

Suspension Revolution – Advanced Table of Contents

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Outline

1. Dan Long’s Passion for Fitness and Nutrition
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Dan Long's Passion for Fitness and Nutrition

Here I was at 17...



Here's where I've been...



...and here at 39



Dan Long, CPT, CKMT, Fat Loss Motivational Advisor, Founder of Kill Mode® Training Co., Life Coach/Mentor

I want to welcome you to the much needed Suspension Revolution - Advanced, Intermediate, and Beginner informational product allowed on this planet! This product will send your mind and body to an all new level, Guaranteed!

If you're just getting started with a suspension trainer,

- I have a 4 Week Beginner program for you to dominate for max results
- Next, I have a 4 week Intermediate/Rapid intro to take you to the all-new next level
- Then, it's time to advance into Championship Status with Dan Long's 12 Week Advanced Suspension Revolution Program

I believe in suspension exercise so much that people often ask if I invented this type of training. I may not be the inventor, but am empowered to take suspension exercise and test the laws of physics, body and mind to the edge. I do own my style and passion to help you shatter your goals, whether it's with a TRX, Jungle Gym XT, or SBT or any other suspension device. What else do you need, right? Just this program and a "Can

Do Attitude,” and it’s time to go the edge of suspension exercise! Oh yeah, and before we get started, did I mention that I’ve not only trained men, women and children, but also NFL Players, MLB Players, Hollywood actors, USSOCOM, Army, Navy, Air Force, Marines, golfers, and swimmers, to name a few?

Here’s a picture of two of my great friends and clients, first, the famous World Renown Nutritionist, Joel Marion, and second, Tampa Bay Buccaneers player, #56, Dekoda Watson.



Why did I start using a suspension trainer, and introduce it to the Tampa Bay Area at Powerhouse Gym Downtown? I’m always looking for cutting-edge fitness, and was looking to take my workouts up numerous notches. I needed more core workouts due to my back occasionally hurting. My flexibility was *horrible* from lifting tons of weights, and I wanted a more well-rounded physique like a Super Athlete. So, suspension exercise was a perfect fit, plus guys and girls were scared of bodyweight exercises and I wanted to help show everyone that bodyweight exercising could be fun, effective, *and* done with all ages, sizes, and walks of life.

Testimonials

Darlene Before:



Darlene After:



"I lost 18 pounds and gained defined muscle tone in 4 months thanks to Dan Long's Kill Mode® Training Co. team and TRX. TRX challenged me like no exercise I have done before. It is fun and motivating and most importantly, IT WORKS!" –Darlene

Mike Before:



Mike After:



"The coaching and teaching from Dan Long with Kill Mode® Training has been and always will be a positive experience and life changing skill given to me. The success of my weight loss goals have been achieved from a person with great inspiration and super motivational skills. One of the most important emotions that I battled was fear, but no more will I allow fear to depress me and cause me to lose out in my life. Kill Mode® made me shatter my goals and face my obstacles that held me back." –Mike

Danny Before:



Danny After:



"Coach Dan Long and the Kill Mode® team helped me take my enthusiasm for fitness from a hobby to a lifestyle. With a Kill Mode® diet plan and rigorous workouts, I shed 20 lbs. and dropped my body fat from 14% to 5% in 10 weeks! The Kill Mode® team held me accountable and encouraged me to push my physical and mental limits until they didn't exist. Most important to me is that the Kill Mode® team leads by example and I had no second thoughts about putting my trust in them. With Kill Mode® Training Co. you can literally achieve the unimaginable!" –Danny

Before and After Pictures unable to be disclosed, but please read testimonial below:



"Dan, I wanted to extend my gratitude and thanks for everything you have done. Not only as a Fitness Professional, but as a true mentor and leader to not only me, but from my observation over the last few months, everyone you come in contact with. I can't tell you enough the mentally positive impact you've had on my way of life and approach to fitness. Lifestyle mentorship aside, me being an "NCO" and leader in the US Army, I think I'm qualified to say that you are dedicated to your cause as I am to my country. In the world of Fitness, you truly are an elite and rare breed. A fitness warrior. Good luck in your endeavors. Rangers Lead the Way! –SFC Rick, Special Operations Command (SOCOM)

Dan Long's Kill Mode® Mindset

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [VIDEO: WHAT IS KILL MODE®?](#)

Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates, or assigns, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Warning: These exercises are being performed with countless years and hours of TRX, Jungle Gym XT, SBT, bodyweight, and weight training prior. Trying these exercises is a serious challenge, even though they may look easy when I perform them. You must perform with caution and have assistance with someone knowledgeable in the exercise field, if needed. You can challenge yourself by performing these exercises at your own risk.

Muscle Burn Strategy

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

Pain Strategy

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise **and replace it with another one in that circuit that you can do without pain,** to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode® Train with me using these techniques I'm teaching you.

When to Do Your Workouts:

Your workout program calls for 3 resistance training workouts per week. Workouts A, B, and C are separate workouts to be performed on separate days of the week.

The interval training (explained below “The Workouts” section) is twice weekly in addition to these workouts, best performed on separate days, but if you are only able to train 3 days a week then you can do them before or after your resistance training.

You can perform Workout A, B, and C on whatever days you'd like, but an example would be:

Mon: Workout A
Tues: Interval training
Wed: Workout B
Thurs: Interval training
Friday: Workout C
Sat: OFF
Sun: OFF

Another example would be to do the Workouts A, B, and C on Tues, Thur, and Saturday with the interval training workouts in between. Example Below:

Mon: Off
Tues: Workout A
Wed: Interval training
Thurs: Workout B
Friday: Interval Training
Sat: Workout C
Sun: Off

Or, if only training 3 days a week, you could do:

Mon: Workout A, followed by interval training, whether before or after the workout
Tues: OFF
Wed: Workout B
Thurs: OFF
Friday: Workout C, followed by interval training, whether before or after the workout
Sat: OFF
Sun: OFF

It's best to have a day in between each resistance training session, but it's also not a big deal if you have to work out on back to back days due to your schedule one week.

The Workout

Advanced Course – Weeks 1 - 4

Notes:

Recommended Foot Stance: Feet tight together, halfway or more *under* the anchor point, or use 1 leg only for all exercises (advanced)

Recommended Strap Positions: Upper Body: Adjust for appropriate intensity
Lower Body: 6"– 8" off ground depending on shoe

size

Single Hand Mode: "SHM" – put in "Single Hand Mode" where noted

L/R Performing exercises on Left *and* Right side

#° Body Plank Angles (ex: a 90° body angle is vertical)

- Advanced Exercises should be performed with meaning and a force that creates ridiculous results
- Perform all exercises for 40 seconds. Some exercises can be challenged longer (ex: superhero plank), but will increase workout time
- Do all four exercises in Circuits #1, #2, and #3 in sequence, then Repeat Circuit #1, #2, and #3, three to four times total
- 15 seconds to 20 seconds *maximum* breaks between each exercise
- This workout should be done in 45 minutes or less
- Any of these exercises can be made harder by adding high intensity, more reps per second, single leg, single arm, your body closer to your anchor point, strap adjustments, your foot placement, shorter breaks, and the want to be a Bad Ass!

Workout A – Lower Body/Core/Metabolic

Circuit 1

1. Single Leg Quad Extensions L/R *SHM
2. Single Leg Mountain Climbers *SHM
3. Single Leg Pike w/Abduction * SHM
4. Double Leg Quad Extensions w/push-up

Circuit 2

1. 75° Single Leg Straight Leg Raise L/R *SHM
2. Upside down 90° Single Leg Scissor
3. Single Leg Explosive Sprinter Start L/R *SHM
4. Explosive High Squat Jumps L/R

Circuit 3

1. Single Leg Side Lunge/Hamstring Tuck w/Hop *SHM
2. 90° Knee Kicks 3 to 1 (3 up; 1 – under, and repeat)
3. Pike Mountain Climbers
4. Single Leg Hamstring Curl w/Kick *SHM

Workout B – Full Body/Core/Metabolic

Circuit 1

1. Superhero Plank L/R
2. Side Plank; Scissor Feet; Reach Under; Hip Drop L/R
3. Side Plank with Reverse Oblique Crunches L/R
4. Single Leg Reverse Plank w/Hip Drop *SHM

Circuit 2

1. Spiderman Push-ups
2. Olympic Swimmer w/Body Saw
3. Spiderman Push-Up w/90° Knee Kick
4. Single Leg Front Plank, Push back and hold *SHM

Circuit 3

1. Hanging Body Lift
2. 45° Body Dive
3. Single Leg Pull Through – (3 second Hold in, and repeat) *SHM
4. Single Leg Crunches – (5 reps; 3 second holds and repeat) *SHM

Workout C – Upper Body/Core/Metabolic

Circuit 1

1. Single Arm Bicep Curl w/without Dumbbell L/R *SHM
2. Single Leg Squat/Single Arm w/I Fly L/R
3. Power Pull w/without Dumbbell Punch L/R
4. Single Arm Body Rotation L/R

Circuit 2

1. Single Leg Open End Reverse Fly w/4 second Release
2. Single Arm Triceps Press w/Knee Drop L/R
3. Single Arm Chest Press L/R
4. Single Leg/Single Arm Row L/R

Circuit 3

1. Shoulder Press 15 – 20 reps *SHM
2. Oblique Crunches w/Push-Ups
3. Hanging L-Shape Rows
4. Wide Grip Triceps Press/Single Leg

Advanced Course – Weeks 5 - 8

Notes:

Recommended Foot Stance: Feet tight together, halfway or more *under* the anchor point, or use 1 leg only for all exercises (advanced)

Recommended Strap Positions: Upper Body: Adjust for appropriate intensity
Lower Body: 6"– 8" off ground depending on shoe size

Single Hand Mode: "SHM" – put in "Single Hand Mode" where noted

L/R Performing exercises on Left *and* Right side

#° Body Plank Angles (ex: a 90° body angle is vertical)

- Advanced Exercises should be performed with meaning and a force that creates ridiculous results
- Perform all exercises for 40 seconds. Some exercises can be challenged longer (ex: superhero plank), but will increase workout time
- Do all four exercises in Circuits #1, #2, and #3 in sequence, then Repeat Circuit #1, #2, and #3, three to four times total
- 15 seconds to 20 seconds *maximum* breaks between each exercise
- This workout should be done in 45 minutes or less
- Any of these exercises can be made harder by adding high intensity, more reps per second, single leg, single arm, your body closer to your anchor point, strap adjustments, your foot placement, shorter breaks, and the want to be a Bad Ass!

Workout A – Upper Body/Core/Metabolic

Circuit 1

1. Single Leg/Single Arm Bicep Crossover
2. Single Leg/Single Arm Reverse Triceps Pull Down
3. Single Leg Chest Fly w/Body Roll-Out
4. Single Leg Reverse Flys L/R

Circuit 2

1. Shoulder Press w/Lean L/R
2. Burpees w/Push-Ups and Jumps L/R
3. Pendulum Swing w/Oblique Crunches and 1 Hand Lift L/R
4. Suspended Push-Up w/Hop 3 Back/3 Fwd.

Circuit 3

1. Single Arm Reverse Triceps Press *SHM
2. Inverted Chest Press w/Abduction
3. Single Leg/Single Arm Chest Press L/R
4. Single Arm Rows Under the Anchor Point

Workout B – Full Body/Core/Metabolic

Circuit 1

1. Single Leg Star Plank/Body Behind Anchor Point
2. Side Plank on 1 Hand Scissor; Reach Under; Hip Drop L/R
3. Reverse Plank/Behind Anchor Point
4. Side Plank – Elbow Past Knee Oblique Crunches

Circuit 2

1. Y Plank w/Body Saw and Lift
2. 80° Body Dive/Knee Driver *SHM
3. Single Leg Star Hold 30 Sec. L/R
4. Hanging Body Lift

Circuit 3

1. Single Leg Body Saw Pike w/Scissors *SHM
2. Hanging (suspended) Bicycle
3. Windshield Wiper
4. Hanging L-Shape Flutter Kicks

Workout C – Lower Body/Core/Metabolic

Circuit 1

1. Single Leg Hamstring Curl Away from Anchor Point on Hands *SHM
2. Supine Runners Away From Anchor Point
3. Single Leg Raise w/Hamstring Curl (away from anchor point) *SHM
4. Floating Lunge w/Kick -3 Angles – L/Center/Right of Suspension Straps; L/R

Circuit 2

1. Single Leg Alternating Squat/Floating Skater
2. Alternating Jump Lunges Moving Left to Right 180°
3. Single Leg Suspended Skater L/R
4. Explosive Suspended Lunge w/Hop Fwd./Back L/R

Circuit 3

1. Sprinter Starts Fwd./Back
2. High Knees - Fast
3. Squat High Kicks (Above the head) L/R
4. Single Leg Raise/Quad Extensions - Prone

Advanced Course – Weeks 9 - 12

Notes:

Recommended Foot Stance: Feet tight together, halfway or more *under* the anchor point, or use 1 leg only for all exercises (advanced)

Recommended Strap Positions: Upper Body: Adjust for appropriate intensity
Lower Body: 6"– 8" off ground depending on shoe size

Single Hand Mode: "SHM" – put in "Single Hand Mode" where noted

L/R Performing exercises on Left *and* Right side

#° Body Plank Angles (ex: a 90° body angle is vertical)

- Advanced Exercises should be performed with meaning and a force that creates ridiculous results
- Perform all exercises for 40 seconds. Some exercises can be challenged longer (ex: superhero plank), but will increase workout time
- Do all four exercises in Circuits #1, #2, and #3 in sequence, then Repeat Circuit #1, #2, and #3, three to four times total
- 15 seconds to 20 seconds *maximum* breaks between each exercise
- This workout should be done in 45 minutes or less
- Any of these exercises can be made harder by adding high intensity, more reps per second, single leg, single arm, your body closer to your anchor point, strap adjustments, your foot placement, shorter breaks, and the want to be a Bad Ass!

Workout A – Upper Body/Core/Metabolic

Circuit 1

1. Triceps Dips
2. Hanging L-Shape Rows
3. Single Leg/Single Arm Row w/Reach Through
4. Single Leg/Single Arm Reverse Bicep Curl

Circuit 2

1. Single Leg Diamond Push-Up w/Crunch
2. Single Arm/Single Leg Push-Up
3. Hammer Curls – Single Arm
4. 180° Push-Up & Crunches Left to Right

Circuit 3

1. Rows under Anchor Point *SHM
2. Single Leg/Single Arm T, Y, I Fly - L/R *SHM
3. Single Leg Reverse Flys – 5 second Release
4. Single Leg Inverted Rows

Workout B – Full Body/Core/Metabolic

Circuit 1

1. Superhero Plank w/Body Saw L/R
2. Side Plank (single Leg) Oblique Crunch L/R
3. Single Leg Reverse Plank w/Hip Drop
4. Single Leg Front Plank L/R w/Shoulder Touch

Circuit 2

1. Burpees w/Weighted Hop L/R
2. Single Leg Oblique Crunches L/R
3. Single Leg Oblique Crunches on Hands
4. Under Anchor Point Body Roll-Out

Circuit 3

1. Hanging L-Shape Flutter Kicks
2. Hanging Body Lift
3. Hanging Straight Double Leg Core Raise
4. Hanging Body Lift with 5 second Static Hold

Workout C – Lower Body/Core/Metabolic

Circuit 1

1. Weighted Suspended Lunge w/Hop
2. Single Leg Squat L/R – Back to Back
3. Skaters – big leaps *SHM
4. Squat Jumps into Lunge L/R

Circuit 2

1. Olympic Sprinter Start x2
2. Double Leg 45° Quad Extensions
3. Explosive Low Lunge (from Plank transition)
4. 90° Low Static Hold Squat with hop – Fwd./Back

Circuit 3

1. Single Leg Supine Runners
2. Single Leg Double Kick Hamstring Curls
3. Single Leg Hip Press
4. 45° Slow Motion Mountain Climbers

INTERVAL TRAINING

We will be utilizing a customized Intensity Interval Training program. These types of workouts are great for overall fitness, but most importantly, they've been shown to yield the greatest fat loss. With this type of training you will also continue to burn calories for 24-48 hours after the exercise session is over! That's Kill Mode®! ☺ Here it is:

Kill Mode® Intensity = 2 minutes

Warm Up: 2 minutes light (level 3), 2 minutes medium (level 5)

Interval 1: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)
Interval 2: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)
Interval 3: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)
Interval 4: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)

Total Duration: 20 minutes

Days/Week: Perform this workout 2 times weekly, alternating with 3 resistance training days where possible. The resistance training days should preferably be split with interval training days in between. If not, perform interval training immediately after your resistance training workouts.

