# WORKOUT PROGRAM

## Total Body Workout: Beginner

This routine was developed by staff members in the U.S. Army's World Class Athlete Program. The program incorporates an elastic band, as well as normal household items. Make sure that you begin with a workload that you're comfortable with, and build your strength from there.

**Exercise Disclaimer:**
The exercises provided by U.S. Army's World Class Athlete Program are not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention.

## Monday/Wednesday/Friday

Leg Extensions 2 sets 15 reps
Required Equipment: Elastic band, pillow
Pull one end of the tubing through the other end to make a large loop. Place the exercising ankle inside the loop. Lay flat on your stomach with a pillow or bedroll under your hips. Hold the other end of the tubing over your shoulder. Begin with your knee bent and extend your knee against the tubing until it reaches the floor. Hold and slowly return. Do not arch your back or lift your head.

Hamstring Curl 2 sets 20 reps
Required Equipment: Elastic band, chair
Pull one end of the tubing through the other end to make a large loop. Place the exercising ankle inside large loop. Stand on the tubing with the opposite leg to stabilize. While balancing on the leg securing the tubing, slightly extend the hip, stretching the tubing then flex the knee upward with the knee pointing to the ground. Hold and slowly return. Maintain your balance with a sturdy chair and maintain neutral spine.

Squat 2 sets 10 reps
Required Equipment: Elastic band

Stand on the middle of the tubing with both feet. Grasp the ends of the tubing at shoulder level. Perform squat, keeping back and elbows straight and aligned. Hold and slowly return. You can do a single leg squat as a variation.

### Heel Raises 2 sets 20 reps

Required Equipment: Elastic band

Stand with the middle of the tubing under the balls of your feet. Grasp each end of the tubing and loop around your hands to take up the slack. Keep your hands down to your side and go up onto your toes against the resistance of the tubing. Hold and slowly return.

### Overhead Presses 2 sets 15 reps

Required Equipment: Elastic band

Stand on the middle of the tubing. Grasp the end of the tubing at shoulder level with palms forward. Lift the tubing upward overhead, extending your elbows. Hold and slowly return.

### Lateral Raises 2 sets 10 reps

Required Equipment: Elastic band

Stand on the middle of the tubing. Lift tubing out to both sides keeping your elbows straight and your thumbs up. Stop at the shoulder level. Hold and slowly return.

### Push up 2 sets 12 reps

Required Equipment: Elastic band

Lie on your back placing tubing around your back just below shoulder blades. Grasp tubing with each hand and tighten resistance. Extend arms upward touching hands together. Keep abdominal muscles tight and do not lift your head.

### Tricep Pulldowns 2 sets 12 reps

Required Equipment: Elastic band

Stand on the middle of the tubing with your front foot and grasp the other end in your hand. Bend at your hips with trunk forward and extend your arm backward. Begin with your elbow bent and straighten your arm, extending backward. Hold and slowly return.

### Bicep Curls 2 sets 12 reps

Required Equipment: Elastic band

Stand on the middle of the tubing. Grasp the ends of the tubing. Lift the tubing upward, bending your elbows with palms up. Keep your elbows to your side. Hold and slowly return.

### Abdominal Crunches 2 sets 15 reps

No Equipment Required

Lie flat on your back with knees bent and feet on the floor. Place your hands behind your head or on your chest, and roll your torso toward your knees. Hold briefly, then relax and repeat.