SOLO TRAINING GUIDE

STRENGTH

BY ASHE GIOVANNI
RESISTANCE BAND
STALL BAR

A
WARM UP
Get your whole body moving

B
SHOULDER MOBILITY WARM-UP

C
BANDED EXERCISES

D
COOL DOWN
A WARM-UP

GET YOUR WHOLE BODY MOVING

- 30-50 jumping jacks
- Jogging in place 1 minute

THEN START DYNAMIC WARM-UPS

- Arm Swings (Forward, Backward, T/Hug, Opposite swings Palms in & Palms Out) 10 each
- Leg Kicks (Forward/Backward, Side, Outside Fan, Back Kicks) 10 each leg
- Swivel Squat: holding onto stall bars in a squat position, bend both knees to one side towards the floor as far as you can then come back to squat. Switching sides for 45 seconds
- Rock & Roll (Tuck to Pike Stretch) Medium/Fast Speed 10 reps
- Rock & Roll (Pike to Straddle Stretch) Medium/Fast Speed 10 reps
- Forearm Stretch on floor
SINGLE-ARM STANDING BANDED SHRUGS
(Pull backward 10x each arm)

SHOULDER SHRUGS
(Back to Bar) 10-15-20

SHOULDER SHRUGS
(Face to Bar) 10-15-20
**SET 1**
- Seated Low Row 10-15
- Chest Press w/bands 10-15
- Resisted Torso Rotation 30 seconds on each side

**SET 2**
- Overhead Squat w/band 10-15
- Aerial Pike Up 10reps
- Lying Leg Pull Down 10R/10L
- Lying Side Leg Adduction 10R/10L

**SET 3**
- Banded Kneeling Squat 15-20
- Lunge (Medial Band Pull) on Front Knee 10R/10L
- Box Squat (Band behind knees) 15-20

**REPEAT EACH SET 2-3X, THEN MOVE ON TO THE NEXT SET.**

Choose pull-up resistance bands that work for you (Light-Red, Medium-Blue/Purple, Heavy-Green)

**WATCH THE VIDEOS**
password: strength
Shoulder Stretch on Stall Bars (arms in front/chest down and pike back hollow stretch)

T-Y-L Floor Shoulder Stretch

Across the Body Shoulder Stretch on Stall Bars: stand sideways to the bars, reach across body with outside arm, place on stall bar, lean inside arm and chest forward over arm and hang torso towards floor

Straddle

Pike