The “levels” are based on a scale of 1-10 of your perceived effort (with 0 being no effort and 10 being maximal effort). The hard intervals should be tiring, with the light intervals allowing you to recover (while still moving) in preparation for your next interval.

Remember, these intervals are based on YOUR exertion and level of fitness, no one else's. Your “hard” intervals should be a challenge for YOU but not so tiring that you cannot perform subsequent intervals.

The type of exercise that you choose is up to you for this phase. Some examples are free running, treadmill, elliptical, stair stepper, stationary bike, rower, jump rope, etc.

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EXERCISE LIBRARY

Single Hand Mode:



1. Holding handles side by side, take the one from left side through the right handle from underneath, and pull that one through with your right hand.
2. Grab handle from underneath with Left hand, and pull that through handle on top and pull it tight with right hand, to put it into Single Hand Mode (*SHM)

Workout A – Month 1 Advanced Circuit 1

Single Leg Quad Extensions L/R *SHM



1. Place straps in SHM, and facing away from anchor point, on knees, place right foot in foot cradle, and place hands flat on floor under shoulders as shown.
2. Lift body off ground onto hands, and extend Right leg so that it's straight and then bend right knee to approximately 45° and repeat with extension of right leg for desired amount of time, without touching right knee to ground until complete.
3. Repeat with Left leg in handle for desired amount of time.

Single Leg Mountain Climbers *SHM





1. Keeping straps in SHM, place Right foot in foot cradle, and get into front plank position with hands on floor in line with shoulders. Pull in your left leg and then your right at a good tempo to perform the single leg mountain climber. Challenge yourself by going as fast as possible!

2. Continue for desired amount of time.



Single Leg Pike w/Abduction * SHM
Alternate Abduction view:



1. Place Right Foot in foot cradle, in front plank position with hands on floor under shoulders for support, and raise hips up, keeping legs straight, and then separate your feet out as far as possible, and then bring feet back together, and repeat pike, and feet separation.
2. Repeat for desired amount of time.

Double Leg Quad Extensions w/push-up



1. Facing away from anchor point, on knees, place both feet in foot cradles, and place hands flat on floor under shoulders. Raise knees and hips off ground to extend both legs straight, and perform a push-up.
2. Repeat exercise for duration of time.

Workout A – Month 1 Advanced Circuit 2

75° Single Leg Straight Leg Raise L/R *SHM



1. Place straps in SHM, and standing directly under anchor point, put Left foot in foot cradle, and walk yourself back on hands and Right leg as shown, to a 75° angle. Using your hands for support, lift your Right leg straight up next to your left leg, and then bring Right leg down just above ground, and raise straight up to ceiling, using your hands and left foot in foot cradle for support.
2. Repeat for desired amount of time.

Upside down 90° Single Leg Scissors



Alternate view:



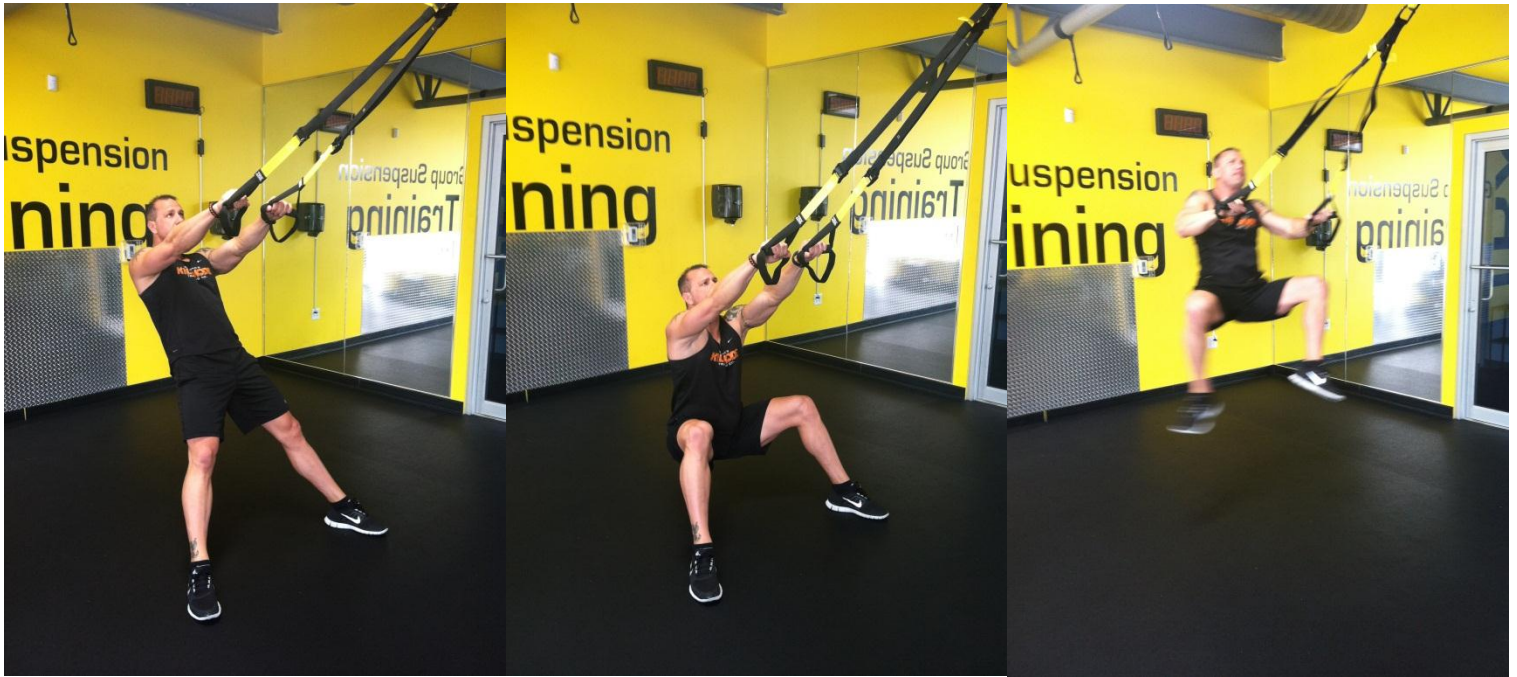
1. Place straps in SHM, and standing directly under anchor point, put foot in foot cradle, and walk yourself back on hands and leg as shown, to a 90° angle straight up and down. Using your hands and suspended foot for support, separate your feet and scissor feet open and closed for duration of time.

Single Leg Explosive Sprinter Start L/R *SHM



1. With straps in SHM, facing away from anchor point, place right foot in foot cradle, and place hands flat on floor under shoulders as shown, with right foot straight out behind you, and Left foot on floor in a sprinter start position.
2. With an explosive movement, quickly Lift Hips up and pull suspended Right leg toward you, while Left leg is also off ground, and return to start position, and repeat for desired amount of time.
3. Repeat with Left foot in foot cradle for desired amount of time.

Explosive High Squat Jumps L/R



1. Standing in wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, lean body back, squat down and *explosively* jump up, landing back into squat position, and repeat.
2. Continue for desired amount of time.

lean body back

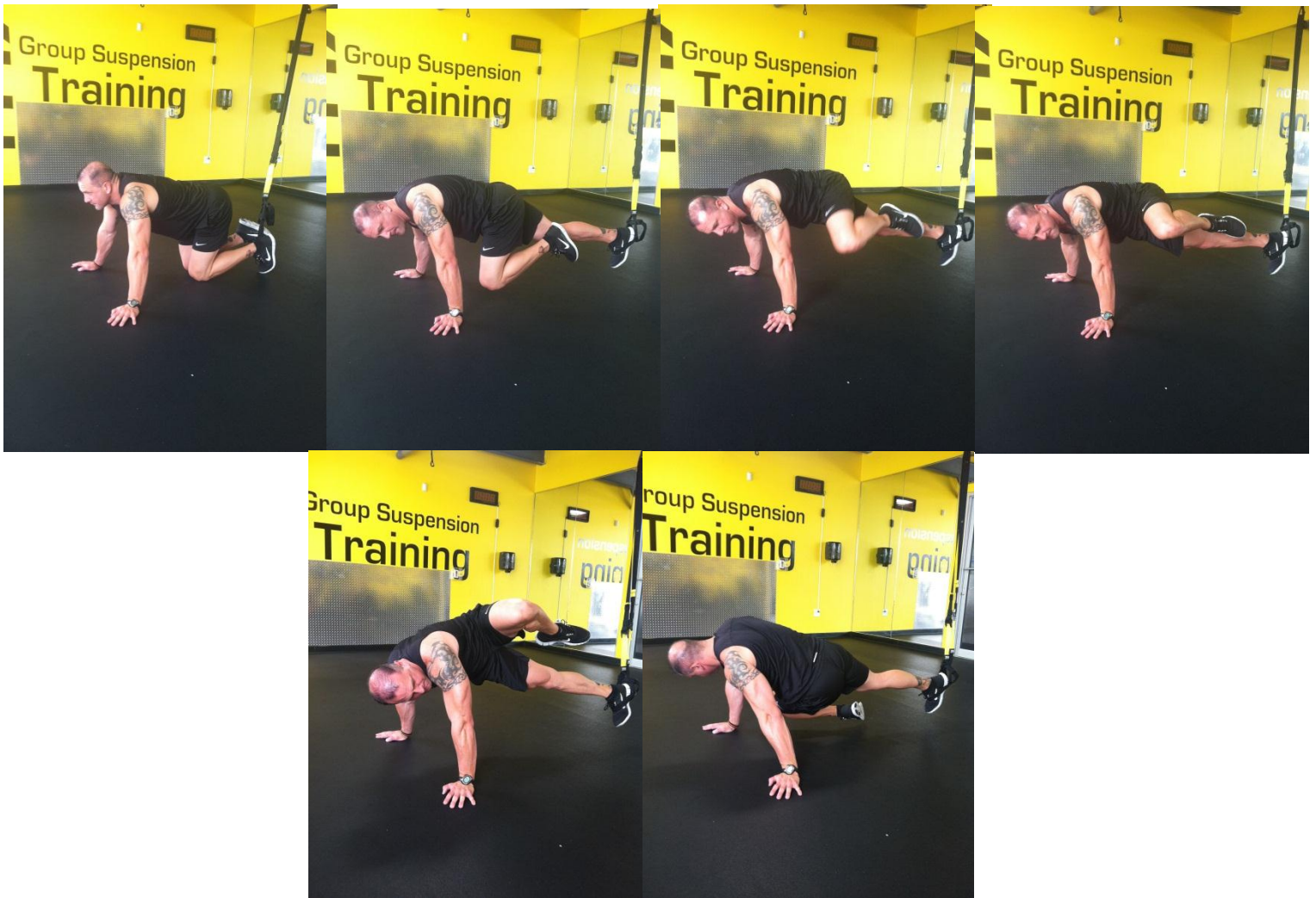
Workout A – Month 1 Advanced Circuit 3

Single Leg Side Lunge/Hamstring Tuck w/Hop *SHM



1. With straps in SHM, put your Left foot in foot cradle, standing to the side, away from anchor point, and hop out to get in position as shown in first picture.
2. Lunge on Right leg, touching floor with fingertips for balance, and stand back up. Tuck in knee toward your body, and hop up. Repeat for desired amount of time, and repeat with Right foot in foot cradle.
3. Repeat for desired amount of time on Right side.

90° Knee Kicks 3 to 1 (3 up; 1 – under, and repeat)



1. Place straps in SHM, and place Right foot in foot cradles, and lift body into front plank position with hands under shoulders. Bend Left Knee (leg not suspended) in to chest and twist torso to left and up 3 times and then tuck knee under body to right and return to bended knee underneath body and repeat for desired amount of time. Switch legs, placing Left foot in foot cradles, and repeat.
2. Continue for desired amount of time with left leg in handles.

Pike Mountain Climbers



1. Place feet in foot cradles, facing ground with hands flat on floor under shoulders. Raise hips up keeping legs straight, into pike position, and while in Pike position, perform mountain climbers, bringing left and right knees in to chest one at a time, alternating for desired amount of time.

Single Leg Hamstring Curl w/Kick *SHM



1. With straps in SHM, place Right heel in foot cradle, slightly in front of anchor point, hands flat on ground behind you. Lift hips off the ground, and curl Right leg in toward chest, kick other leg up while curling hamstring in.
2. Straighten leg, and repeat without touching ground, during desired amount of time.
3. Switch and put your Left heel in foot cradle, and repeat for desired amount of time.

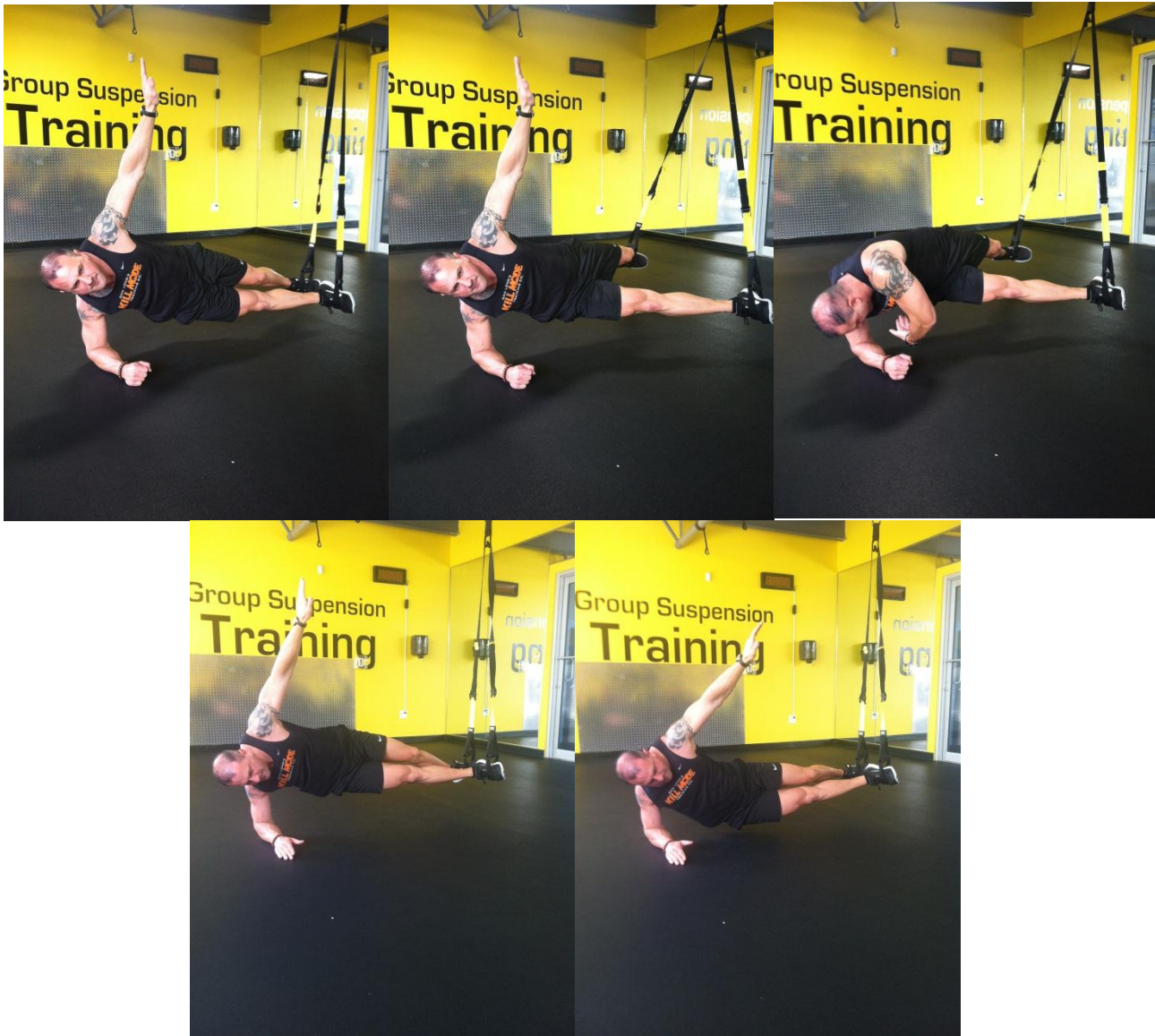
Workout B – Month 1 Advanced Circuit 1

Superhero Plank L/R



1. With straps in SHM, place Right foot in foot cradle, and get on elbows.
2. Lift body up off ground on elbows, and straighten legs out.
3. Lift Right arm straight out in front of you, while Left leg is straight out to side of suspended leg and hold for desired amount of time. Use elbow and leg suspended for balance.

