



DAY1
FITNESS

D HANDLE EXERCISES

TRICEP EXTENSION

1. Attach a single grip handle to the high setting of your cable machine
2. Grabbing the handle with your right hand kneel down so that your left knee is on the floor and your right foot is planted on the floor. Your torso should be erect.
3. Now, rest the back of your right arm on your inner thigh as if you were doing a concentration curl.
4. Then, extend your forearm down by flexing your tricep until your arm is straight. Exhale during this portion of the exercise.
5. Slowly flex your elbow until your forearm is parallel to the floor and complete the desired amount of reps. Inhale during this portion of the exercise.
6. Repeat with your left arm by facing your right side to the machine. But this time place your right knee on the floor and plant your left foot flat on the floor.
7. Alternate between arms for sets.



CABLE CHOPS

1. Place the cable attachment in the high position. Standing at a 90-degree angle to the weight stack, grab the D-ring with both hands placed over one another or fingers interlaced. Feet are staggered about shoulder width apart, knees slightly bent.
2. Keeping your arms straight and shoulders locked in place, exhale as you rotate your torso and pull the handle in a diagonally downward motion until your hands reach your knees. A large part of this motion comes from the rotation of your torso. Try to reduce the amount of rotation in your hips.
3. Inhale as you reverse the motion back to start position. Repeat

PALLOF PRESS KNEELING

1. Place the handle in med to low position on the cable machine, so that when the handle is about chest height.
2. Half- kneeling position with the furthest leg from the weight stack extended at a 90-degree angle out front and the closest leg to the weight stack, knee is on the floor. Your body is sideways to the weight stack. Pull the cable out until it is taught. You can adjust your resistance by adjusting your distance from the machine.
3. Press the handle out horizontally in front of you as you exhale out. It is important not to let your hips rotate as you press out. Keep your extended leg fully planted, not staggered to avoid stabilizing yourself.
4. Inhale as you return to starting position. Maintain your breathing pattern during this exercise. This exercise challenges the core to resist rotation and helps strengthen deep stabilizing muscles.

HORIZONTAL WOOD CHOP

1. Adjust the cable to about shoulder height. Standing and facing sideways to the weight stack, grab the handle with both hands, using a hand over hand grip, or interlacing your fingers. Feet should be about shoulder width apart
2. Pull the handle straight across your body being careful not to move your hips. Lock your arms out and rotate across your bottom, cable should not go above your arm.
3. Repeat

PLANK WITH CABLE ROW

1. Set the cable to the lowest setting. Assume a side plank position, up on one elbow, legs straight with feet stacked, abs engaged. Forearm placed under your shoulder, and shoulders in line with hips and ankles
2. Facing the weight stack, place the handle in your upper hand, making sure it fully extends before pulling
3. Drive through your forearm and the edges of your feet to keep your hips off the floor and pull the cable straight towards your chest.
4. The pulling movement is not the most important part of this exercise, it is maintaining your proper plank position and not allowing your hip to drop and hips and shoulders to rotate



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EXTERNAL SHOULDER ROTATION

1. Place the cable attachment at elbow height. Stand with your side to the weight rack, feet about shoulder width apart, the handle in your furthest hand.
2. Lock your elbow at your side and place your forearm across your rib cage. Arm is at a 90-degree angle.
3. With elbow locked to your side, exhale as you pull the cable away from your body by externally rotating your shoulder. Pause for count of two.
4. Inhale as you return to start position.

