



### Rowing Machine

Seated in a good posture, knees slightly bent. Pull the handle to lower chest while pulling your shoulders back and shoulder blades together. Then straighten your arms, bring your shoulders forward and bend your knees and hips. Keep the thoracic spine straight.

You can do warm up with another aerobic equipments starting calm and increasing the tempo and resistance towards the end



### Shoulder Mobilization

Flip the stick to the side and then behind your back. Listen to your body and do the movement calmly.



### Lat Pulldown

Grab the bar with hands shoulder width apart. Pull the bar down to the top of your chest while moving your shoulders back and squeezing your shoulder blades together. Slowly return to the start position. Underhand Grip  
Sets: 2-3 Reps: 15 Rest: 1



### Leg Press

Legs hip width apart. Squat slowly down as your knees bend. Press the weight back up. Keep your knees and toes in line throughout the exercise and shoulders relaxed. Make sure that the weight keeps moving during whole set.  
Sets: 3 Reps: 15 Rest: 1



### Shoulder Press

Adjust the seat until the handles are at shoulder height. Select the appropriate weight. Push the handles upwards while maintaining good posture. Return the handles ear level then repeat. Keep your shoulders down during the whole movement.  
Sets: 1-2 Reps: 15 Rest: 1



### Cable Row

Seated in a good posture, knees slightly bent. Pull the handle to lower chest while pulling your shoulders back and shoulder blades together. Then straighten your arms and bring your shoulders forward. Keep the thoracic spine straight.  
Sets: 2-3 Reps: 15 Rest: 1



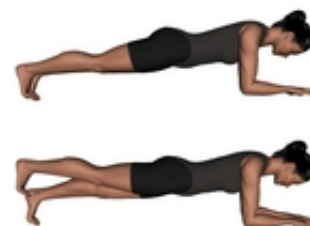
### Chest Press

Adjust the chair until the handles are at the chest height. Select weight and with straight wrists push the handles forward. Return handles calmly then repeat.  
Sets: 2-3 Reps: 15 Rest: 1



### Hip Raise

Lying on your back, knees bent, pelvis and lumbar spine in the neutral position. Lift your pelvis off the floor. Keep the pelvis and lumbar spine in the neutral position.  
Variation: Use Fitball under your feet  
Sets: 2-3 Reps: 15 Rest: 1



### Hover

Hover position. Resting on your forearms, pelvis and lumbar spine in the neutral position on your knees or toes. Variation: Raise your leg off the floor and step side and back. Keep the leg straight. Keep the pelvis and lumbar spine in the neutral position.  
Sets: 2-3 Reps: 30sec Rest: 30 sec