Side Plank; Scissor Feet; Reach Under; Hip Drop L/R



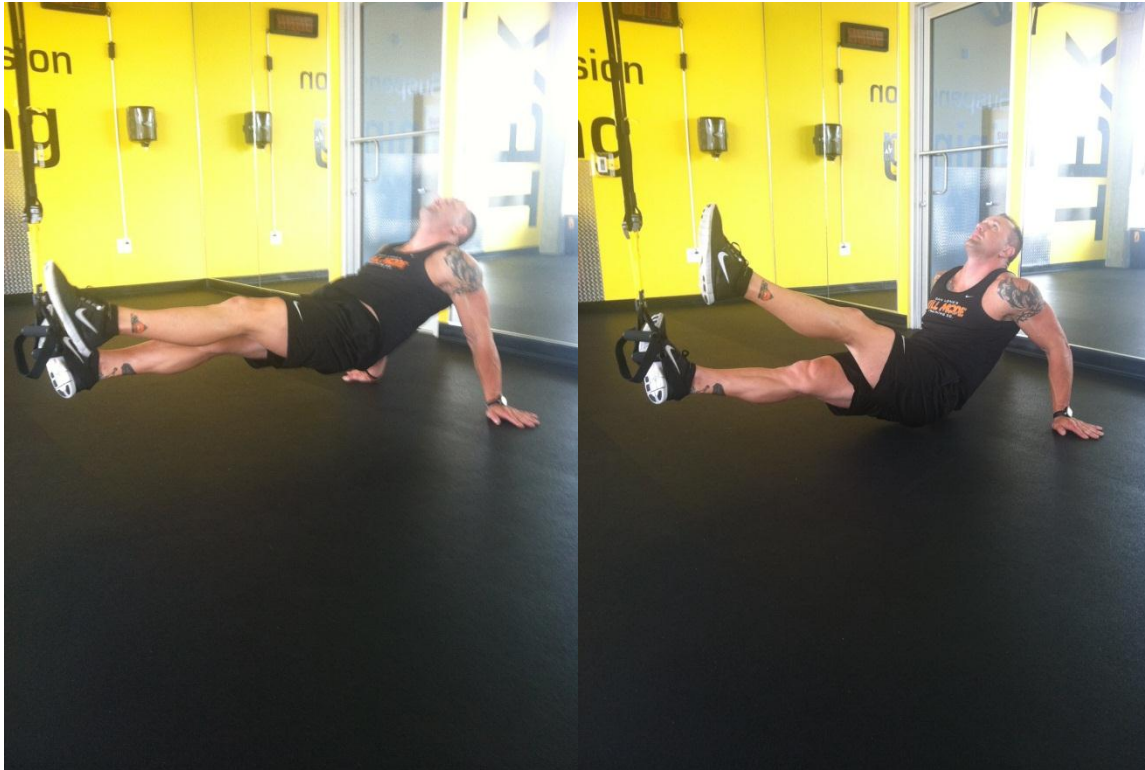
1. Put feet in foot cradles, and then lie on your Right side. Lock your feet in an offset foot position (top leg/foot behind bottom leg/foot). Get onto Right elbow, and then lift body straight up on elbow, raising left arm straight up into as shown. Scissor feet apart, and then reach under with your left hand, and return to start position, bringing feet back together heel to toe, arm straight up in air, and drop hip down and back up without touching the ground. Repeat entire exercise for desired amount of time, then get on Left side and repeat.
2. Repeat on Left Side/Left elbow for desired amount of time.

Side Plank with Reverse Oblique Crunches L/R



1. Put feet in foot cradles, and then lie on your Right side. Lock your feet in an offset foot position (top leg/foot behind bottom leg/foot). Get onto Right elbow, and use left hand for support on ground. Lift body up, and then bring knees in past elbow, and back out.
2. Repeat for desired amount of time, then switch to your Left foot/Left side and repeat for desired amount of time.

Single Leg Reverse Plank w/Hip Drop *SHM



1. With straps in SHM, put Right heel in foot cradle, left leg next to right leg, and with hands flat on ground behind you, lift your body straight up into reverse plank Lying on back, with heels in handles, put hands flat on floor, and raise body straight into Reverse Plank position, then drop hip down bringing left leg up for support, and then back to reverse plank position, and repeat for desired amount of time.
2. Switch to Left leg and repeat exercise for desired amount of time.

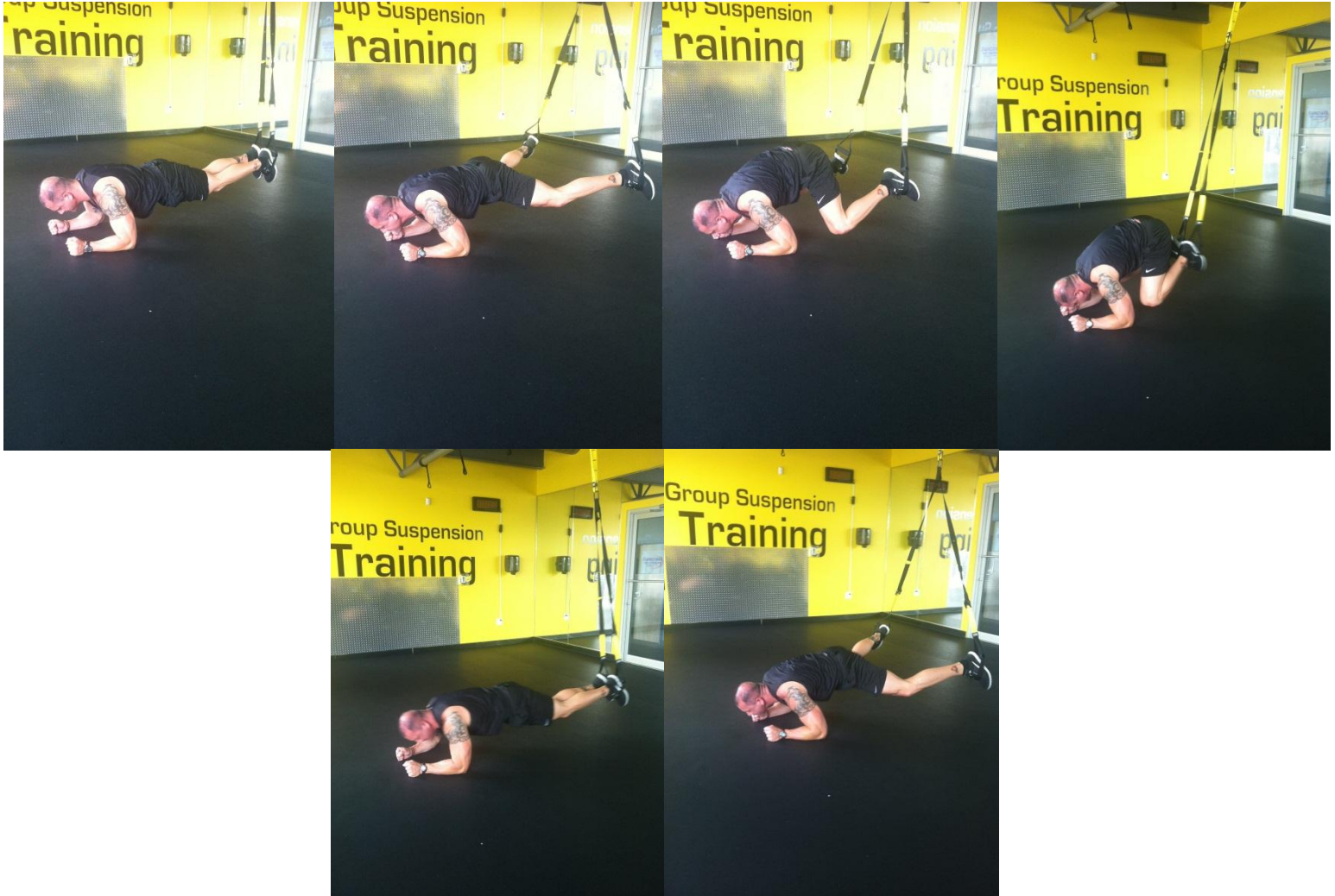
Workout B – Month 1 Advanced Circuit 2

Spiderman Push-ups *SHM



1. With straps in SHM, on knees, place right foot in foot cradle, and with hands flat on ground under shoulders, straighten legs out into front plank position, then perform a push up, while bending Left knee out to side at same time, and then come back up to front plank position. Repeat for desired amount of time
2. Switch to Left foot in foot cradle for desired amount of time.

Olympic Swimmer w/Body Saw



1. With both feet in foot cradles, in front plank position on elbows, separate feet out and body saw forward, as you pull knees in toward your elbows, with legs coming out in a circular motion toward your arms.
2. At top of crunch, bring legs together, saw body back, and straighten legs back out to start position, separating feet again, and repeating the fluid movement for desired amount of time.

Spiderman Push-Up w/90° Knee Kick



1. With straps in SHM, on knees, place right foot in foot cradle, and with hands flat on ground under shoulders, straighten legs out into front plank position, then perform a push up, while bending Left knee out to side at same time, and then come back up to front plank position, left knee still bent, and rotate torso while kicking up left leg out to side while bent as shown. Return to start position and repeat for desired amount of time.
2. Switch to Left foot in foot cradle to perform exercise for desired amount of time.

Single Leg Front Plank, Push back and hold *SHM



1. With straps in SHM, place Right foot in foot cradles, and get elbows. Lift knees off ground and straighten legs into front plank position slightly behind anchor point. Push body back and hold in that position for desired amount of time.

Workout B - Month 1 Advanced Circuit 3

Hanging Body Lift



1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up with feet up to touch the suspension strap, and lower legs back down to ground to start position and repeat.

45° Body Dive



1. With straps in SHM, put right foot in foot cradle, and walk yourself backwards on your hands and left leg as shown, to where your body is at a 45° angle. Lower your body slowly down, by bending arms slightly, and arching your back slightly into a body dive or swoop and repeat exercise for desired amount of time.

Single Leg Pull Through – (3 second Hold in, and repeat)



1. With straps in SHM, place right foot in foot cradle under anchor point, and lift hips off ground being supported by your hands, feet together. Pull your body back and hold for 3 seconds, and then return to start position and repeat.
2. Continue for duration of time.

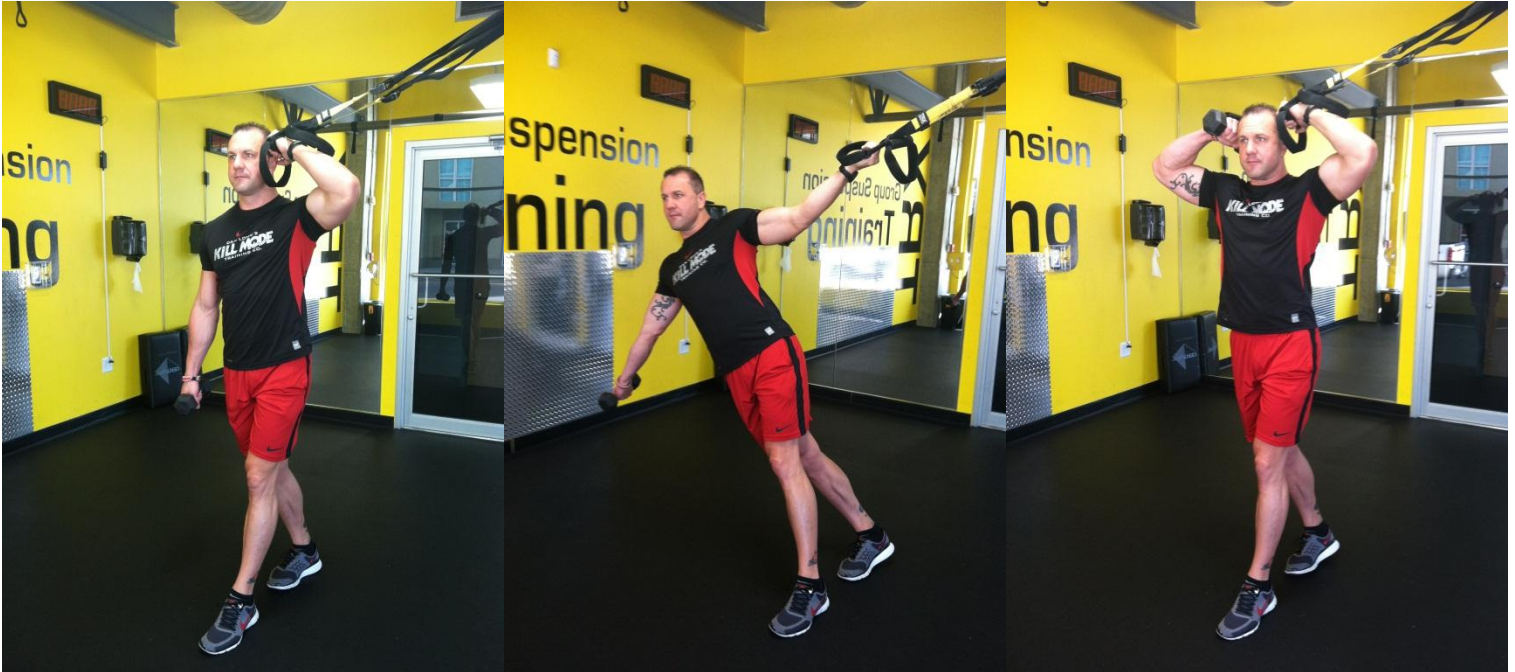
Single Leg Crunches – (5 reps; 3 second holds and repeat) *SHM



1. With straps in SHM, place right foot in foot cradle, feet together, lift body into front plank position on hands. Bring knees into chest and back out for 5 reps and hold for 3 seconds with knees into chest and back out again for 5 reps and then hold for 3 seconds in crunch position after 5th rep.
2. Continue for duration of time.

