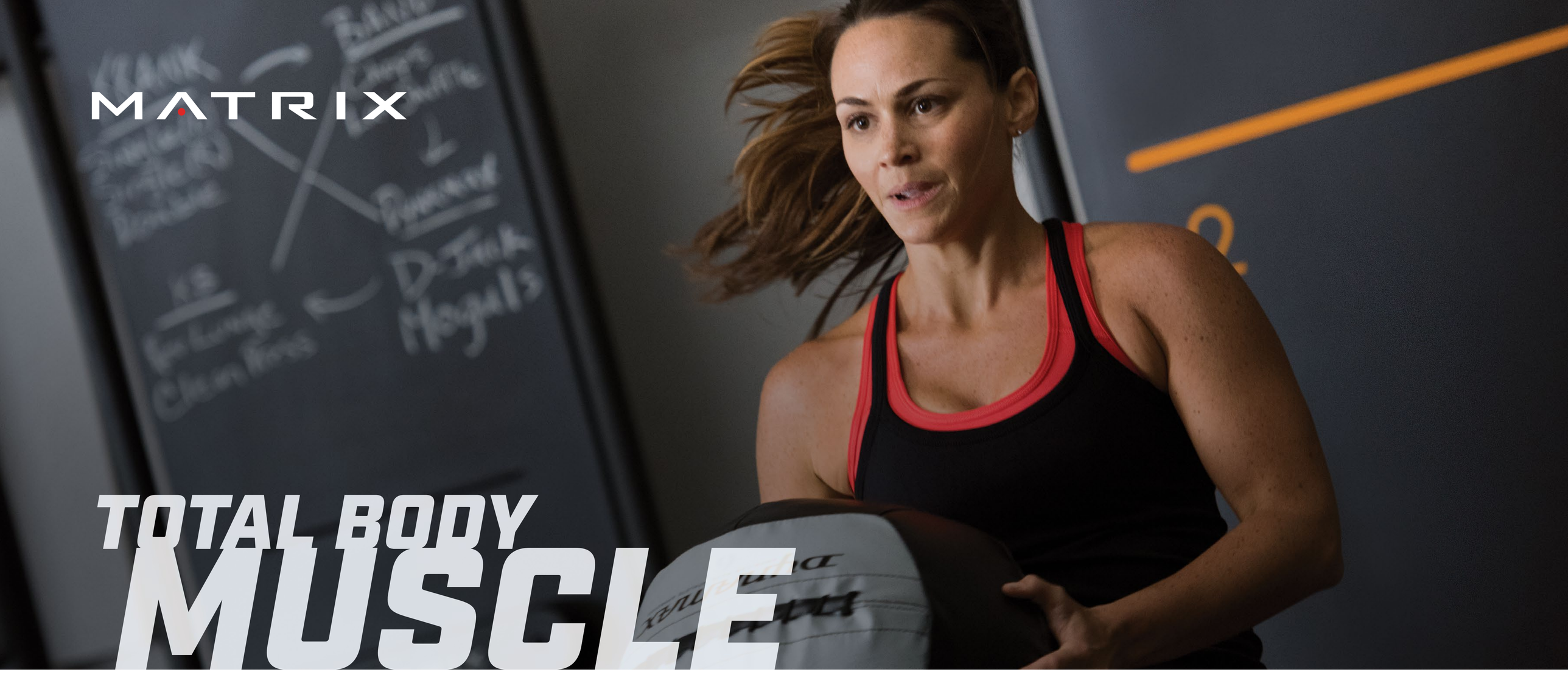


MATRIX

TOTAL BODY MUSCLE

STEPS

Step 1 – Dynamic warm-up

Step 2 – Perform 12 slow reps 4-4 tempo and rest 30 seconds

Step 3 – Repeat each exercise for 3 sets and then move on to the next exercise

TOOLS USED*

Slow down the tempo and focus on purposefully contracting muscles to stimulate greater muscular strength with each repetition.

BODYWEIGHT

KETTLEBELL

CABLE

MEDICINE BALL

ACTION	REPS/TIME	SETS	TOOLS
Squat - Mid	12 (4-4)	3	
Reverse Lunge with Rotation	12 (4-4)	3	
Sumo Squat	12 (4-4)	3	
Lateral Lunge to Curtsy (L) to (R)	12 (4-4)	3	
Deadlift	12 (4-4)	3	- Low Setting
Swings	12 (4-4)	3	
Clean and Press	12 (4-4)	3	- Chest Height Setting
Lateral Pull Down	12 (4-4)	3	- High Setting
Clean Press	12 (4-4)	3	
Single Arm Curl (L) then (R)	12 (4-4)	3	- Low Setting
Tricep Pull Down	12 (4-4)	3	- High Setting
Full Body Alternating Crunch	12 (4-4)	3	
Upper Crunch with Cross Reach	12 (4-4)	3	
Reverse Crunch	12 (4-4)	3	
Side-Lying Leg Lift with Reach	12 (4-4)	3	
Bird Dog	12 (4-4)	3	

Slow with Focus on Time Under Tension

* Start with lighter weights and progress to heavier weights as you get stronger. Your muscles should be fatigued by the last rep of each set. Also use slow, controlled movements, brace through the core and avoid any movements that cause pain.

SAFETY DISCLAIMER

All participants should consult their physician before undertaking any fitness program. If at any time while exercising the participant experiences dizziness, pain, shortness of breath, nausea or feels faint, he or she must stop immediately.