



SEATED

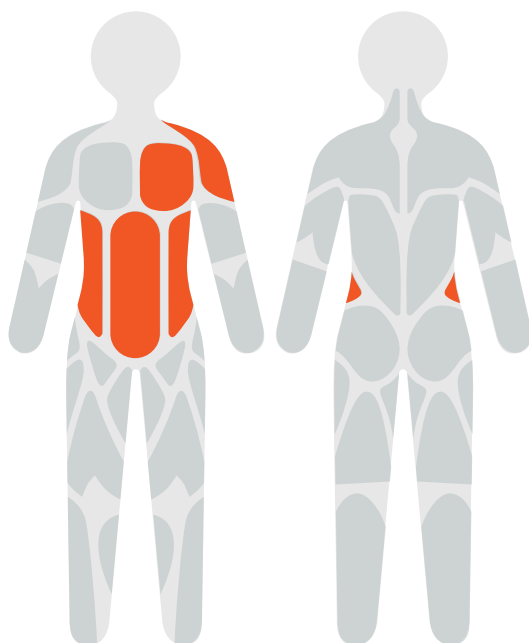
## BICYCLE CRUNCH (LEFT)

Place Activ5 on the inside of your right thigh, right above the knee.

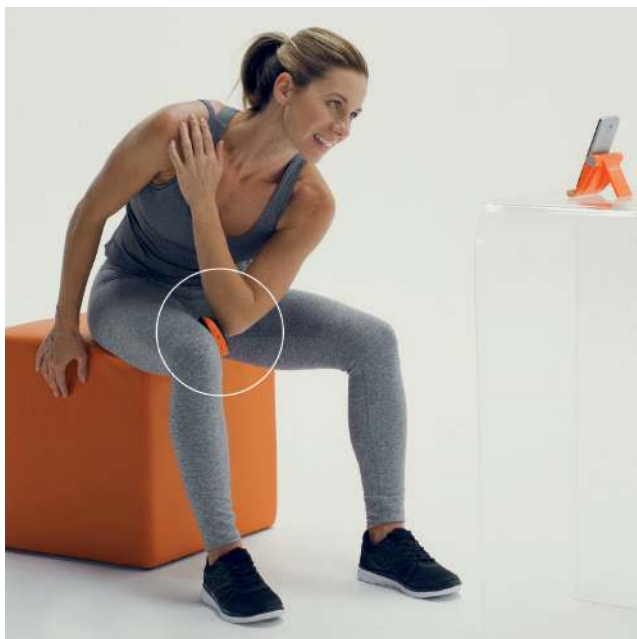
Lean forward and place your left elbow on top of Activ5.

Contract your abs as you press on Activ5.

Keep your chin tucked, and your right arm relaxed to the side.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BACK STRAIGHT



PRESS WITH BOTH YOUR THIGH & ELBOW



SEATED

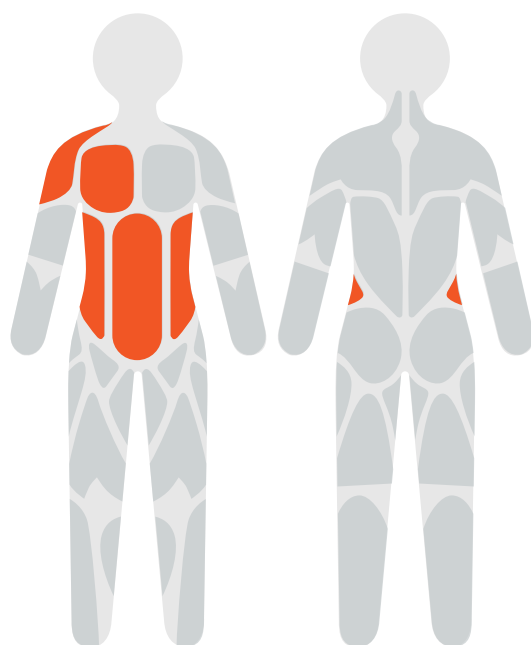
## BICYCLE CRUNCH (RIGHT)

Place Activ5 on the inside of your left thigh, right above the knee.

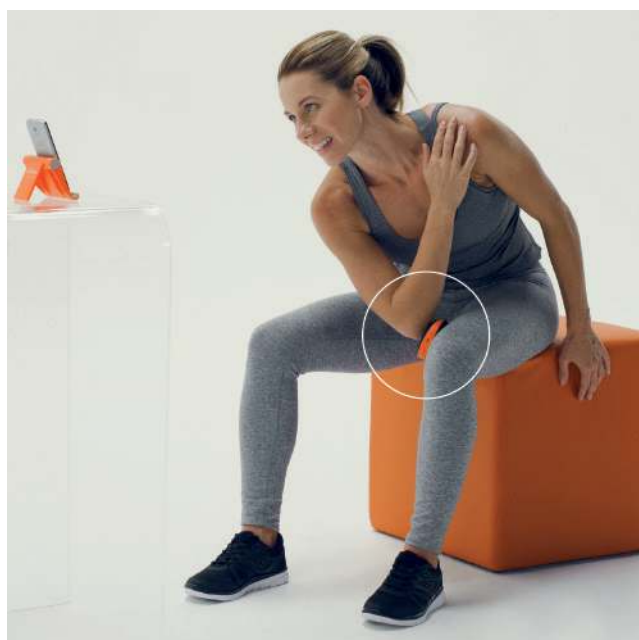
Lean forward and place your right elbow on top of Activ5.

Contract your abs as you press on Activ5.

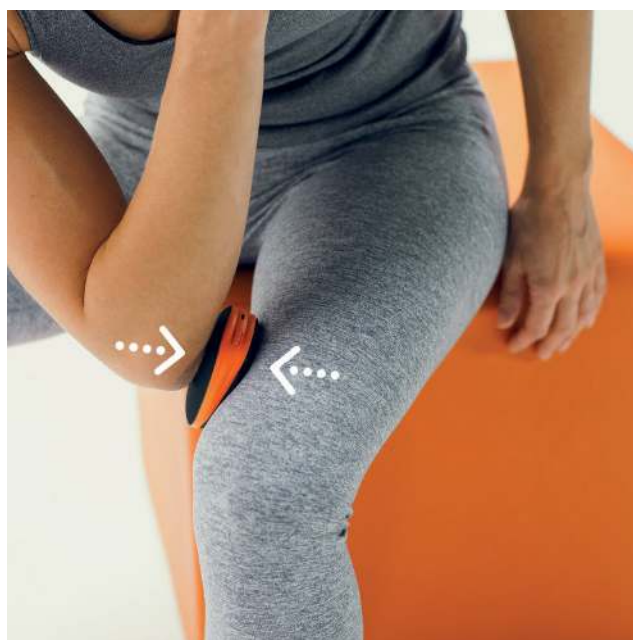
Keep your chin tucked, and your left arm relaxed to the side.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BACK STRAIGHT



PRESS WITH BOTH YOUR THIGH & ELBOW



SEATED

## BICEP CURL (LEFT)

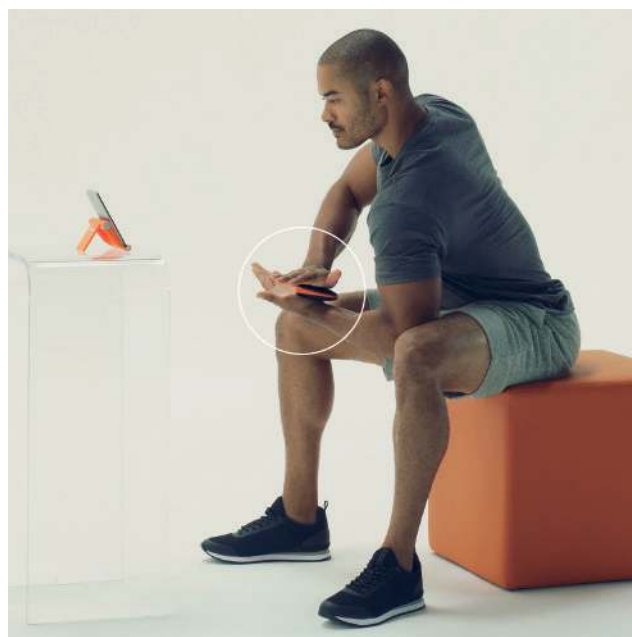
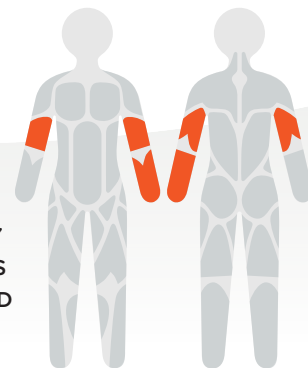
Hold Activ5 with your left palm.

Lean forward at the waist and place your left elbow on the inside of your left knee.

Place your right palm on top of Activ5 and squeeze.

Keep both elbows bent at 90 degrees.