Workout C – Month 1 Advanced Circuit 1

Single Arm Bicep Curl w/without Dumbbell L/R *SHM



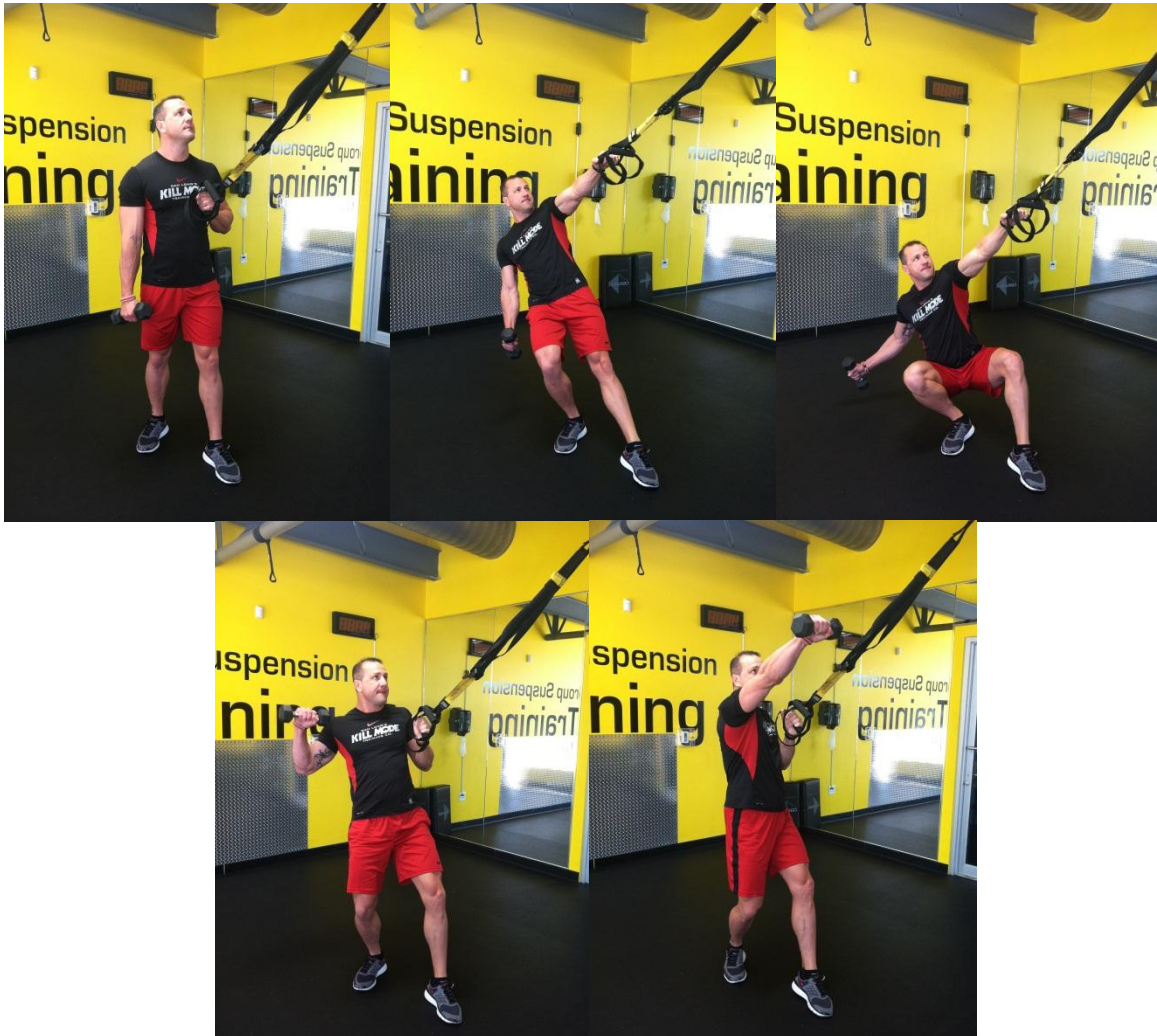
1. With straps in SHM, standing in an offset foot position, away from anchor point, dumbbell in right hand, and holding handle in left hand by your head to gauge distance from anchor point to body, extend Left arm out and lean off to side, holding dumbbell out to side, palms up.
2. Curl both Right arm and Left arm up and return to start position and repeat for desired amount of time. Switch to hold handle with Right hand, dumbbell in Left hand and repeat exercise for duration of time.

Single Leg Squat/Single Arm w/I Fly L/R



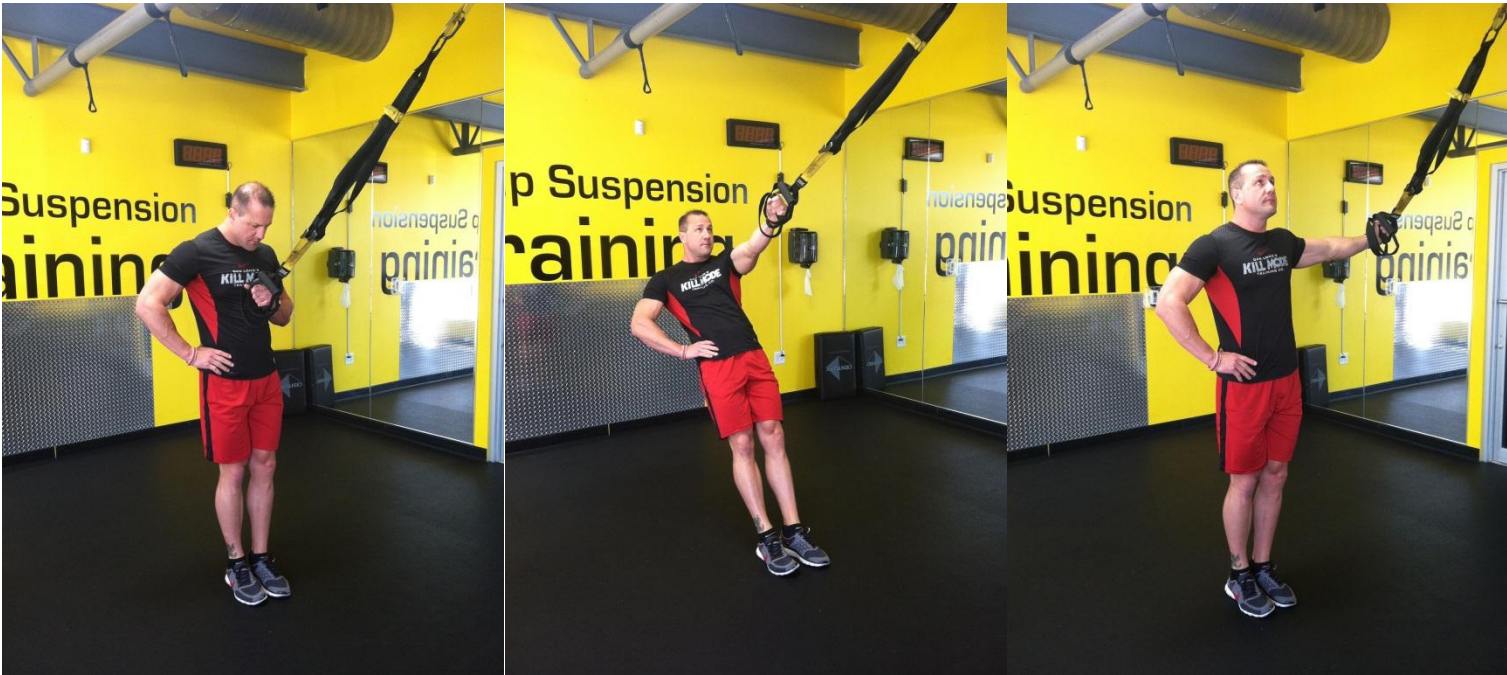
1. With straps in SHM, facing anchor point, holding handle in Right arm by your ribs, lift up your Right leg, and lean back so that arm is fully extended. Lower body into a squat, and then raise arm straight up toward ceiling while standing back up, into an I Fly position.
2. Repeat for desired amount of time on Right, and repeat exercises holding handles with your Left arm for desired amount of time.

Power Pull w/without Dumbbell Punch L/R



1. With straps in SHM, facing anchor point, holding handle with Left hand by your chest, and a dumbbell in your Right hand, lean back, and then squat down low, bringing dumbbell behind you.
2. Come back up, lifting dumbbell up and punching it straight up across the straps.
3. Repeat this for remainder of time, and then switch to holding handle in Right hand, and dumbbell in Left hand and repeat for desired amount of time.

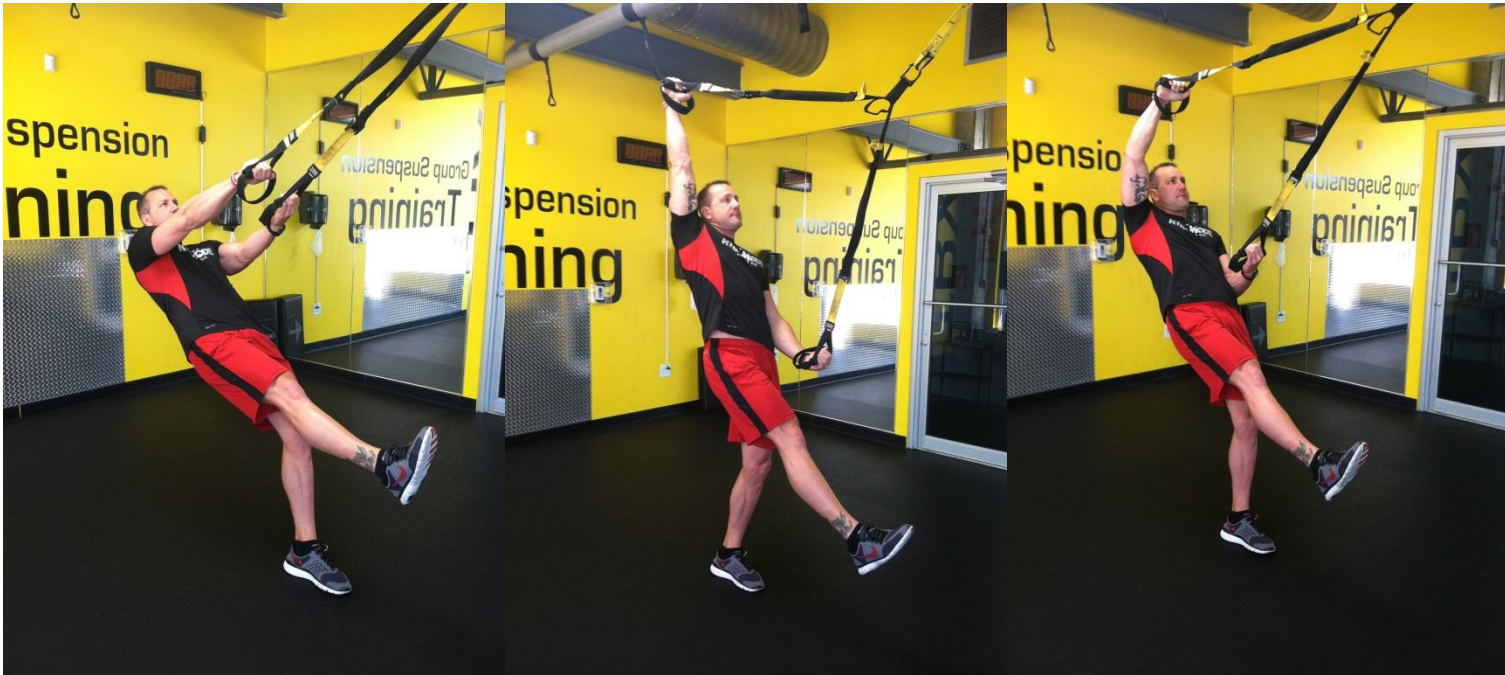
Single Arm Body Rotation L/R



1. With straps in SHM, facing anchor point, feet together, holding handle with Left hand by your chest, lean back, and then pull your left arm to your left side, bringing your body back to standing position, and return to starting point. Repeat for desired amount of time, and repeat with Right hand.
2. Repeat exercise on Right hand for desired amount of time.

Workout C – Month 1 Advanced Circuit 2

Single Leg Open End Reverse Fly w/4 second Release



1. Standing facing anchor point, handle in each hand with palms facing in, lean body back, extending arms straight out in front of you.
2. Open both arms straight out to ceiling and floor, making sure body/arms are straight, and hold release over a period of 4 seconds before bringing arms back together again to start position.
3. Next, switch direction so that top hand is now at bottom, and perform reverse fly in the opposite direction.
4. Repeat for desired duration of time.

Single Arm Triceps Press w/Knee Drop L/R



1. With straps in SHM, hold handle with Right hand, left hand on hip, facing away from anchor point, and feet in offset foot position. Bend right arm back behind head, while leaning forward and dropping your knee as shown. Return to start and continue for duration of time.
2. Switch to hold handle in Right Hand and repeat exercise for desired duration of time.

Single Arm Chest Press L/R



1. With straps in SHM, facing away from anchor point, feet together, left hand on hip, and Right arm holding handle, extended out in front of you at shoulder height.
2. Bend Right arm, bringing elbow back, lowering body into chest press and then return to start position.
3. Continue for desired amount of time, and then repeat with your Left hand holding handle and right hand on hip.

Single Leg/Single Arm Row L/R



1. With straps in SHM, standing away from anchor point, but facing it, holding handles with Right arm, lean body back, facing anchor point, and raise Right leg.
2. Pull Right arm back at shoulder height, pulling your body forward, and return to start position.
3. Repeat for desired amount of time, and then repeat on your Left side, holding handles with your Left hand, and raising your left leg up to perform the single arm rows.

Workout C – Month 1 Advanced Circuit 3

Shoulder Press 15 – 20 reps *SHM



1. Place straps in SHM, and standing directly under anchor point, put foot in foot cradle, and walk yourself back on hands and leg as shown, to a 90° angle straight up and down.
2. Using your hands and suspended foot for support, lower body by bending arms into shoulder press
3. Repeat for a total of 15 -20 reps.

Oblique Crunches w/Push-Ups



1. Place feet in foot cradles, and lift body into front plank position on hands and perform a push up.
2. Next, quickly bring knees forward and out to right side toward your right arm, push through with your feet back to front plank position, and immediately bring knees forward and out to left side toward your left arm, and then back to start position and repeat.
3. Continue for desired amount of time.

Hanging L-Shape Rows



1. Pulling your straps all the way up, standing directly under the anchor point, hold onto handles, with body below you, with feet on floor.
2. Lift body off ground by bending your arms, and straightening your legs straight out so that your body is an “L” shape, and lift body straight up and down to perform these “L” shape rows.
3. Repeat for desired amount of time.

