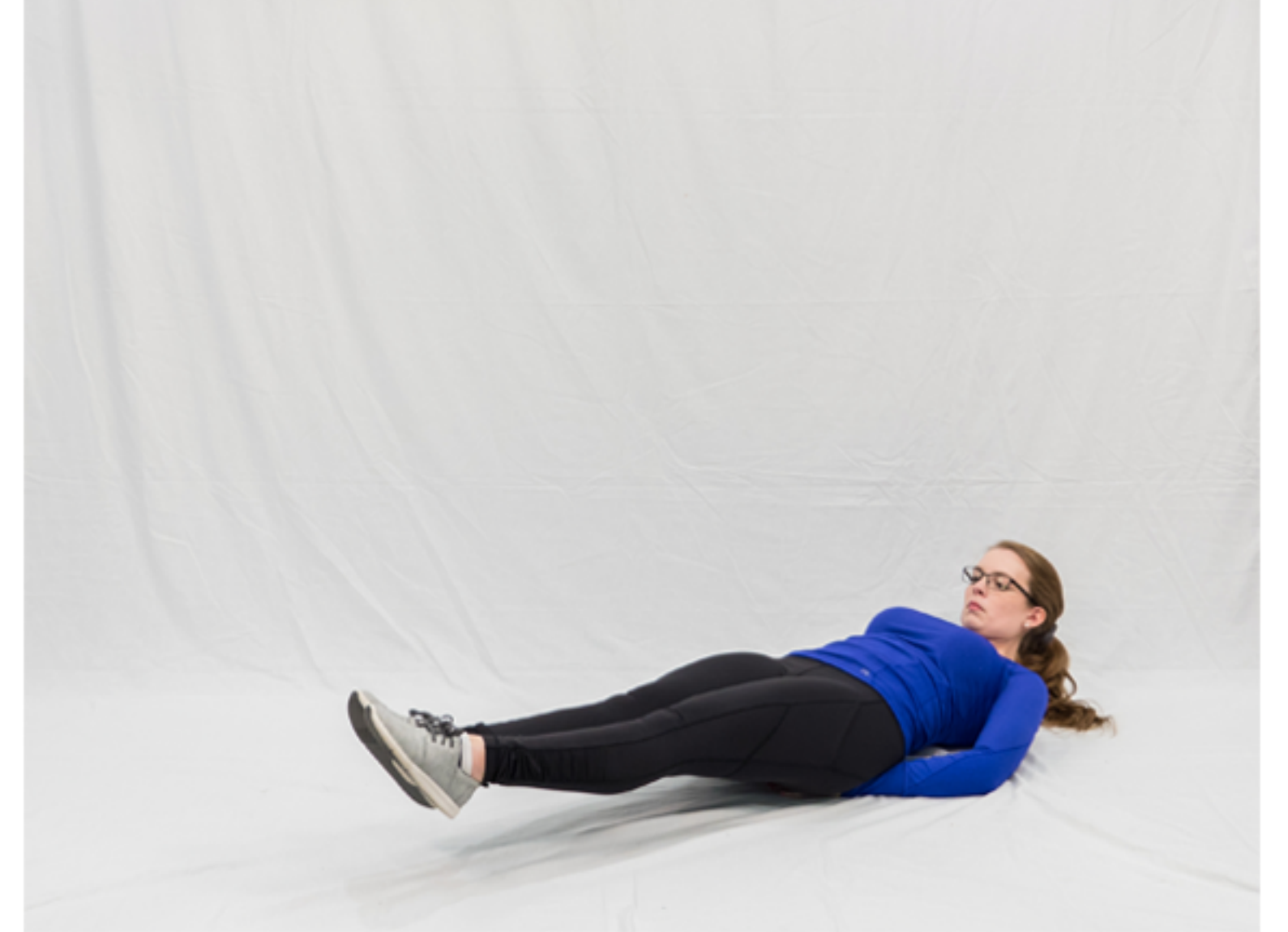
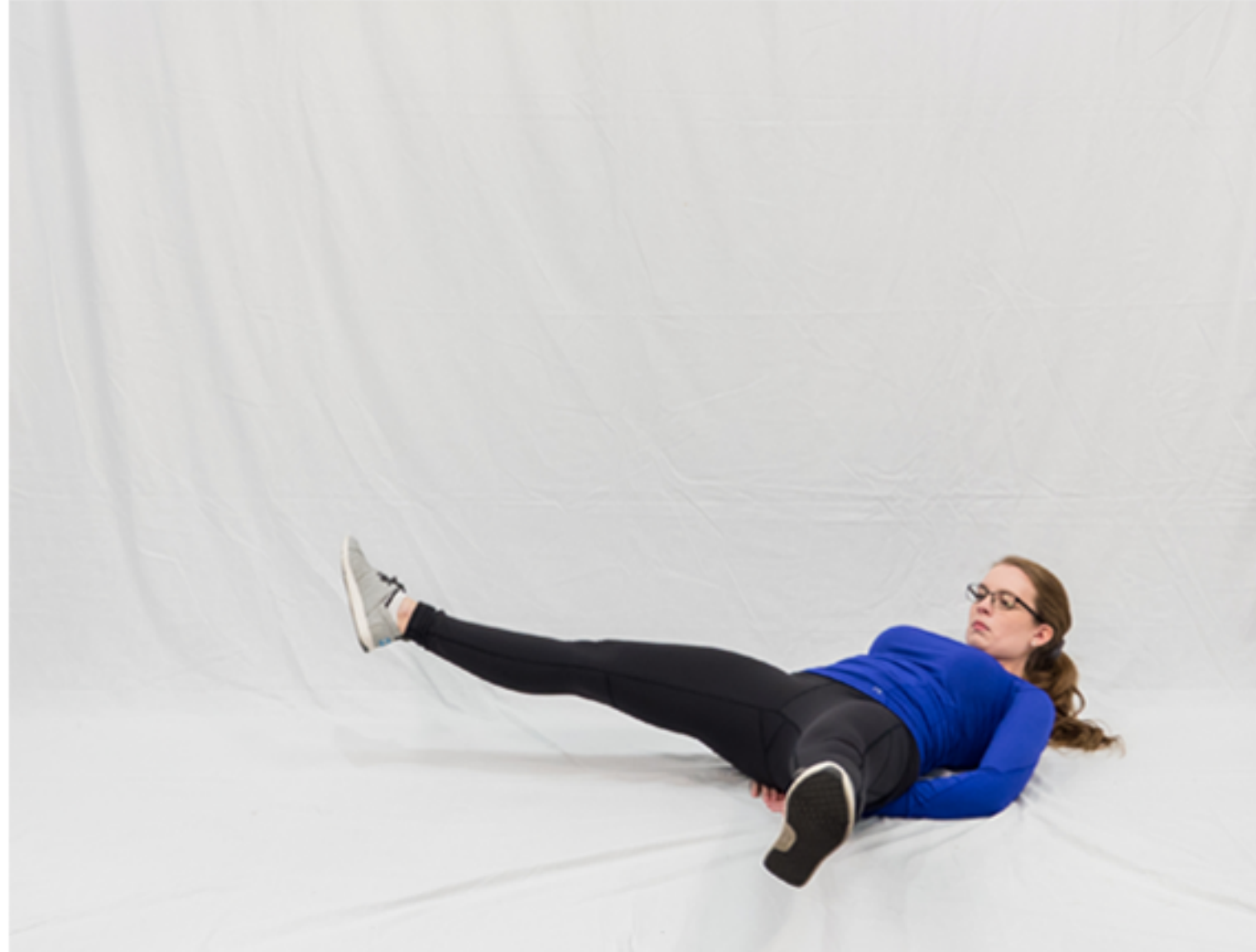
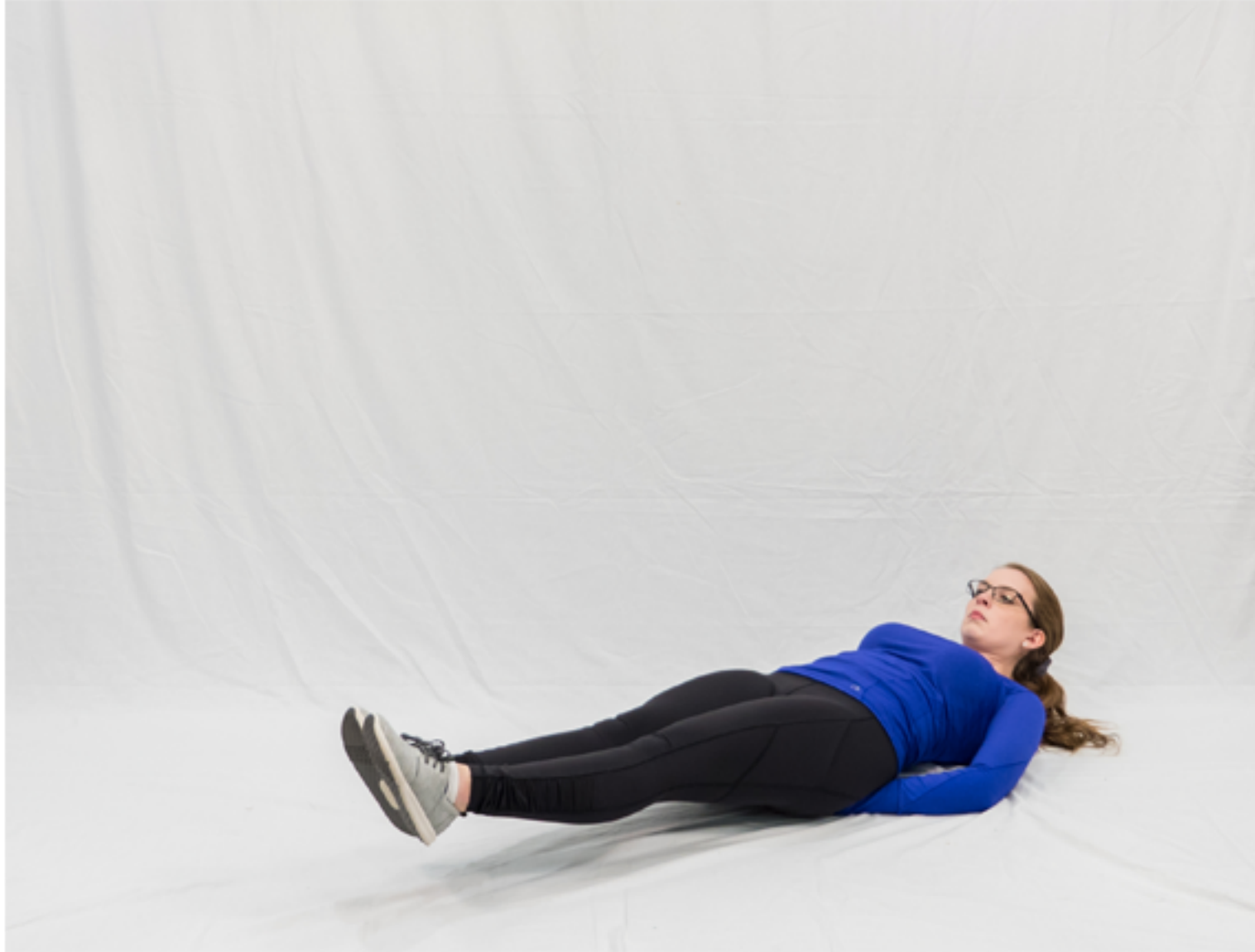
- Stand straight, feet shoulder width apart
- Place one foot behind on an elevated surface
- Lower body until your rear knee nearly touches the floor
- Ensure your thigh is parallel to the floor
- Raise and repeat

BANDED LATERAL SIDE TO SIDE



- Stand straight feet shoulder width apart with band around thighs
- Fully extend legs and push them out to the side of the body
- Return to start position and repeat

SCISSOR KICK



- Lie down on the ground face up
- Place arms under back
- Raise legs off ground, embrace core
- Fully extend legs out to side without them touching the floor
- Bring back to starting position and repeat