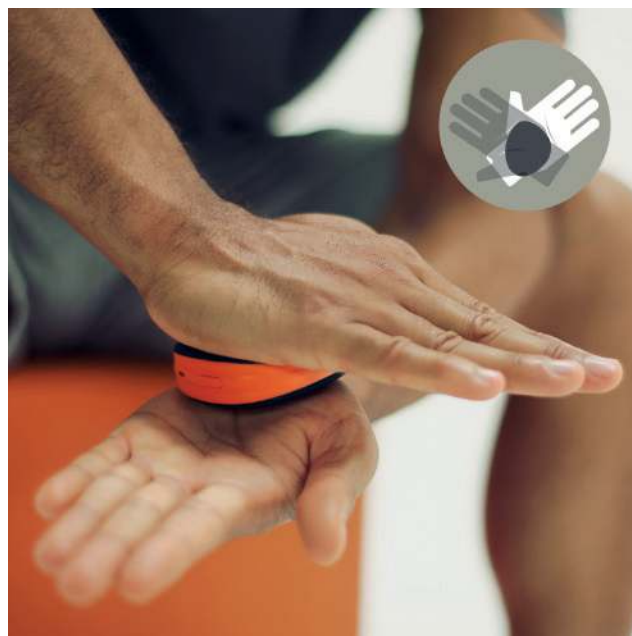
PRIMARY  
MUSCLES  
ENGAGED



KEEP BOTH ELBOWS BENT AT 90 DEGREES



KEEP YOUR RIGHT ELBOW ABOVE THE KNEE



PRESS WITH THE HEELS OF YOUR PALMS



SEATED

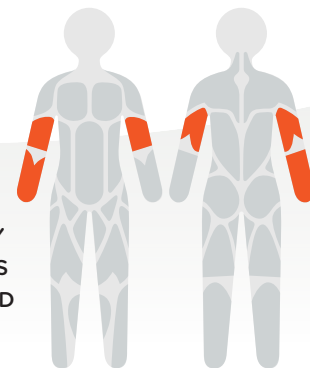
## BICEP CURL (RIGHT)

Hold Activ5 with your right palm.

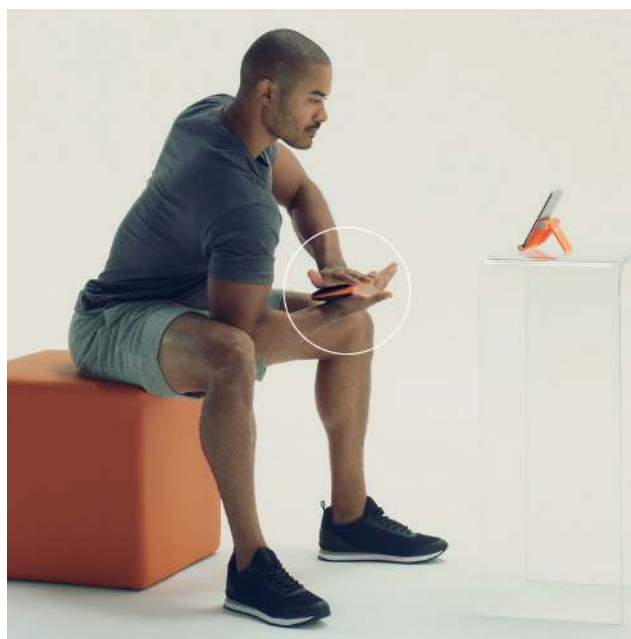
Lean forward at the waist and place your right elbow on the inside of your right knee.

Place your left palm on top of Activ5 and squeeze.

Keep both elbows bent at 90 degrees.



PRIMARY  
MUSCLES  
ENGAGED



KEEP BOTH ELBOWS BENT AT 90 DEGREES



KEEP YOUR LEFT ELBOW ABOVE THE KNEE



PRESS WITH THE HEELS OF YOUR PALMS

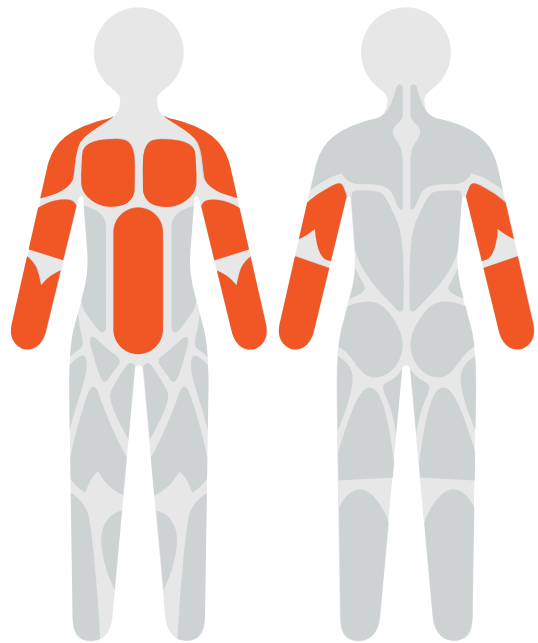


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## CHEST FLY

Hold Activ5 between both hands in prayer positions with your arms stretched out in front of you.

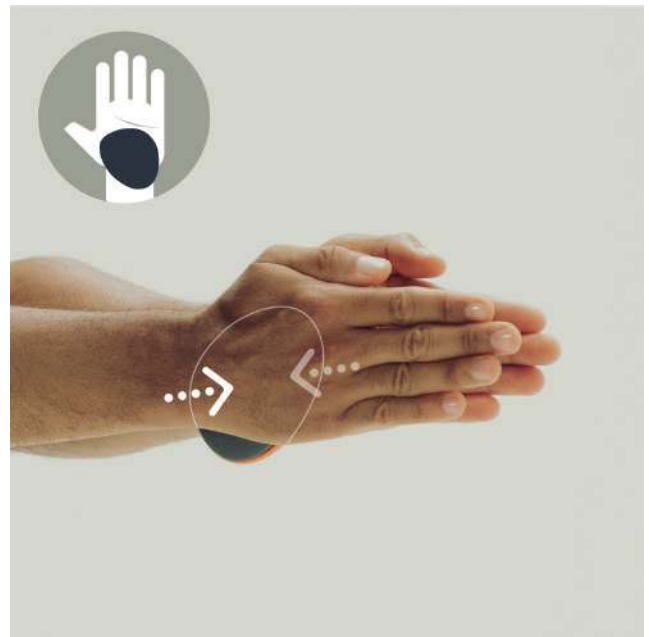
Press both palms into Activ5 and squeeze your chest muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



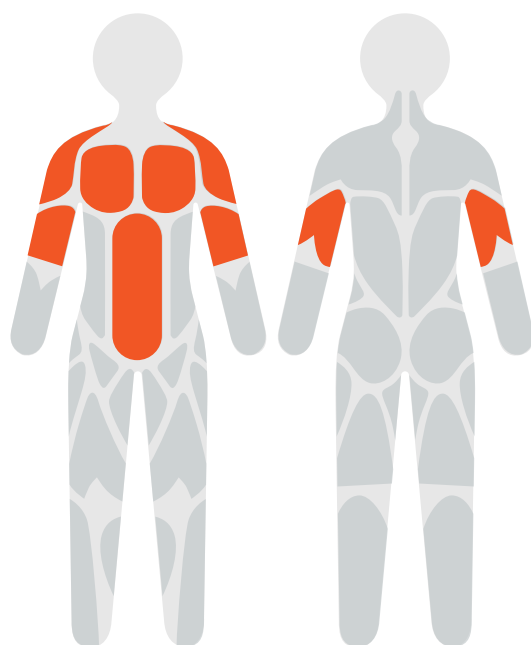


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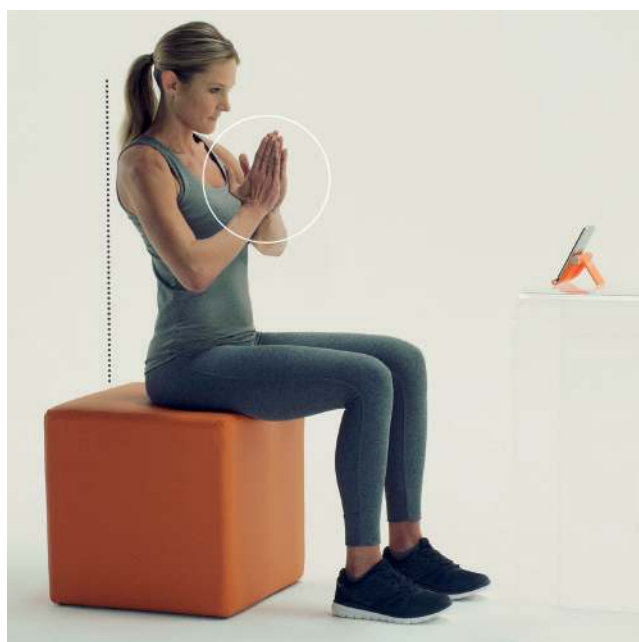
## CHEST PRESS

With your elbows out, hold Activ5 between both hands in the prayer position.

Press both palms into Activ5 and squeeze your chest muscles.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT APPROXIMATELY 45 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS

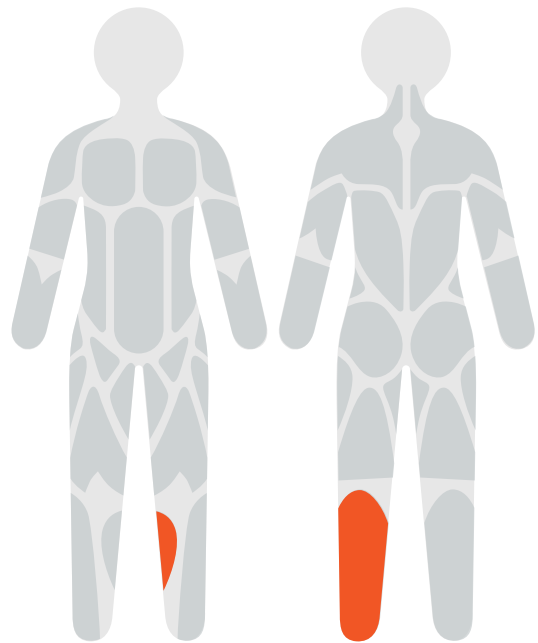


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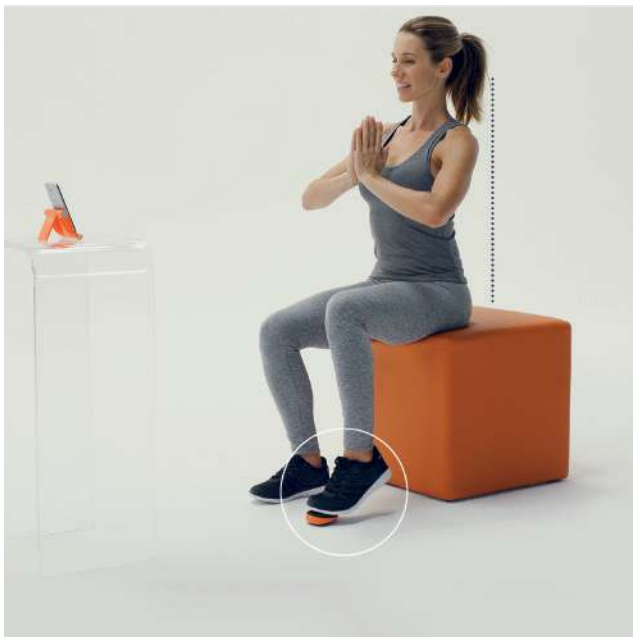
## CALF RAISE (LEFT)

Place Activ5 beneath the ball of your left foot.