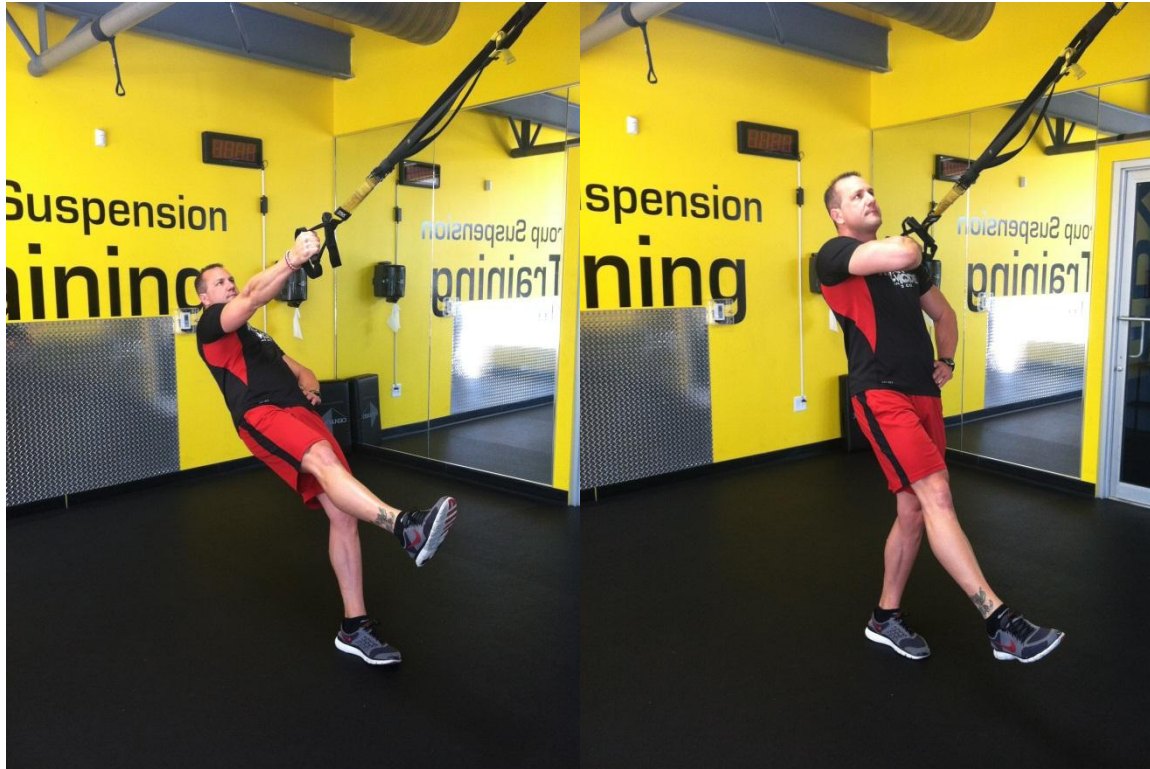
Wide Grip Triceps Press/Single Leg



1. Facing away from anchor point, holding handles with palms down at shoulder height and width apart (wide grip), lean body forward, and put 1 leg up behind you.
2. Bend arms back so that hands come past your head, and then push through back to starting position.
3. Repeat for desired amount of time.

Workout A – Month 2 Advanced Circuit 1

Single Leg/Single Arm Bicep Crossover



1. With straps in SHM, facing anchor point, hold handle in Right hand, lean body back, and raise your Right leg.
2. Pull arm in across your body and to your Left shoulder, and then back to start position.
3. Repeat for desired amount of time.

Single Leg/Single Arm Reverse Triceps Pull Down



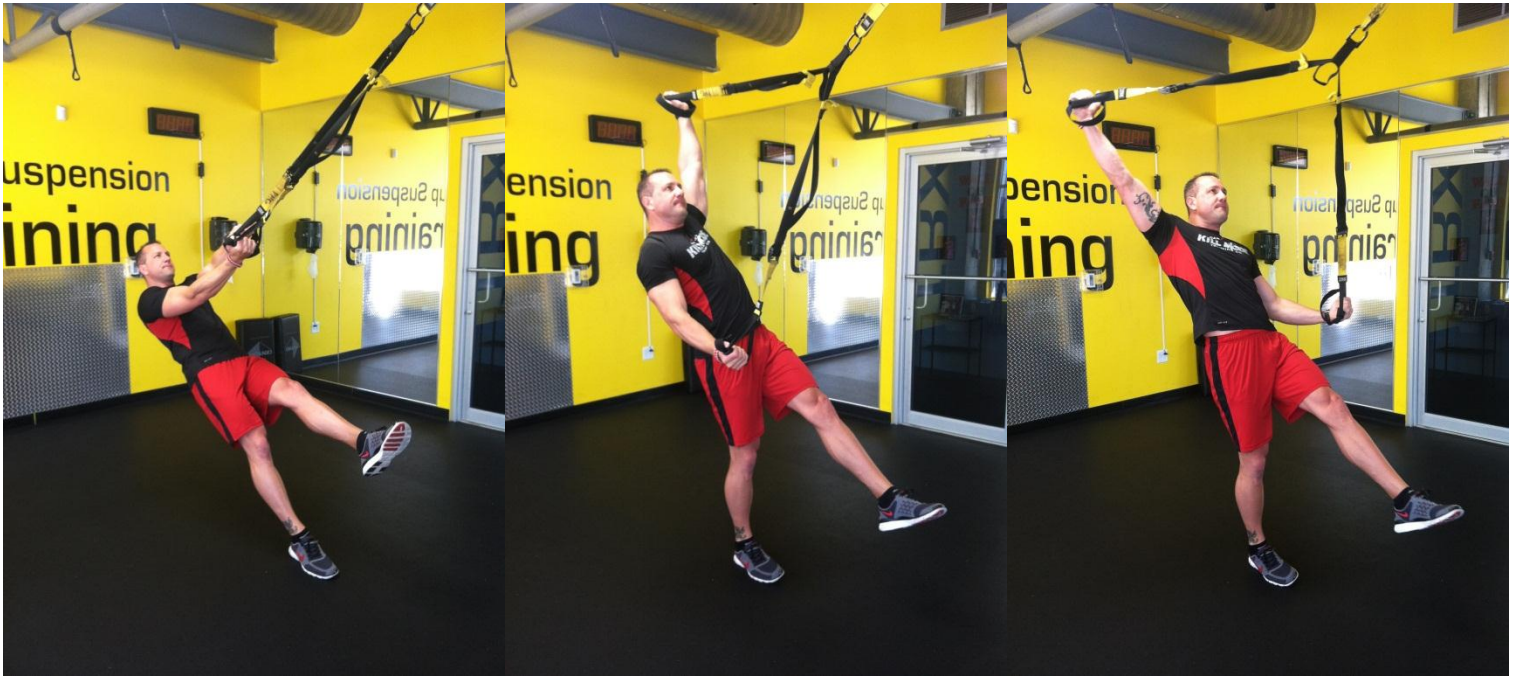
1. With straps in SHM, facing anchor point, hold handle in Right hand, palms up, lean body back, and raise your Right leg off ground in front of you.
2. Pull down straps toward your side/hip and then return to start position and repeat for desired amount of time.
3. Switch sides, holding handle in Left hand and repeat exercise for desired amount of time.

Single Leg Chest Fly w/Body Roll-Out



1. Facing away from anchor point, straps over shoulders and holding handles with palms facing down, arms straight out in front of you, and with one leg raised leg behind you, lean body forward into chest fly.
2. Straighten arms back out to where palms are facing in, and straps are above your shoulders. Lean body forward as you raise arms up and over head to roll body out, and then lower arms back down as you bring your body back to start position.
3. Repeat for desired amount of time.

Single Leg Reverse Flys L/R



1. Standing facing anchor point, holding a handle in each hand with palms facing in, lean body back and raise 1 leg.
2. Open both arms straight out to ceiling and floor, making sure body/arms are straight and then back in, switching direction of hands, so that top hand is now at bottom, and perform reverse fly in the opposite direction.
3. Repeat for desired duration of time.

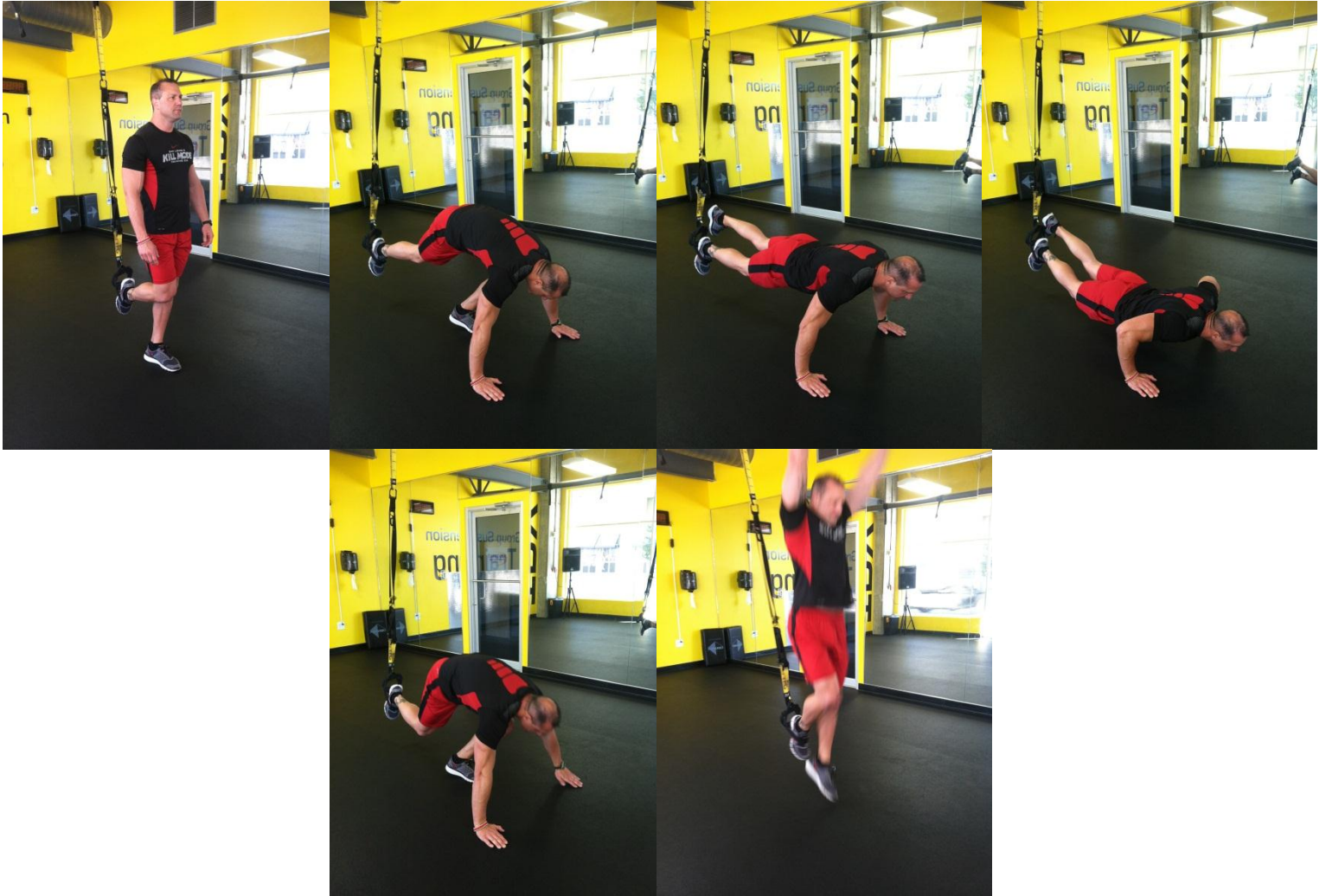
Workout A – Month 2 Advanced Circuit 2

Shoulder Press w/Lean L/R



1. Place straps in SHM, and standing directly under anchor point, put foot in foot cradle, and walk yourself back on hands and leg as shown, to a 90° angle straight up and down.
2. Using your hands and suspended foot for support, lower body by bending arms into shoulder press, and straighten arms to bring body back up.
3. Next, lean body to right, then to left, and repeat the entire exercise for desired amount of time.

Burpees w/Push-Up and Jump L/R



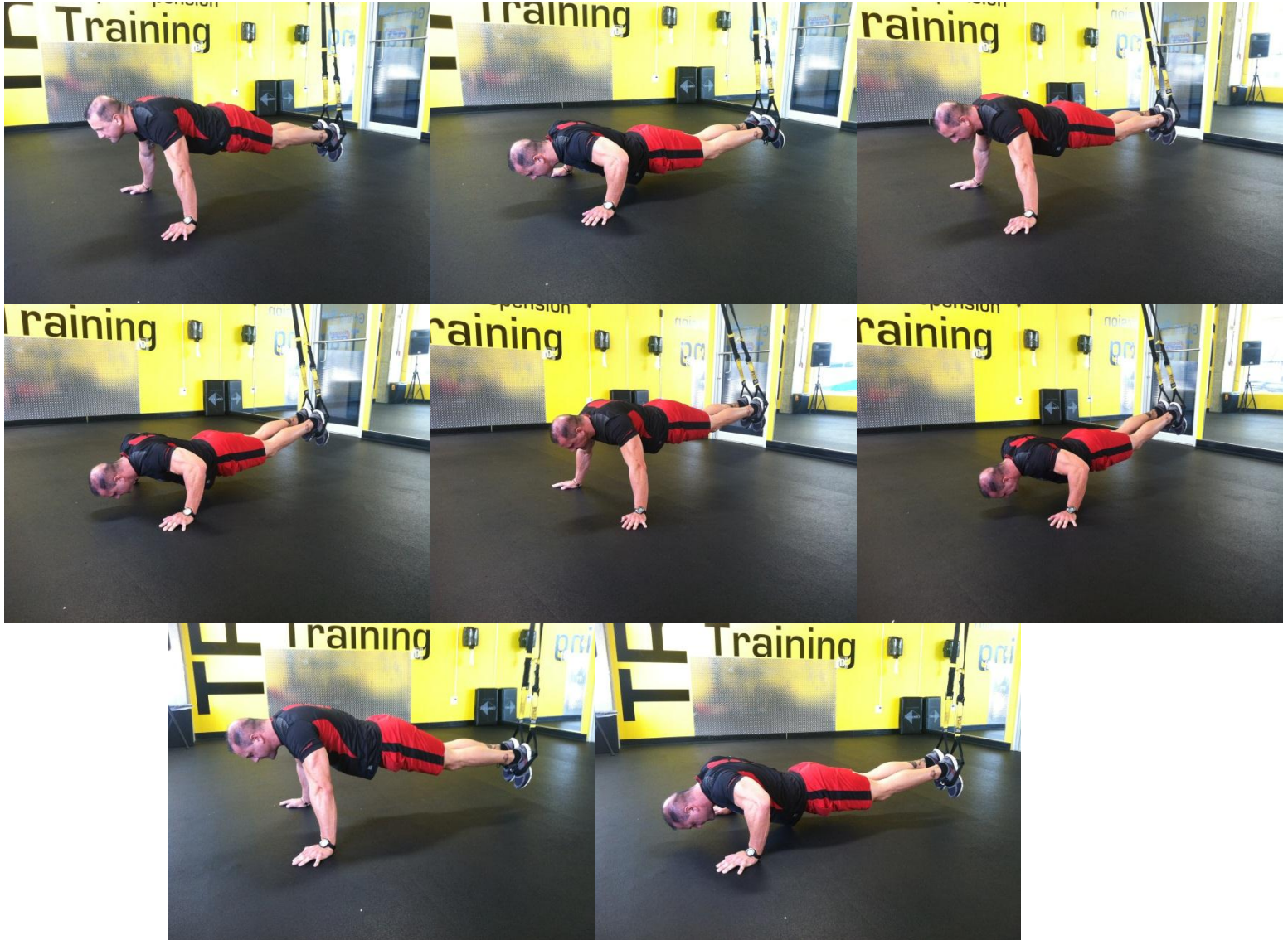
1. With straps in SHM, place 1 foot in foot cradle, standing directly below anchor point.
2. Drop hands down to get into push up position and perform push-up and immediately come back up and jump straight up in air.
3. Repeat for desired amount of time and repeat with other leg in foot cradle.

