

Shoulder Taps



Begin in a high plank position. Gently take your right hand and tap your left shoulder. Place your right hand back down to the floor and tap your right shoulder with your left hand. Repeat and alternate taps.

Standing Single Arm Band Punch



Anchor band securely and stand facing away from anchor point, holding the handles with elbows bent by sides. Step right foot forward and extend left arm out in front of chest (as if punching forward), palms down. Quickly switch legs with a scissor jumping jack and punch right arm forward.

Tall Kneeling Band Anti-Extension Press



Kneel with both arms raising overhead, pull the band grip towards head direction. Do not hunch and maintain a good back posture along the workout. Do not hold your breath.

Explosive Push Up



Starts with a pushup position with hands slightly wider than shoulder-width apart. Your body should form a straight line from your ankles to your head. Bend elbows and lower body until your chest nearly touches the floor. Explosively press yourself up so that your hands leave the floor. Land with your arms extended.

Single-Arm Overhead Carry



Hold a medium-weight dumbbell or kettlebell directly overhead with your right arm. Your elbow should be locked and your wrist straight. Focus on standing tall, and try to avoid tipping to either side. Walk and then switch arms and repeat. Don't rush the steps; your strides should be slow and deliberate.