Press Activ5 down with the ball of your foot as you lift your heel and squeeze your calf.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE FLOOR

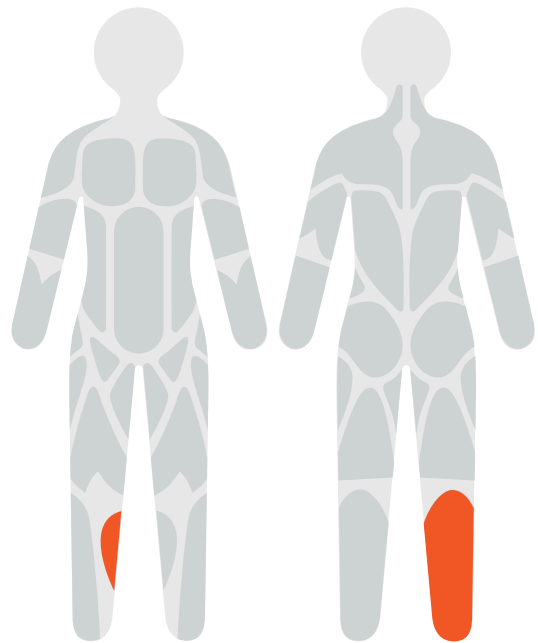


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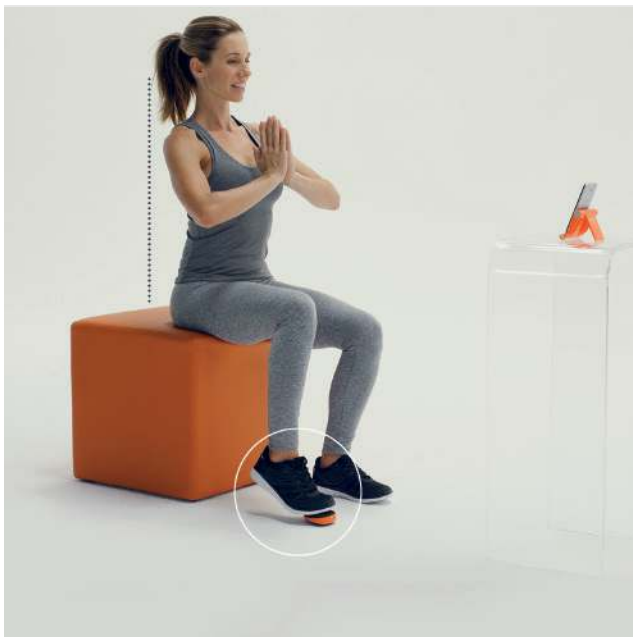
## CALF RAISE (RIGHT)

Place Activ5 beneath the ball of your right foot.

Press Activ5 down with the ball of your foot as you lift your heel and squeeze your calf.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE FLOOR



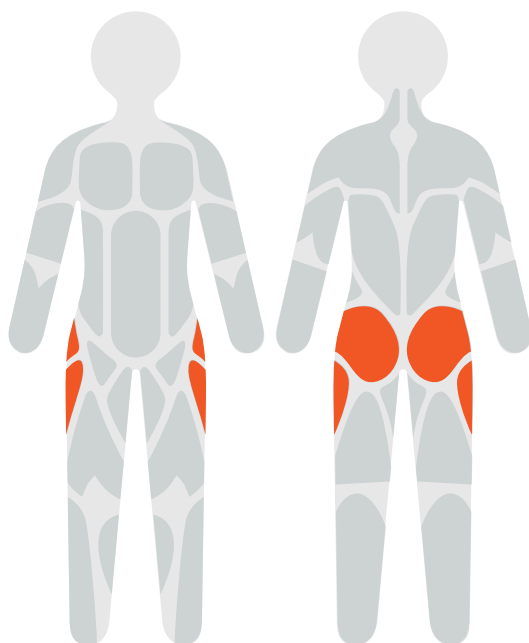


SEATED

## CLAMSHELL

Place Activ5 sideways between both heels.

Press Activ5 with both heels as you squeeze your outer thighs.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH YOUR HEELS & DON'T LIFT TOES



SEATED

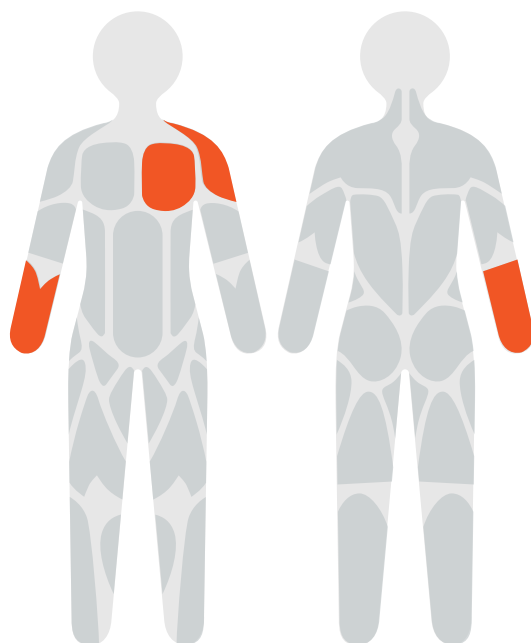
## FRONT SHOULDER RAISE (LEFT)

With your right hand, place Activ5 above your left elbow.

Cross and lift your arms away from your body.

Press your left arm up and into Activ5, squeezing your chest and front shoulder.

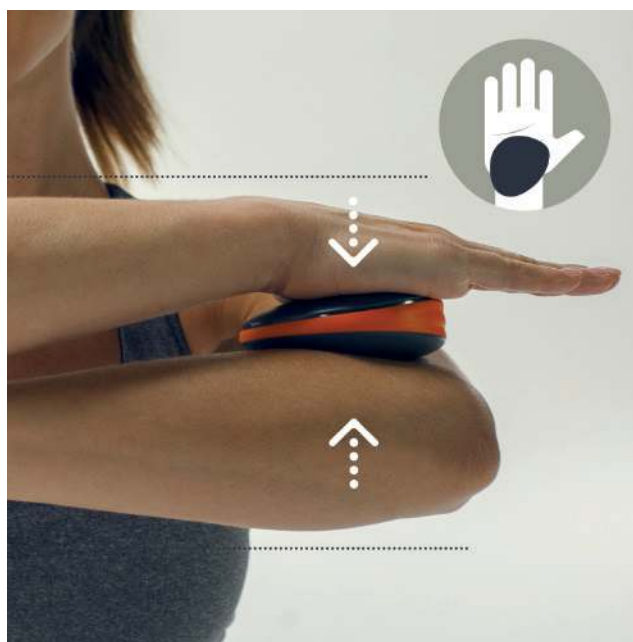
Keep your arms parallel to the ground.



PRIMARY MUSCLES ENGAGED



PRESS WITH YOUR ELBOW & LEFT PALM



HOLD BOTH ARMS PARALLEL TO THE FLOOR



SEATED

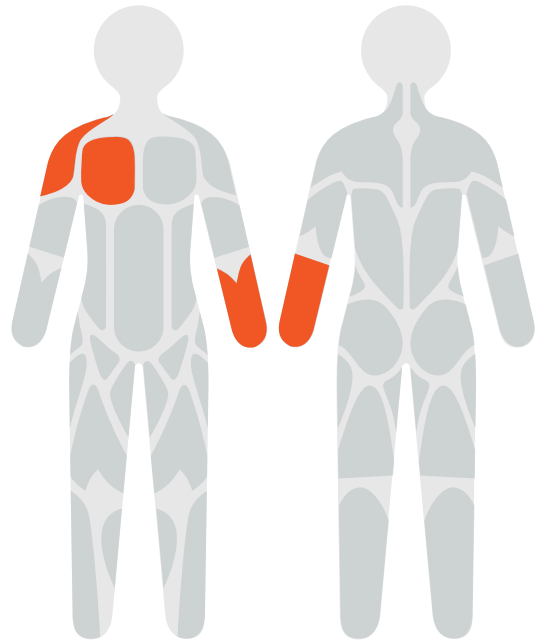
## FRONT SHOULDER RAISE (RIGHT)

With your left hand, place Activ5 above your right elbow.

Cross and lift your arms away from your body.

Press your right arm up and into Activ5, squeezing your chest and front shoulder.