Pendulum Swing w/Oblique Crunches and 1 Hand Lifts



1. With both feet in foot cradles in front plank position, swing body from left to right, then when you swing back to your left again, bring knees forward toward side, and lift left hand up off ground quickly
2. Bring feet back and swing knees around to your right side, bringing knees toward your right arm, and lift your right hand quickly off ground.
3. Continue this exercise for duration of time.

Suspended Push-Up w/Hop 3 Back/3 Fwd.



1. In front plank position on hands, perform a push-up and hop back on both hands. Repeat this going backward 2 more times.
2. When you come up from last push up in back position, hop hands forward and perform push up. Repeat this going forward 2 more times.
3. Repeat for desired amount of time.

Workout A – Month 2 Advanced Circuit 3

Single Arm Reverse Triceps Press *SHM



1. Facing away from anchor point, feet in offset foot position, lean body forward, holding handles in left hand, palms facing up. Bend arm/hand toward head and then extend arm back out.
2. Repeat for desired amount of time, and repeat with your Right arm.

Inverted Chest Press w/Abduction



1. With straps in SHM, put right foot in foot cradle, and walk yourself backwards on your hands and left leg as shown, to where your body is at a 45° angle, and lift your left leg next to right. Lower your body down into a chest press, and then separate feet.
2. Raise arms, and put feet back together and repeat for desired amount of time.

Single Leg/Single Arm Chest Press L/R



1. With straps in SHM, facing away from anchor point, holding handle with left hand, lean body forward and lift left leg up behind you. Bend arm in toward chest and return to start position.
2. Repeat for desired amount of time, and repeat on Right side, holding handle with Right hand, and raising your Right leg up behind you.

Single Arm Rows Under the Anchor Point



1. With straps in SHM, as high up as possible, stand directly under the anchor point, and hold onto handles with your right hand, left hand on hip. Lower your body with feet on ground as shown.
2. Lift body off ground by pulling your right arm in toward your body, using legs as support, until you're all the way up and then return to start position.
3. Repeat for desired amount of time and then switch to Left hand holding handle, and repeat for desired amount of time.

Workout B – Month 2 Advanced Circuit 1

Single Leg Star Plank/body Behind Anchor Point



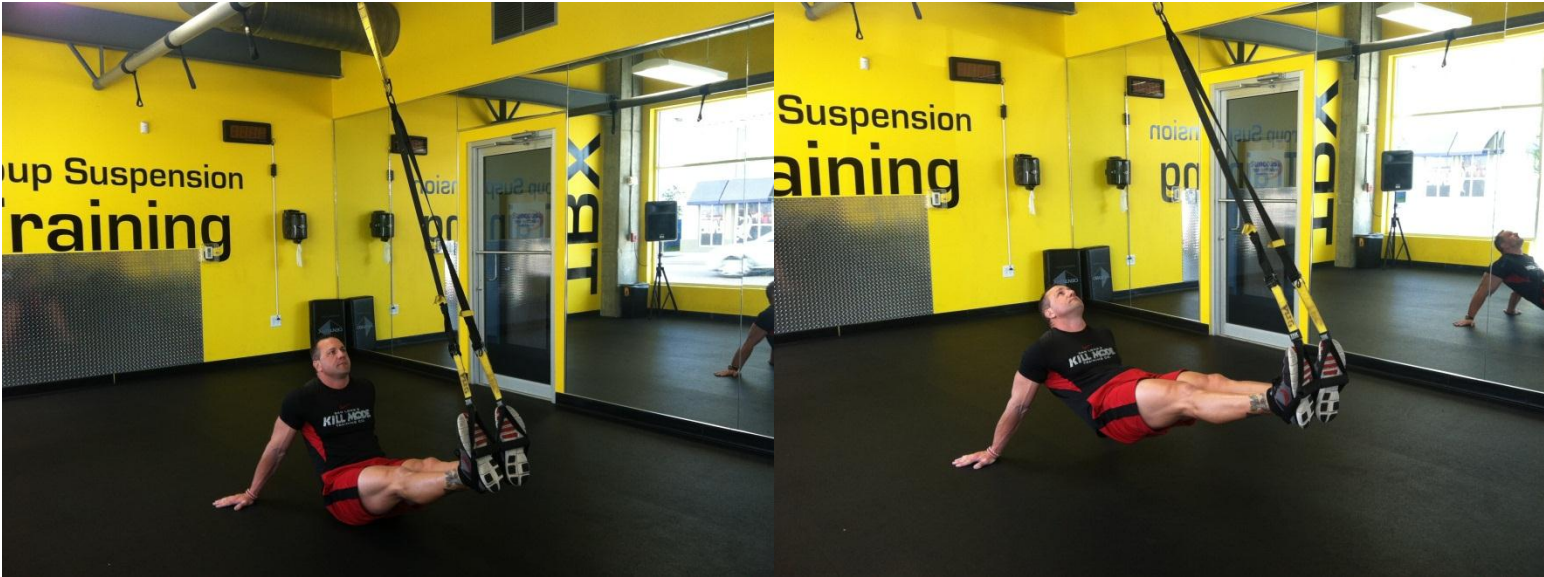
1. With straps in SHM, Place 1 leg in handle and walk your way backward using your hands on ground and other leg for support. Place hands out far to your sides into Star Plank position, and lift your leg off ground and place next to suspended leg
2. Hold for desired amount of time.

Side Plank on 1 Hand Scissor; Reach Under; Hip Drop L/R



1. Put feet in foot cradles, and then lie on your Right side. Lock your feet in an offset foot position (top leg/foot behind bottom leg/foot). Get onto Right hand, and then lift body straight up, raising left arm straight up toward ceiling as shown. Scissor feet apart, and then reach under with your left hand, and return to start position, with feet locked in offset position, and left arm straight up in air, and then drop right hip down, and back up.
2. Repeat exercise for desired amount of time, and then repeat on your Left side.

Reverse Plank/Behind Anchor Point



1. Lying on back, with heels in handles, facing away from and behind anchor point, put hands flat on floor, and raise body straight into Reverse Plank and hold for desired amount of time.

Side Plank – Elbow Past Knee Oblique Crunches



1. Put feet in foot cradles, and then lie on your Right side. Lock your feet in an offset foot position (top leg/foot behind bottom leg/foot). Get onto Right elbow, and then lift body straight up, placing fingertips behind head
2. Bring knees into chest and then twist torso, bringing your left elbow toward the ground, and back up, extending legs back out to start position.
3. Repeat for desired amount of time, and repeat exercise on your Left side.

Workout B – Month 2 Advanced Circuit 2

Y Plank w/Body Saw and Lift



1. Place feet in foot cradles, and lift body off ground in a front plank position with hands wider than shoulder position on floor.
2. Push your body back (body saw motion) into a Y front plank position on floor.
3. Body saw body forward into front plank position, and then body saw body back to Y position and continue with a good fluid tempo back and forth.
4. Repeat for desired amount of time.

80° Body Dive/Knee Driver *SHM



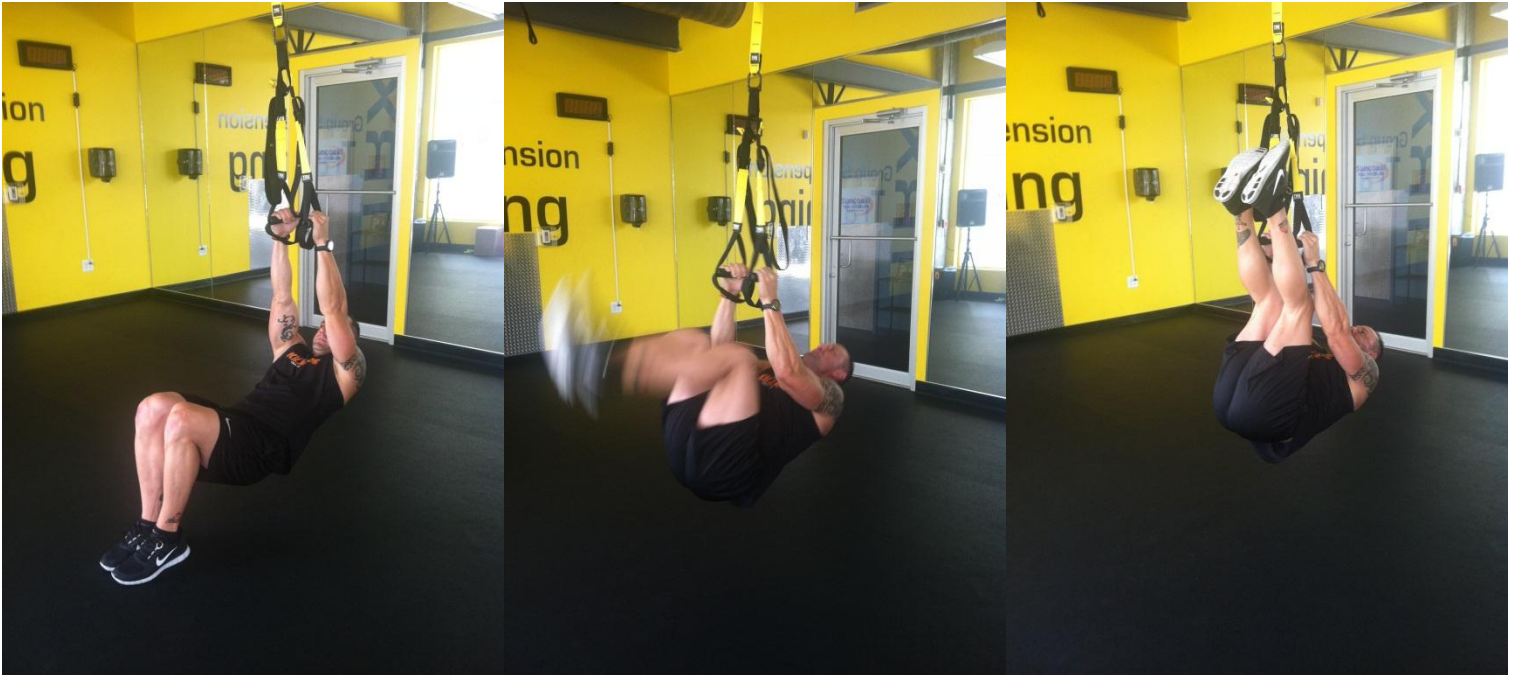
1. With straps in SHM, place 1 foot in foot cradle and walk yourself back using your hands and foot for support. Lift foot off ground and place next to suspended foot, being supported by hands, and lower body by bending your arms, and bend your unsuspended leg into chest, pulling body forward into a dive and return to start position.
2. Repeat exercise for desired amount of time.

Single Leg Star Hold 30 Sec. L/R *SHM



1. With straps in SHM, on knees, place one foot in foot cradle, and position hands into star plank position, and then lift body off ground, feet together.
2. Hold Star Plank position for desired amount of time, and then repeat with other leg/foot suspended by handle for desired amount of time.

Hanging Body Lift



1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up with feet up to touch the suspension strap, and lower legs back down to ground to start position and repeat.

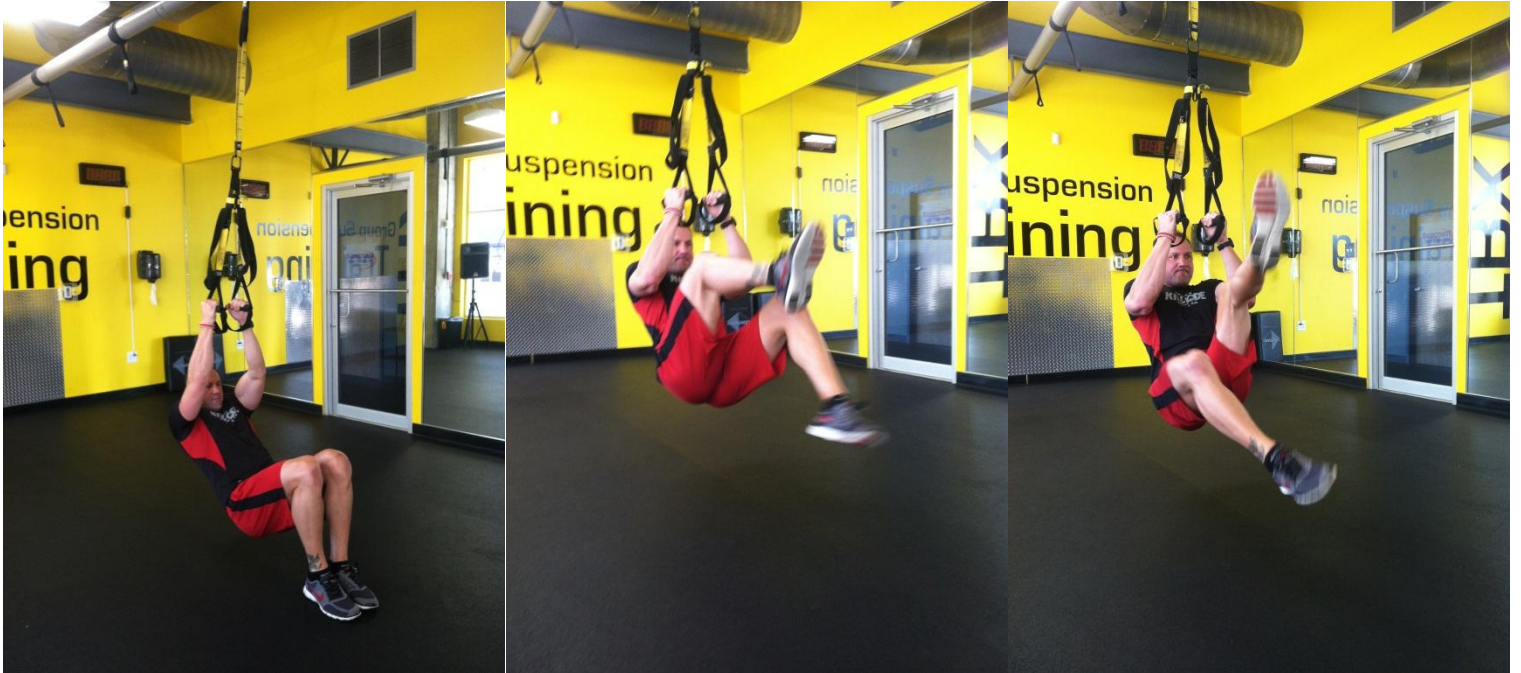
Workout B – Month 2 Advanced Circuit 3

Single Leg Body Saw Pike w/Scissors *SHM



1. Place Right Foot in foot cradle, and on elbows, raise hips up to front plank position, with feet together.
2. Body saw backwards, then forward, and then lift hips up to ceiling into Pike position and back down and return to front plank position.
3. Finally, scissor feet open, and then close, and repeat the exercise for duration of time.

Hanging (suspended) Bicycle



1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up off ground and rotate legs in a circular biking motion in the air for the desired amount of time without touching the ground until complete.

Windshield Wiper



1. With straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up, bending knees 90° and rotate body/legs to your right, and then up and over to your left (windshield).
3. Repeat for duration of time without touching the ground.

Hanging L-Shape Flutter Kicks



1. With straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up off ground, keeping them straight, and flutter kick, alternating right leg up; left leg down, for desired amount of time.

Workout C – Month 2 Advanced Circuit 1

Single Leg Hamstring Curl Away from Anchor Point on Hands *SHM



1. With straps in SHM, facing anchor point with body away from it, sitting on floor, place left heel in foot cradle and then place hands on floor behind you for support and lift body into reverse plank with feet together.
2. Curl Left leg in toward chest and back out and repeat exercise for desired amount of time, keeping unsuspended leg in position straight out midair.
3. Switch to have Right heel in foot cradle and repeat exercise on right for desired amount of time.