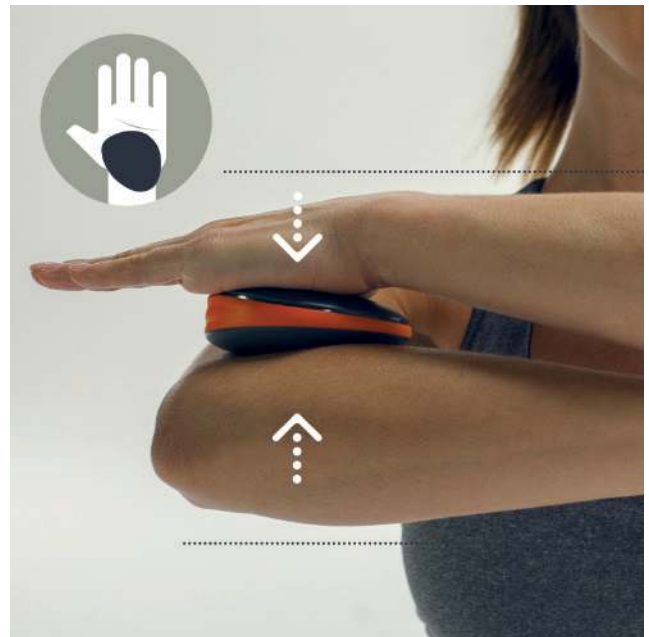
Keep your arms parallel to the ground.



PRIMARY MUSCLES ENGAGED



PRESS WITH YOUR ELBOW & LEFT PALM



HOLD BOTH ARMS PARALLEL TO THE FLOOR



SEATED

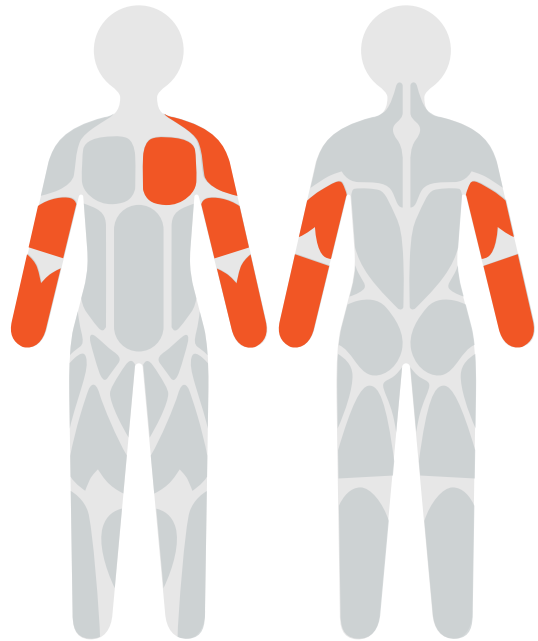
## FRENCH TRICEPS PRESS (LEFT)

Bend and lift your left elbow to eye level.

Make a fist with your left hand.

Place Activ5 on the bottom of your left fist with your right palm.

Press Activ5 with your left fist and right palm, as you squeeze your shoulder muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEEL OF YOUR PALM & FIST



SEATED

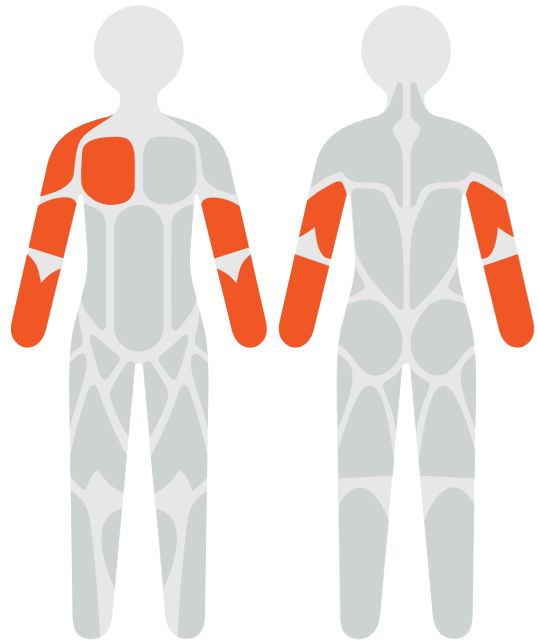
## FRENCH TRICEPS PRESS (RIGHT)

Bend and lift your right elbow to eye level.

Make a fist with your right hand.

Place Activ5 on the bottom of your right fist with your left palm.

Press Activ5 with your right fist and left palm, as you squeeze your shoulder muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEEL OF YOUR PALM & FIST





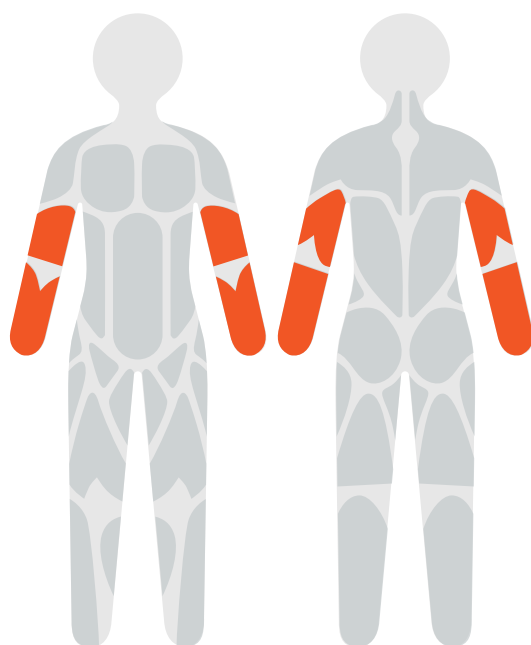
SEATED

## HAMMER CURL (LEFT)

Bend your left elbow by your side at 90 degrees.

Place Activ5 on top of your left fist with your right palm.

Squeeze your left bicep as you press Activ5 with your left fist and right palm.



PRIMARY MUSCLES ENGAGED



KEEP BOTH ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & FIST



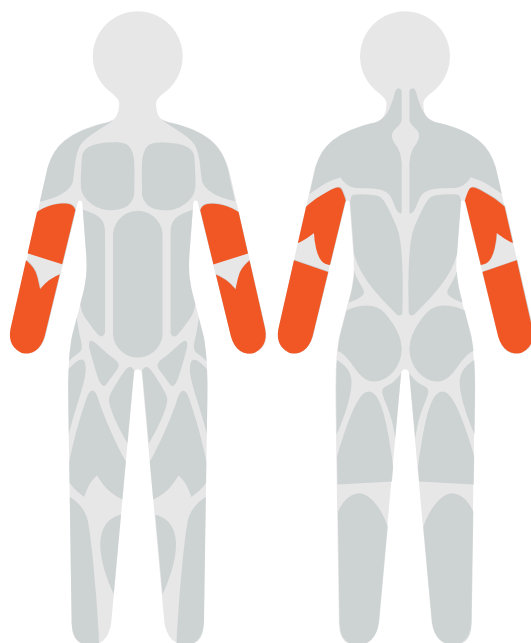
SEATED

## HAMMER CURL (RIGHT)

Bend your right elbow by your side at 90 degrees.

Place Activ5 on top of your right fist with your left palm.

Squeeze your right bicep as you press Activ5 with your right fist and left palm.



PRIMARY MUSCLES ENGAGED



KEEP BOTH ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & FIST



SEATED

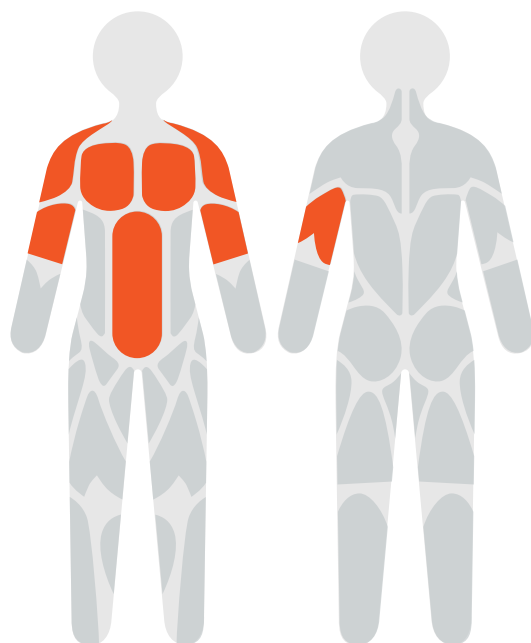
## HOOK (LEFT)

Make a fist with your left hand.

Bend and bring your left elbow up, keep your forearm parallel to the ground.

Place Activ5 with your right hand in front of your left fist.

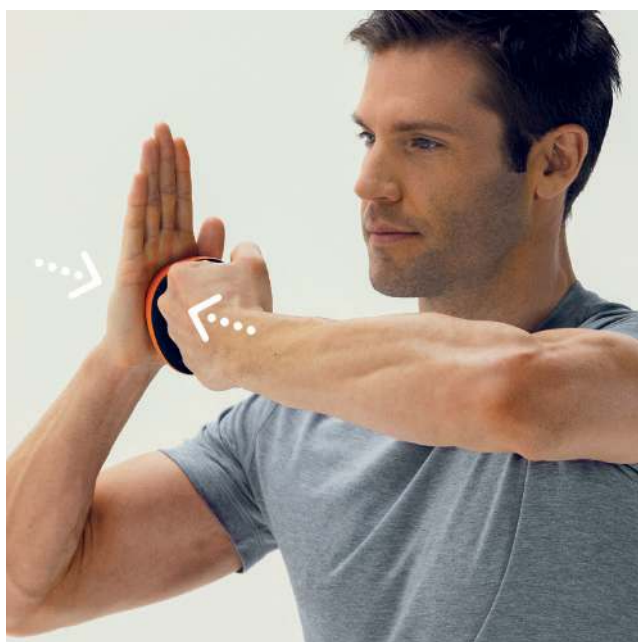
Press Activ5 with your left fist and right palm.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



PRESS WITH THE HEEL OF YOUR PALM & FIST



SEATED

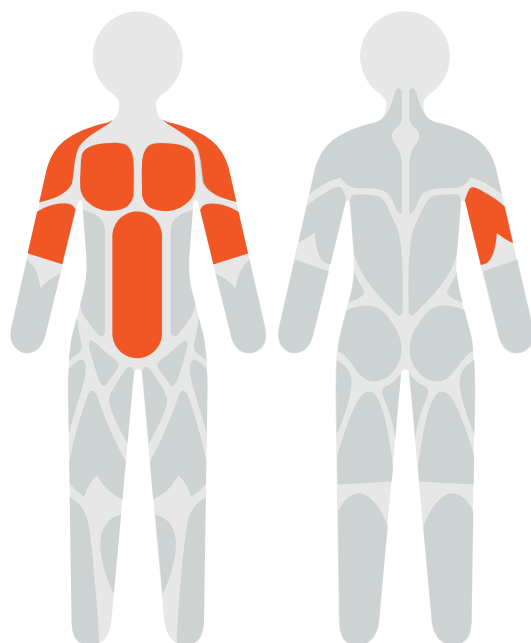
## HOOK (RIGHT)

Make a fist with your right hand.

Bend and bring your right elbow up, keep your forearm parallel to the ground.

Place Activ5 with your left hand in front of your right fist.

Press Activ5 with your right fist and left palm.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



PRESS WITH THE HEEL OF YOUR PALM & FIST

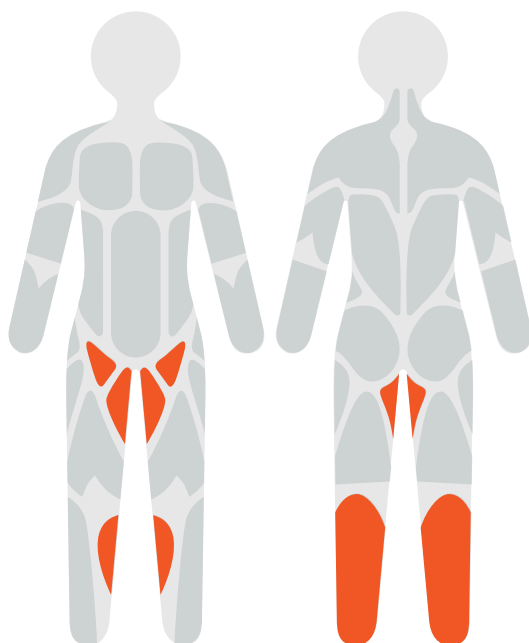


SEATED

## INNER THIGH BURNER

Place Activ5 sideways between your two feet at your toes.

Press Activ5 together with both feet as you squeeze your inner thigh muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE FRONT OF YOUR FEET



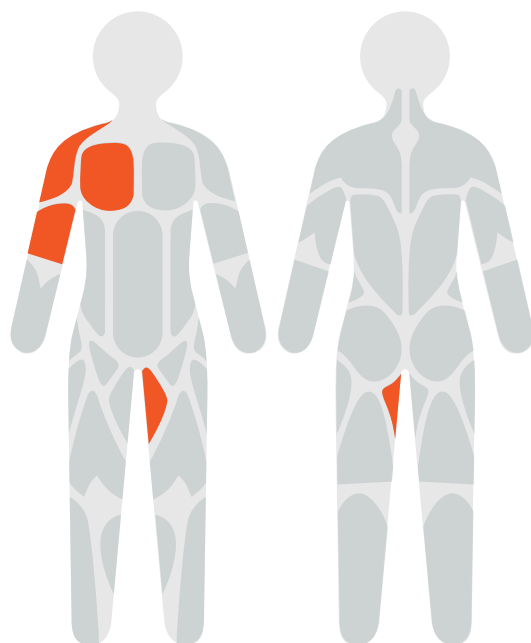


SEATED

## INNER THIGH SQUEEZE (LEFT)

Place your feet shoulder width apart.

Press Activ5 with your right palm into your left inner thigh, while simultaneously squeezing your inner thigh into Activ5.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH YOUR INNER THIGH & PALM

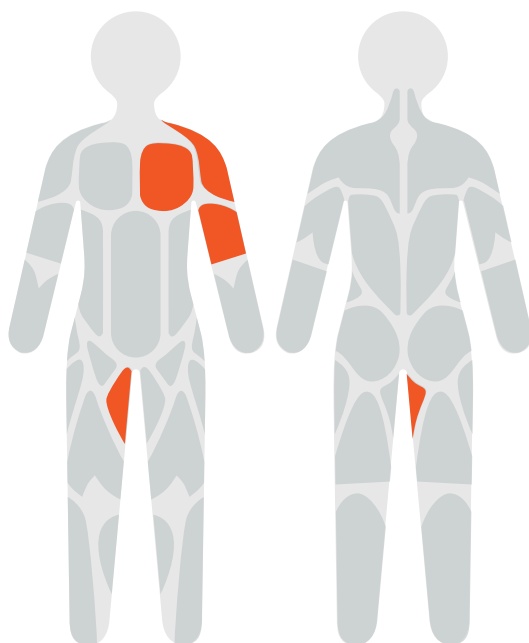


SEATED

## INNER THIGH SQUEEZE (RIGHT)

Place your feet shoulder width apart.

Press Activ5 with your left palm into your right inner thigh, while simultaneously squeezing your inner thigh into Activ5.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH YOUR INNER THIGH & PALM



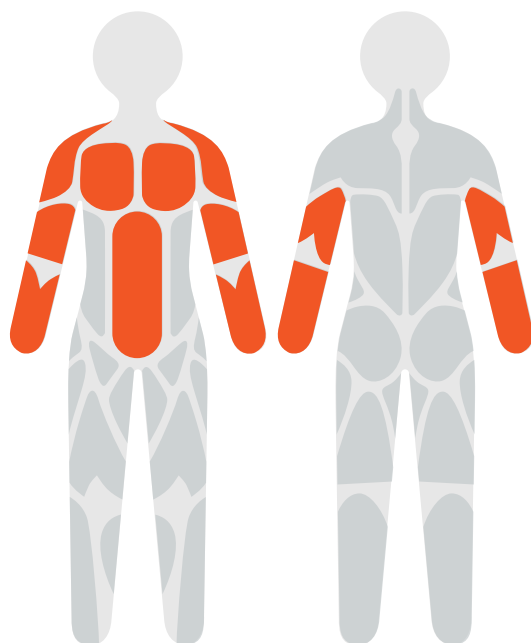
SEATED

## LOWER CHEST FLY

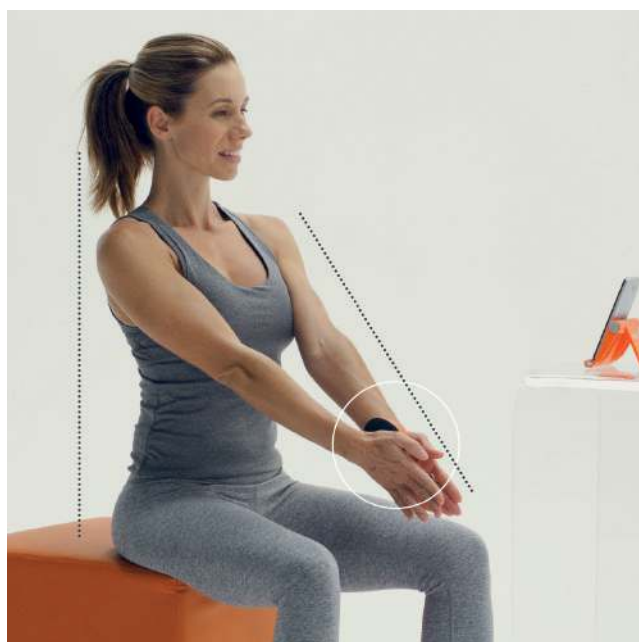
Hold Activ5 between both hands with your arms stretched out fully in front of you.

Bring both your arms down at waist level.

Press Activ5 with both palms by squeezing your chest muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR ARMS STRAIGHT, SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS

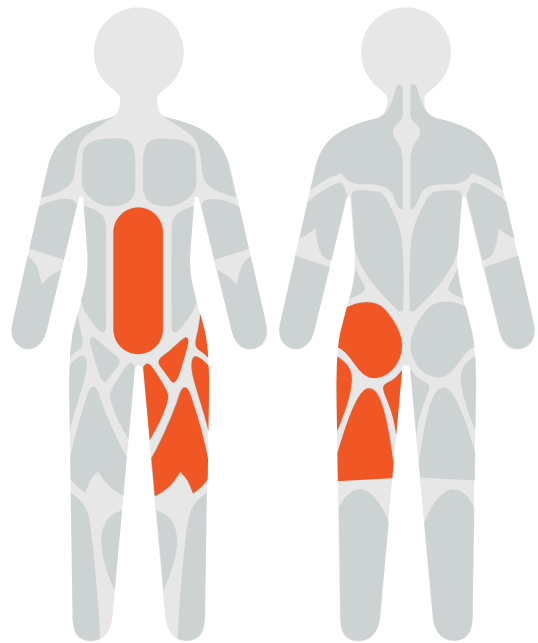


SEATED

## LEG PRESS (LEFT)

Place Activ5 under your left heel.

Press your heel into Activ5 as if you are trying to push Activ5 into the ground.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE FLOOR WITH YOUR HEEL

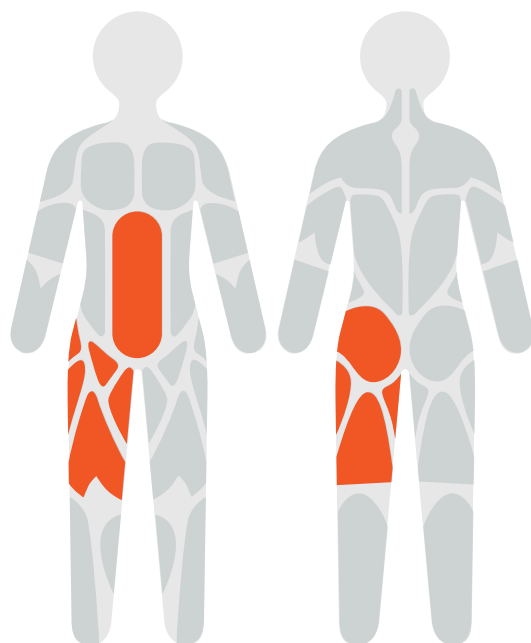


SEATED

## LEG PRESS (RIGHT)

Place Activ5 under your right heel.