Supine Runners Away from Anchor Point



1. Sitting on floor facing anchor point away from it, place heels in handles and then place hands on floor behind you for support and lift body into reverse plank with feet together.
2. Pull Right leg in toward chest and then immediately pull Left leg in toward chest and continue with runners for desired amount of time.

Single Leg Raise w/Hamstring Curl (away from anchor point) *SHM



1. With straps in SHM, facing anchor point with body behind it, sitting on floor, place Right heel in foot cradle and then place hands on floor behind you for support and lift body up keeping Left heel on ground.
2. Lift Left Leg up as high as you can, and then curl your Right leg in and then back out, lowering your left leg back to start position.
3. Repeat for desired amount of time, and repeat on Left side with Left heel in foot cradle for desired amount of time.

Floating Lunge w/Kick -3 Angles – L/Center/R of Suspension Straps; L/R



1. With straps in SHM, standing facing anchor point, both hands holding handle by chest, bend Right knee up as shown, and bring leg back behind you and kick up to the right of the suspension trainer, back behind you, and kick to center, back behind you, and then kick out to your left.
2. Repeat for desired amount of time, then bend Left knee and repeat exercise for duration of time.

Workout C – Month 2 Advanced Circuit 2

Single Leg Alternating Squat/Floating Skater



1. With straps in SHM, hold handle with both hands, lean body back, and lift Left leg off ground in front of you.
2. Squat down, come back up, bend Left leg bringing knee up and behind your body to your right side (skater), and return to start position.
3. Repeat for desired amount of time, and then repeat with your Right Leg off ground.

Alternating Jump Lunges Moving Left to Right 180°



1. With straps in SHM, facing anchor point, arms extended out, and down in lunge position, jump up and to your left, alternating legs with each jump lunge, going approximately 180° to your left, then jump lunging to your right, alternating legs with each jump lunge approximately 180° to your right.
2. Repeat for desired amount of time.

Single Leg Suspended Skater L/R



1. With straps in SHM, standing directly under anchor point, place left foot in foot cradle, and lower body down bending your Right leg, while pushing Left leg back and out to your right side and back to start.
2. Repeat for desired amount of time and then repeat exercise with Right leg in handle.

Explosive Suspended Lunge w/Hop Fwd./Back L/R



1. With straps in SHM, place Right foot in foot cradle, and lunge down and explode up, jumping forward. Lunge again, and jump backward.
2. Repeat for desired amount of time, switch legs with Left foot in foot cradle, and repeat.

Workout C – Month 2 Advanced Circuit 3

Sprinter Starts Fwd./Back



1. Facing away from anchor point, with straps under arms, holding handles with thumbs towards ceiling close to your sides, Right leg off ground/knee bent, step back with Right leg and push off with feet, bringing right knee up high in front of you and back down again to start position and repeat.
2. Continue for desired amount of time.

High Knees - Fast



1. Facing away from anchor point with straps under arms, holding handles with thumbs toward ceiling close to your sides, bring right knee then left knee quickly alternating in that position for desired amount of time.

Squat High Kicks (Above the head) L/R



1. Facing anchor point with arms straight out in front of you above shoulder height, squat down and come back up kicking out with your left leg, and back into squat. Come back up again and kick with your Right leg.
2. Repeat exercise for desired amount of time.

Single Leg Raise/Quad Extensions - Prone



1. With straps in SHM, facing away from anchor point, on knees, place left foot in foot cradle, and lift right leg straight up behind you, with hands flat on floor. Lift body up with Left foot and raise your Right leg up higher behind you.
2. Return to start position and repeat for desired amount of time, then place Right foot in foot cradle and repeat exercises on that side.

Workout A – Month 3 - Advanced Circuit 1

Triceps Dips



1. Facing away from anchor point, standing below it, holding handles behind you, lean body back, and bend arms back behind you and push yourself back up.
2. Repeat for desired amount of time.

Hanging L-Shape Rows



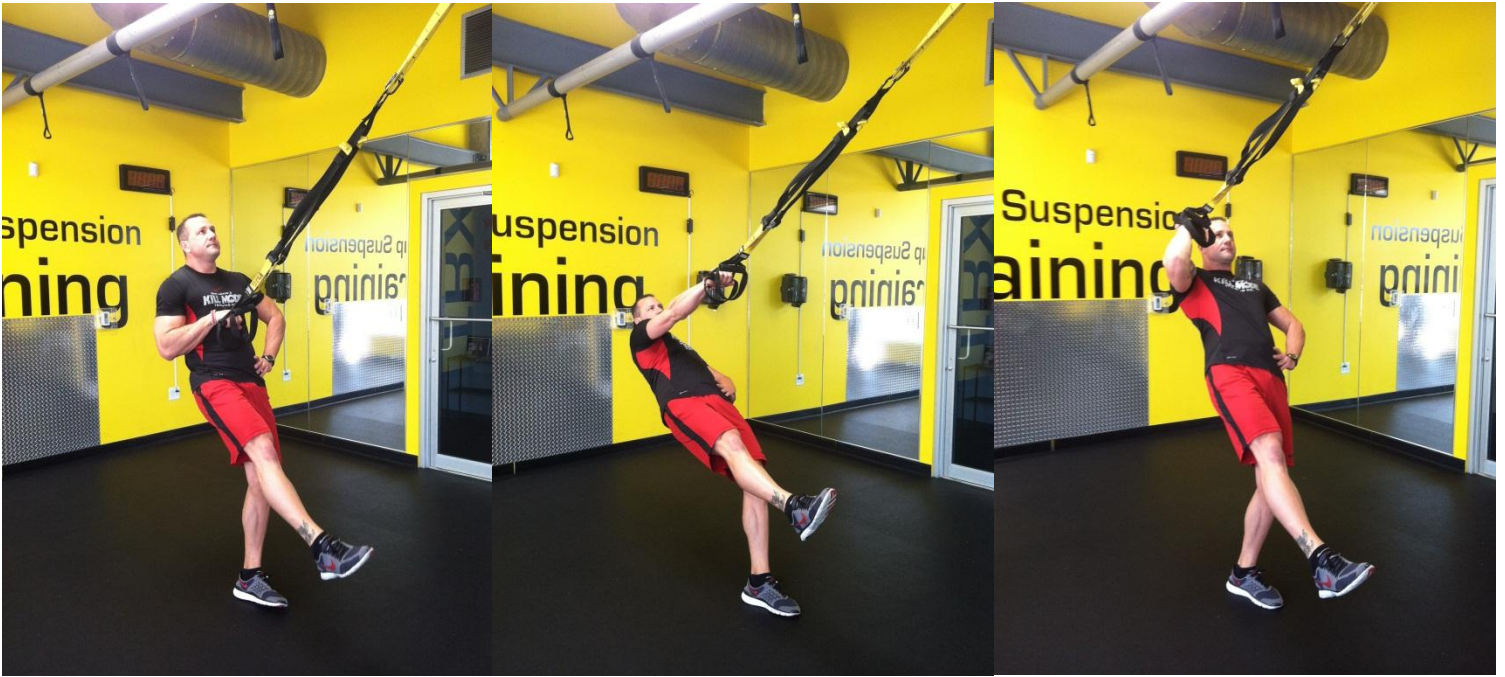
1. Pulling your straps all the way up, standing directly under the anchor point, hold onto handles, with body below you, with feet on floor.
2. Lift body off ground by bending your arms, and straightening your legs straight out so that your body is an "L" shape, and lift body straight up and down to perform these "L" shape rows.
3. Repeat for desired amount of time.

Single Leg/Single Arm Row w/Reach Through



1. With straps in SHM, as high up as possible, grip handle with your Left hand under anchor point, arm fully extended, with right foot on floor, left leg straight out, and right arm bent out to side.
2. Pull body up with your Left arm, using foot on floor for stability, and reach through straight up with your Right arm, and return to start position.
3. Repeat for desired amount of time, and repeat exercise with your Right hand.

Single Leg/Single Arm Reverse Bicep Curl *SHM



1. With straps in SHM, facing anchor point, holding handle in Right hand palms down by ribs, lift right leg off ground and extend right arm, leaning body back, and pull arm in by side of head and then extend arm back out.
2. Repeat for desired amount of time, and repeat with Left hand.

Workout A – Month 3 Advanced Circuit 2

Single Leg Diamond Push-Up w/Crunch



1. With straps in SHM, on knees, place 1 foot in foot cradle, and form a diamond with your hands on floor as shown. Lift body up into front plank position, and perform a push-up and come back up.
2. Next, bring knees toward chest to perform crunch and return to start position, repeating for desired amount of time.

Single Arm/Single Leg Push-Up



1. With straps in SHM, on knees, put Right foot in foot cradle, and Right arm behind your back.
2. Next lift body off ground using your left hand on floor and left leg and straighten body out, with feet together. Lower body into a push up and come back up and repeat for desired amount of time.

Hammer Curls – Single Arm *SHM



1. With straps in SHM, hold handle with right hand, thumb facing ceiling. Lean back with arm fully extended and lift your right leg in front of you.
2. Curl arm up toward head and back down, and repeat for desired amount of time.

180° Push-Up & Crunches Left to Right



1. With straps in SHM, place 1 foot in foot cradle, and get into front plank position on hands and perform a push up then crunch, and then move to your right and repeat push up and crunch, moving to right again, repeating a push up and crunch 180° to right and then to left for desired amount of time.

Workout A – Month 3 Advanced Circuit 3

Rows Under the Anchor Point



1. With straps as high up as possible, stand directly under the anchor point, and hold onto handles with your hands at chest height, with feet on ground.
2. Pull arms back, bringing elbows to sides behind you, and then extend arms to lower body to start position and repeat.
3. Continue exercise for desired amount of time.

Single Leg/Single Arm T, Y, I Fly - L/R *SHM



1. With straps in SHM, hold handle with Right hand and lean back, lifting Right leg off ground and pull arm straight out to side for I Fly and back to center.
2. Next, pull arm back and out to side for Y Fly, and return to center.
3. Finally, Pull arm straight up for I Fly and continue patten for desired amount of time, and repeat on Left side holding handle with Left hand for desired amount of time.

Single Leg Reverse Flys – 5 second Release



1. Standing facing anchor point, handle in each hand with palms facing in, lean body back, and lift 1 leg off ground in front of you, extending arms straight out in front of you.
2. Open both arms straight out to ceiling and floor, making sure body/arms are straight, and hold release over a period of 5 seconds before bringing arms back together again to start position.
3. Next, switch direction so that top hand is now at bottom, and perform reverse fly in the opposite direction, and continue with that alternation, lifting other leg up.
4. Repeat for desired duration of time.

Single Leg Inverted Rows



1. Facing anchor point, holding handles with thumbs facing ground, lean body back, facing, and raise a leg
2. Pull arms back so that hands are by ears, pulling your body forward, and return to start position and repeat.
3. Continue for desired amount of time.

Workout B – Month 3 Advanced Circuit 1

Superhero Plank w/Body Saw L/R



1. With straps in SHM, on knees, place Right foot in foot cradle, and get on elbows.
2. Lift body up off ground on elbows, and straighten legs out.
3. Lift Right arm straight out in front of you, while Left leg is straight out to side of suspended leg and saw body back and forth for desired amount of time. Use elbow and leg suspended for balance.

Side Plank (single Leg) Oblique Crunch L/R



1. With straps on SHM, lying on right side, put right foot in foot cradle, and on Right elbow, left hand on floor in front for support, lift body off ground, lifting left leg above right leg by strap and pull knees in toward left arm into a crunch and then straighten legs back out and repeat for desired amount of time.
2. Repeat on Left Side, with Left foot in foot cradle for desired amount of time.

Single Leg Reverse Plank w/Hip Drop



1. With straps on SHM, sitting on ground, place Right foot in foot cradle, and put hands behind back on floor and lift body up, raising left leg up and off to side.
2. Drop hips down to just above the ground, without touching ground and come back up and repeat for desired amount of time.

Single Leg Front Plank L/R w/Shoulder Touch



1. With straps in SHM, facing away from anchor point on knees, place Right leg in handle and raise body up on hands into front plank position with feet together.
2. Holding body in Front plank, lift up right arm and touch shoulder and return to front plank position, then raise left hand up off ground and touch shoulder and return to Front Plank position.
3. Repeat alternating shoulder touches for desired amount of time.

Workout B – Month 3 Advanced Circuit 2

Burpees w/Weighted Hop L/R



1. Grab a weighted plate that'll give you an 8 to 10 intensity when performing this exercise.
2. With straps in SHM, place 1 foot in foot cradle, standing directly below anchor point.
3. Drop down to hands into front plank position, and perform push-up.
4. Once done with push-up, immediately grab weighted plate upon standing, and jump straight up in air, and put weight on ground and repeat.
5. Repeat for desired amount of time and repeat with other leg in foot cradle.

Single Leg Oblique Crunches L/R



1. With straps in SHM, facing the ground on knees, put 1 foot in foot cradles, raising your body into front plank position, keeping feet together.
2. Bring knees forward and out to side toward your left arm so that knees are by your left arm, push through with your feet back to front plank position, and then bring knees forward and out to side toward your right arm, and then back to start position.
3. Continue oblique crunches from left to right for desired amount of time.

Single Leg Oblique Crunches



1. With straps in SHM, sitting on Right side, put Right foot in foot cradles, and then lie on your Right side, and with both hands on ground, lift body off ground, with left foot above right foot by strap for support.
2. Bring knees in toward chest and back out and repeat for desired amount of time, and repeat on Left side for desired amount of time.

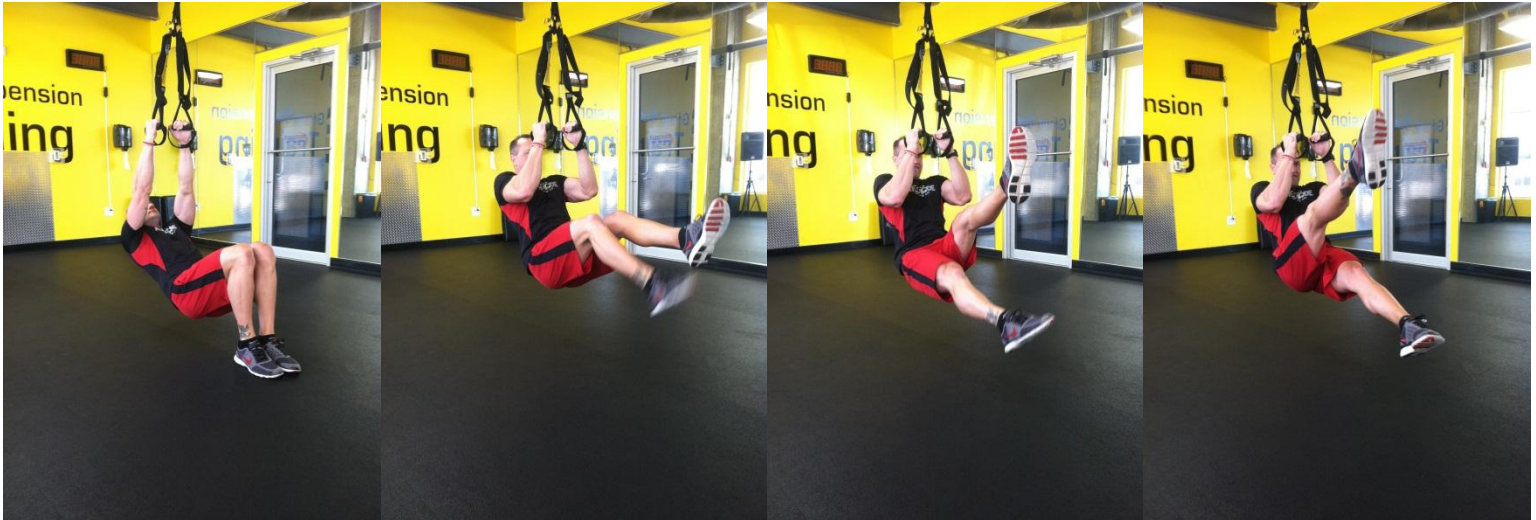
Under Anchor Point Body Roll-Out



1. Standing under anchor point with feet together, body slightly bent, arms extended down in front of hips, holding handles with hands next to each other, roll body out, raising arms straight up as you roll out completely. Lower arms and pull hips in to return to start position and repeat.
2. Continue for desired amount of time.

Workout B – Month 3 Advanced Circuit 3

Hanging L-Shape/Flutter Kicks



1. With straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up off ground, keeping them straight, and flutter kick, alternating right leg up; left leg down, for desired amount of time.

Hanging Body Lift



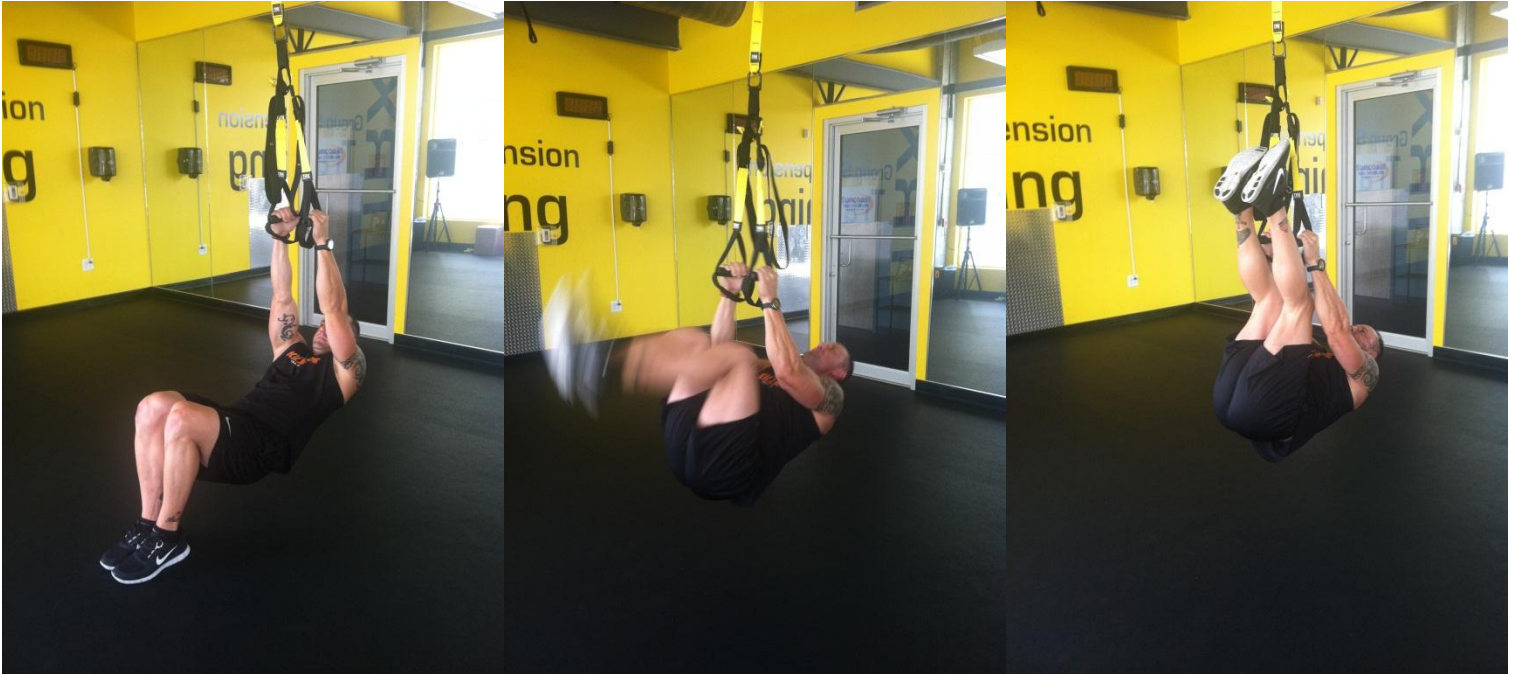
1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up with feet up to touch the suspension strap, and lower legs back down to ground to start position and repeat.

Hanging Straight Double Leg Core Raise



1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up and straight out to sides.
3. Return to start position and repeat for desired amount of time.

Hanging Body Lift with 5 second Static Hold



1. Pulling straps completely up, grip handles directly under anchor point and hang with feet on ground as shown.
2. Pull legs up to touch suspension strap above hands and hold for 5 seconds.
3. Return to start position and repeat for desired amount of time.

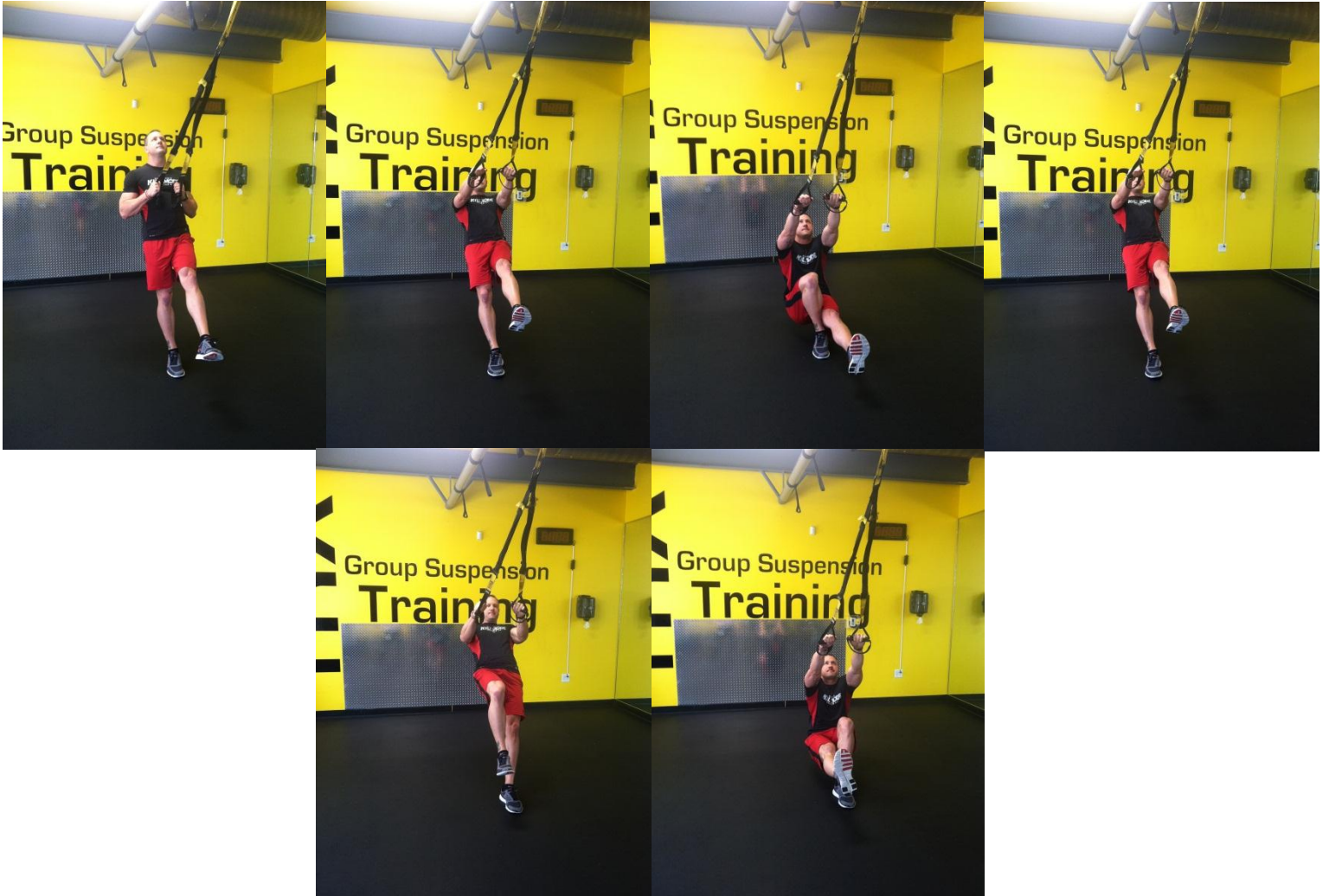
Workout C – Month 3 Advanced Circuit 1

Weighted Suspended Lunge w/Hop



1. Grab a weighted plate that'll give you an 8 to 10 intensity when performing this exercise.
2. Put straps in SHM, and place Right foot in foot cradle, facing away from anchor point, with weighted plate in hands in front of chest. Bend Left knee and lower body to ground into a Lunge without allowing back knee to touch the ground, and then return to standing position.
3. Immediately jump straight up and repeat exercise for duration of time, then switch legs so that Left foot is in handle, and repeat for duration of time.

Single Leg Squat L/R – Back to Back



1. Facing anchor point, with both hands holding handles by your chest, lean body back by extending arms, and lift Left leg up and squat down and come back up, switching to your Left leg, Lifting your Right Leg up and squatting down again.
2. Continue alternating legs with each squat for desired amount of time.

Skaters – big leaps *SHM



1. With straps in SHM, standing facing anchor point, hold handle with both hands with arms straight out at shoulder height.
2. Jump to your Left, leading with your Right foot behind you, and then immediately jump out to your Right, leading with your Left foot behind you.
3. Repeat from left to right for duration of time.

Squat Jumps into Lunge L/R



1. Standing in wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, lean body back, squat down and jump up landing in lunging position.
2. From lunging position, jump up and land into squat position, and repeat, alternating lunging from right foot in front to left foot in front.
3. Continue for desired amount of time.

Workout C - Month 3 Advanced Circuit 2

Olympic Sprinter Start x2



1. With straps in SHM, facing away from anchor point, place right foot in foot cradle, and place hands flat on floor under shoulders as shown, with right foot straight out behind you, and Left foot on floor in a sprinter start position.
2. With an explosive movement, quickly Lift Hips up and pull suspended Right leg toward you DOUBLE TIMES, while Left leg is also off ground, alternating the legs from front to back during this double time action, and return to start position, and repeat for desired amount of time.
3. Repeat with Left foot in foot cradle for desired amount of time.

Double Leg 45° Quad Extensions



1. On knees place feet in foot cradles, with body 45° behind anchor point, and with hands flat on ground, lift your hips up while straightening your legs behind you to extend your Quads, and return to start position with knees on ground, and repeat.
2. Continue for desired amount of time.

Explosive Low Lunge (from Plank transition)



1. With straps in SHM, on knees, put left foot in foot cradle, and with hands on floor, lift body up into Front Plank position, with feet together.
2. Quickly put right foot on floor, and jump up balancing on right leg with hands out in front of you and return to start position and repeat for desired amount of time.

90° Low Static Hold Squat with hop – Fwd./Back



1. Holding handles in both hands with arms extended straight out at shoulder height under anchor point, in a low static hold squat, hop forward 3 times, staying low to ground, and then hop backward 3 times back to starting position.
2. Repeat hops going forward and backward for desired amount of time.

Workout C – Month 3 Advanced Circuit 3

Single Leg Supine Runners



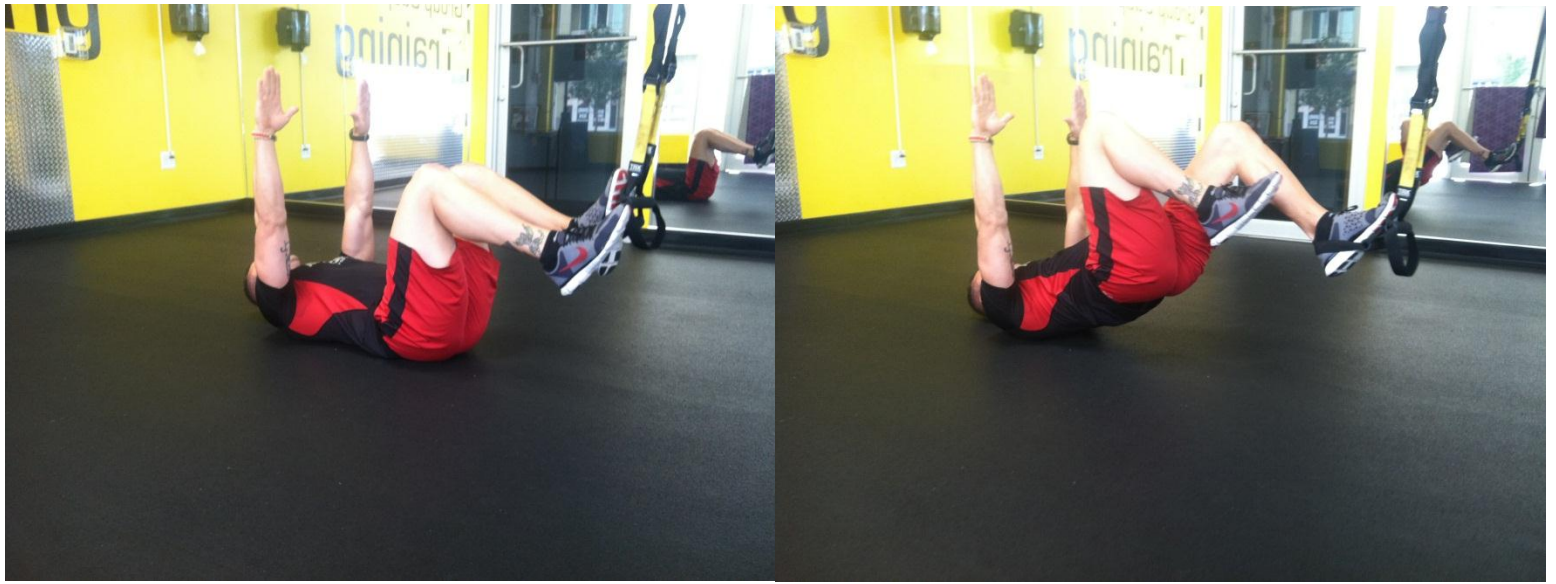
1. With straps in SHM, sitting on ground, place Right heel in foot cradle, left foot flat on floor, and hands behind back flat on floor, raise hips off ground and lift Left leg off ground.
2. Pull Right leg toward your chest while extending your left leg straight out, and alternate by extending suspended Right leg out, and pulling left leg in toward chest, and continue alternating for desired amount of time.

Single Leg Double Kick Hamstring Curls *SHM



1. With straps in SHM, place Right heel in foot cradle, slightly in front of anchor point, hands flat on ground behind you. Lift hips off the ground, and curl Right leg in toward chest, and kick other leg up 2 times.
2. Return to start position, and repeat exercise without touching ground, during desired amount of time.
3. Switch and put your Left heel in foot cradle, and repeat for desired amount of time.

Single Leg Hip Press



1. With straps in SHM, sitting on floor, place Left heel in foot cradle and lie on back with knees up and feet together, with hands straight up toward ceiling.
2. Lift hips off floor pressing through with Left foot, and lowering hips close to ground and back up again.
3. Continue with hip presses for desired amount of time.

45° Slow Motion Mountain Climbers



1. On knees under anchor point, place feet in foot cradles and walk yourself back on hands to a 45° angle and slowly bring left knee in and when bringing back out, bring your right knee in, keeping the tempo slow and controlled for the desired amount of time.

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