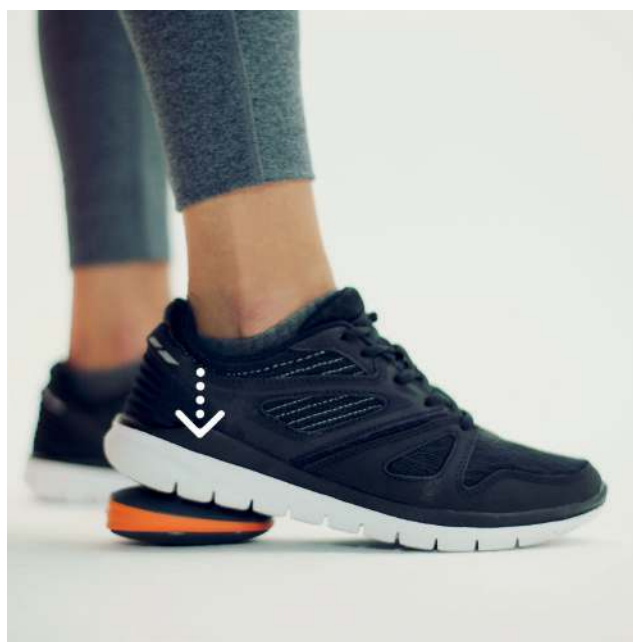
Press your heel into Activ5 as if you are trying to push Activ5 into the ground.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE FLOOR WITH YOUR HEEL



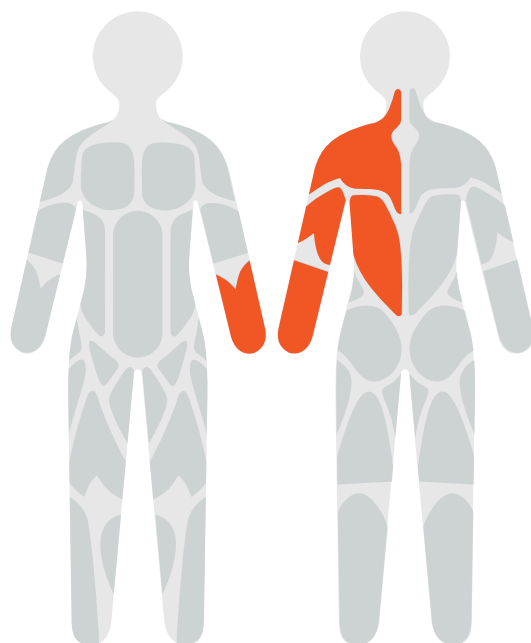


SEATED

## LAT PULL (LEFT)

Place the Activ5 in your left palm and straighten your left arm by your side, palm facing the chair.

Press Activ5 into the chair by squeezing your lat and tricep muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE CHAIR

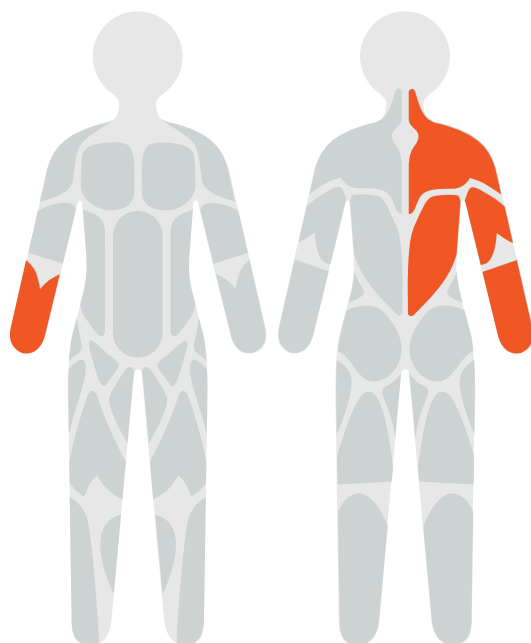


SEATED

## LAT PULL (RIGHT)

Place the Activ5 in your right palm and straighten your right arm by your side, palm facing the chair.

Press Activ5 into the chair by squeezing your lat and tricep muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS ACTIV5 INTO THE CHAIR



SEATED

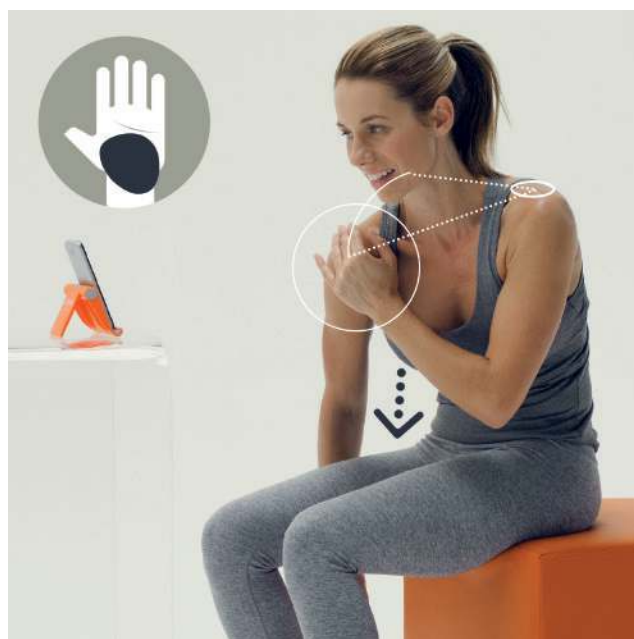
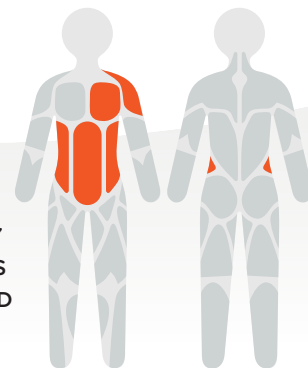
## OBLIQUE CRUNCH (LEFT)

With your left palm, hold Activ5 against your front right shoulder.

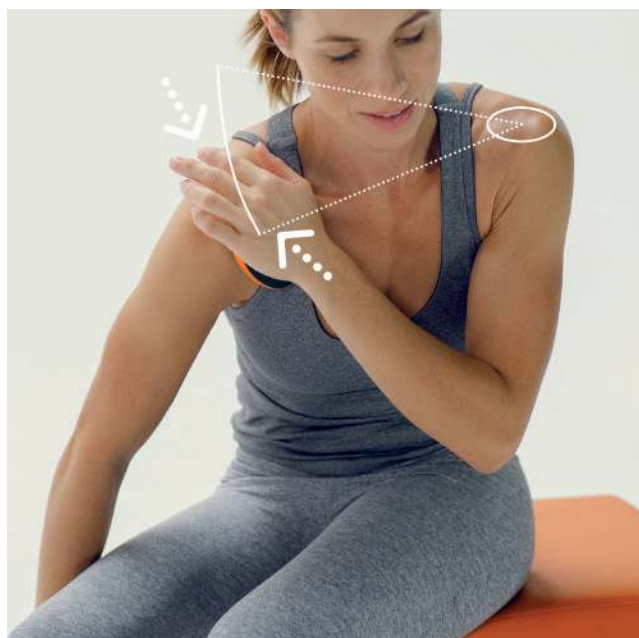
Keep your right hand by your side.

Contract your abs as you lean towards your left knee.

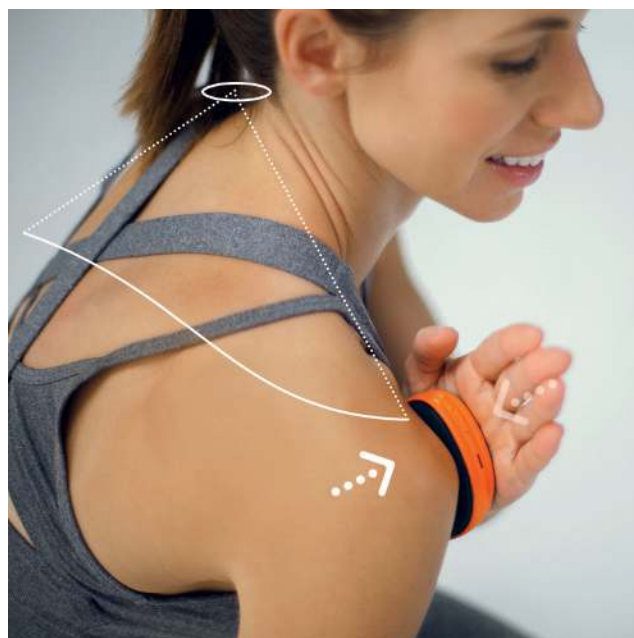
PRIMARY  
MUSCLES  
ENGAGED



ROTATE SHOULDER FORWARD AND DOWN



PUSH DOWN ONLY USING YOUR  
CORE & OBLIQUES



PUSH DOWN ONLY USING YOUR  
CORE & OBLIQUES



SEATED

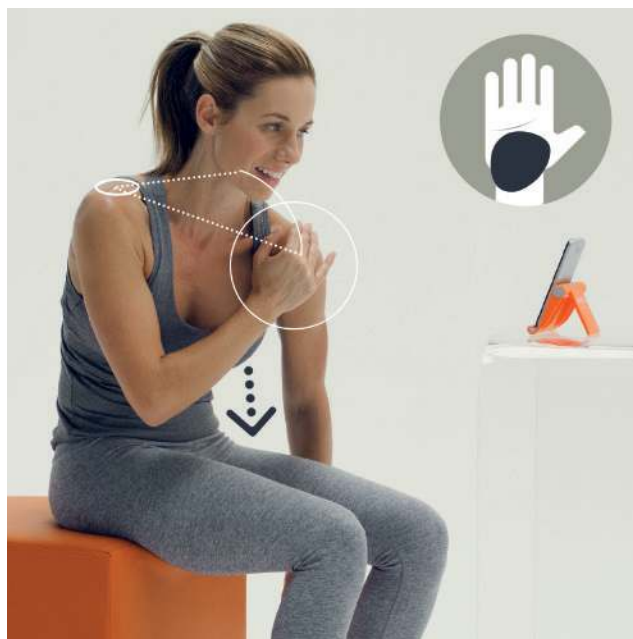
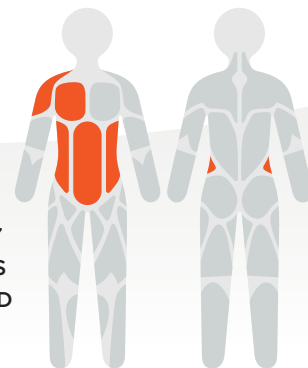
## OBLIQUE CRUNCH (RIGHT)

With your right palm, hold Activ5 against your front left shoulder.

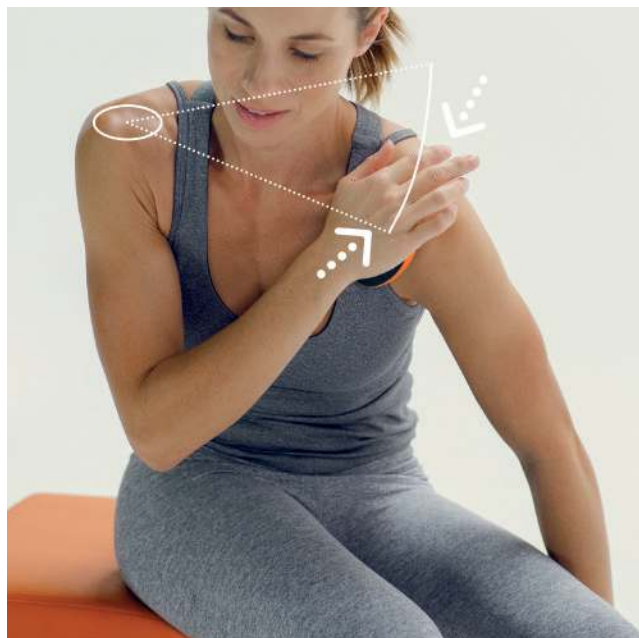
Keep your left hand by your side.

Contract your abs as you lean towards your right knee.

PRIMARY  
MUSCLES  
ENGAGED



ROTATE SHOULDER FORWARD AND DOWN



PUSH DOWN ONLY USING YOUR  
CORE & OBLIQUES

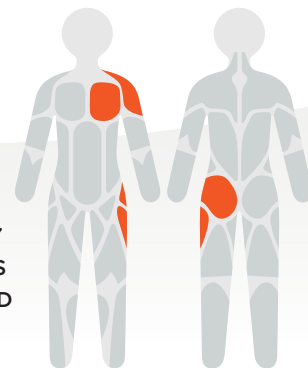


PUSH DOWN ONLY USING YOUR  
CORE & OBLIQUES





SEATED



PRIMARY  
MUSCLES  
ENGAGED

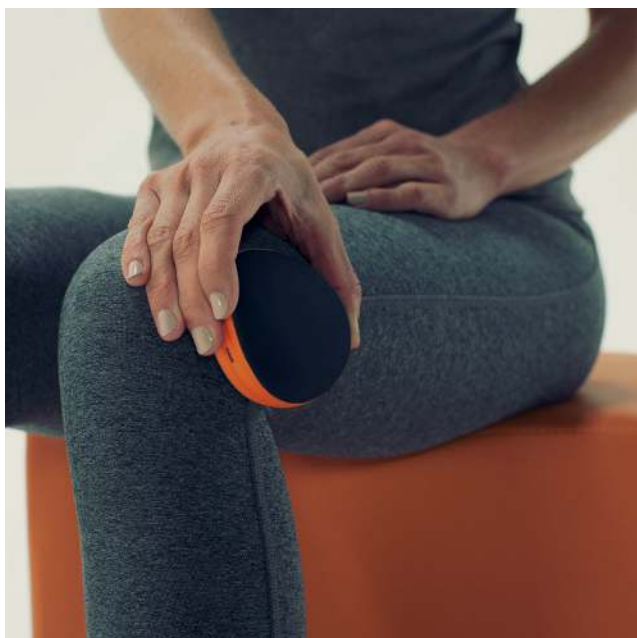
## OUTER THIGH SQUEEZE (LEFT)

Place your feet shoulder width apart.

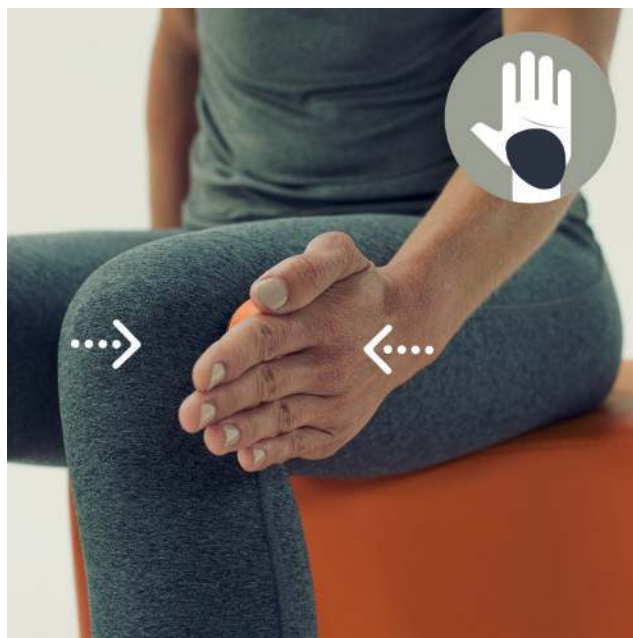
Press Activ5 with your left palm into your left outer thigh, while simultaneously squeezing your outer thigh into Activ5.



STRAIGHTEN BACK & PULL SHOULDERS BACK



PLACE ACTIV5 ON YOUR OUTER THIGH

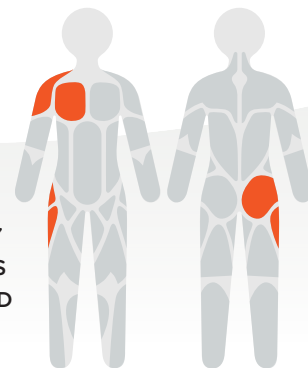


PRESS WITH YOUR KNEE & PALM





SEATED



PRIMARY  
MUSCLES  
ENGAGED

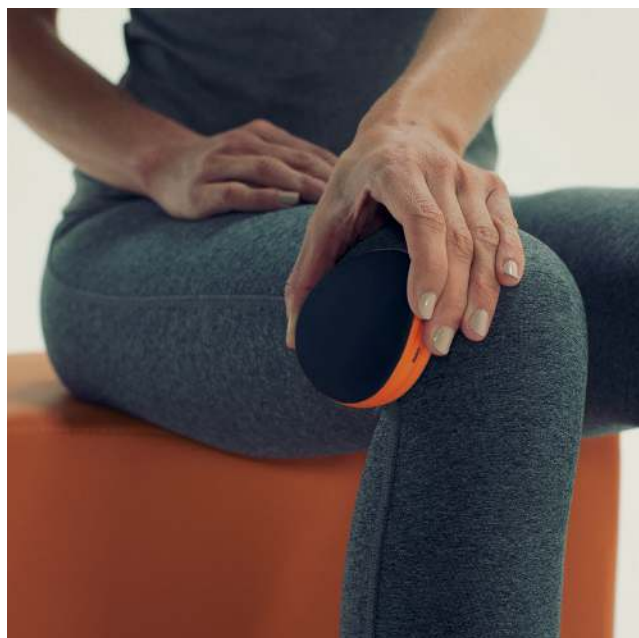
## OUTER THIGH SQUEEZE (RIGHT)

Place your feet shoulder width apart.

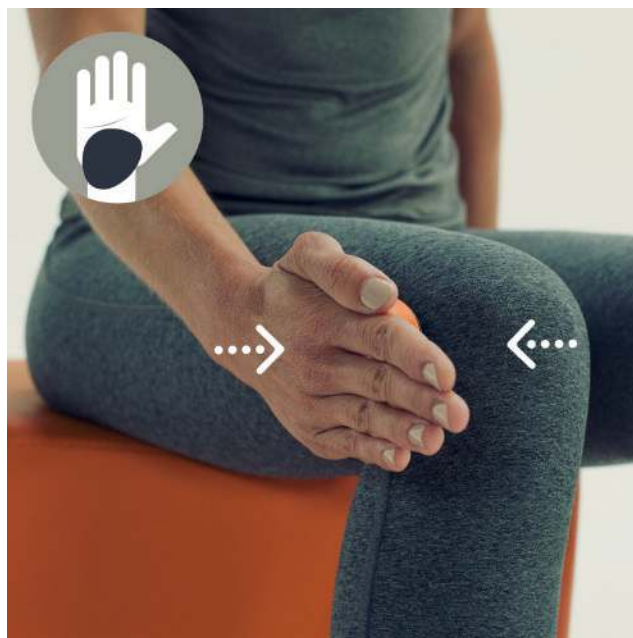
Press Activ5 with your right palm into your right outer thigh, while simultaneously squeezing your outer thigh into Activ5.



STRAIGHTEN BACK & PULL SHOULDERS BACK



PLACE ACTIV5 ON YOUR OUTER THIGH



PRESS WITH YOUR KNEE & PALM



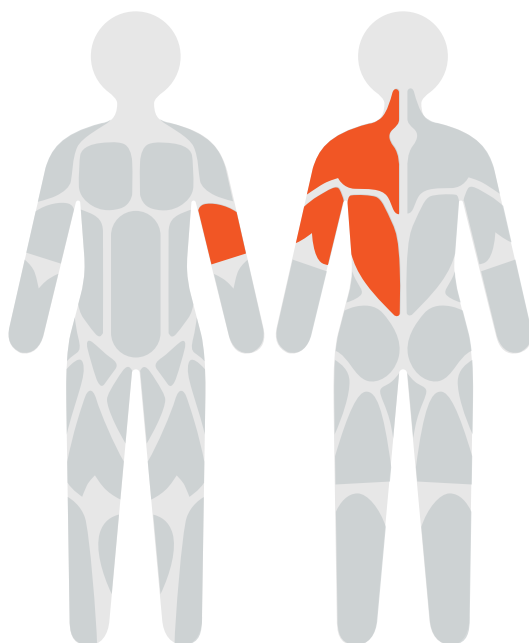
SEATED

## ROW (LEFT)

Place Activ5 between the back of your left elbow and the back of your chair.

Keep your elbow bent at 90 degrees.

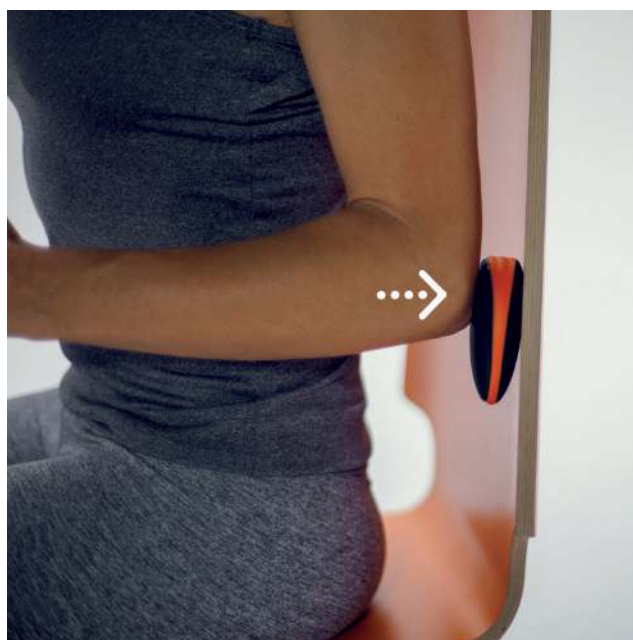
Squeeze your back muscles as you push your elbow back into Activ5.



PRIMARY MUSCLES ENGAGED



KEEP YOUR ELBOW BENT AT 90 DEGREES



PRESS ACTIV5 INTO THE CHAIR



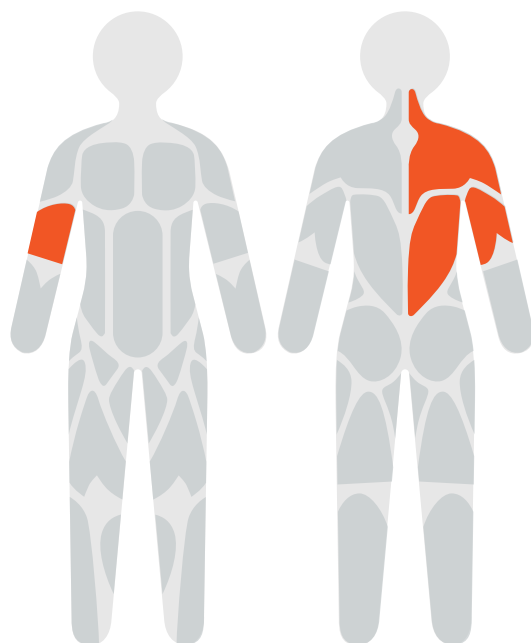
SEATED

## ROW (RIGHT)

Place Activ5 between the back of your right elbow and the back of your chair.

Keep your elbow bent at 90 degrees.

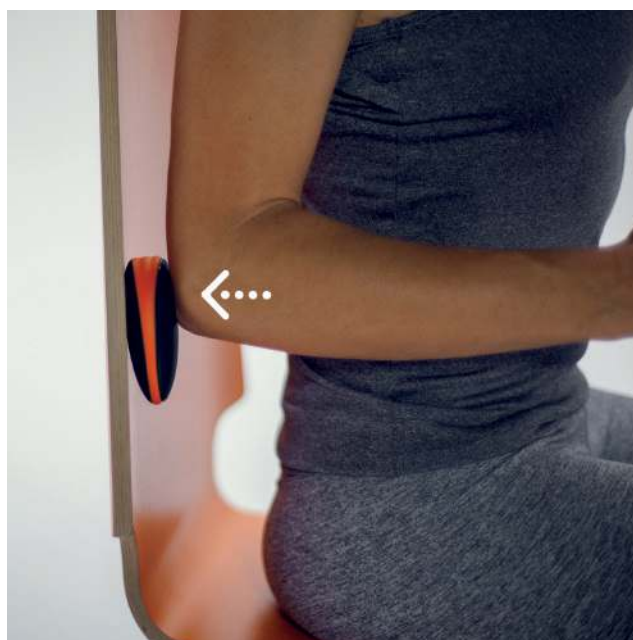
Squeeze your back muscles as you push your elbow back into Activ5.



PRIMARY MUSCLES ENGAGED



KEEP YOUR ELBOW BENT AT 90 DEGREES



PRESS ACTIV5 INTO THE CHAIR



SEATED

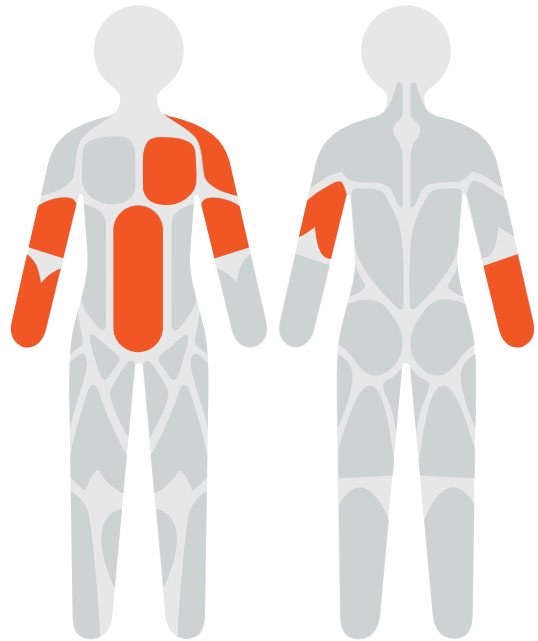
## SINGLE ARM CHEST PRESS (LEFT)

Extend your left arm to the side with your elbow bent at 90 degrees.

Place Activ5 with your right hand in front of your left fist.

Press your left fist into Activ5, while squeezing your chest.

Keep both elbows bent at 90-degrees.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



KEEP ELBOWS BENT AT 90 DEGREES



SEATED

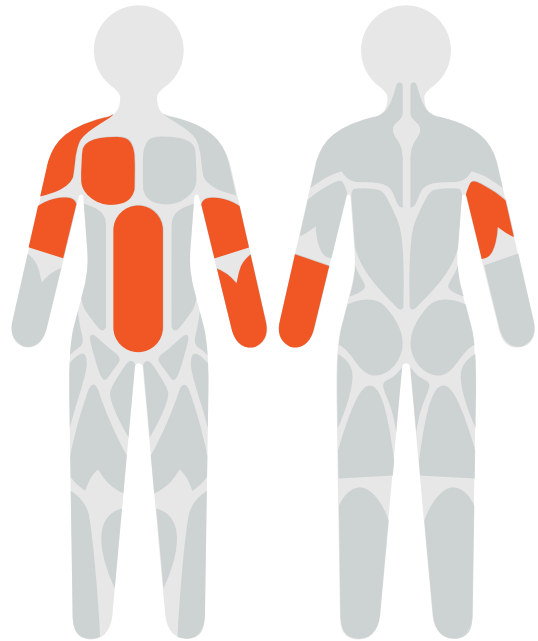
## SINGLE ARM CHEST PRESS (RIGHT)

Extend your right arm to the side, with your elbow bent at 90 degree.

Place Activ5 with your left hand in front of your right fist.

Press your right fist into Activ5, while squeezing your chest.

Keep both elbows bent at 90 degrees and arms parallel to the ground.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



KEEP ELBOWS BENT AT 90 DEGREES





SEATED

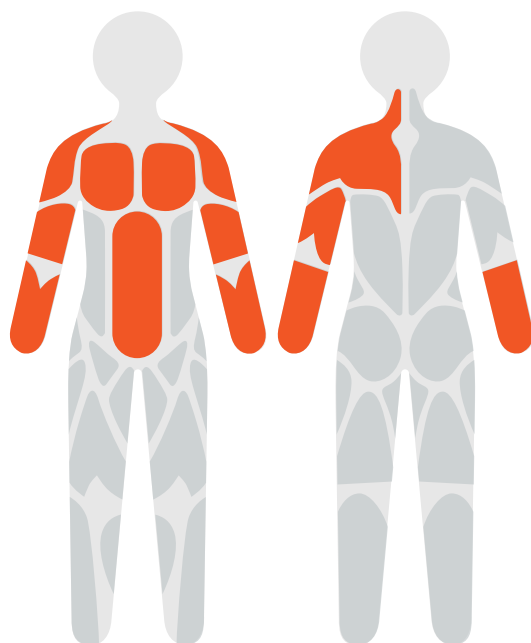
## SHOULDER PRESS (LEFT)

Bend your left elbow by your side, fist up.

Place Activ5 on top of your fist.

Place your right palm on top of Activ5, keeping your arm at 90 degrees.

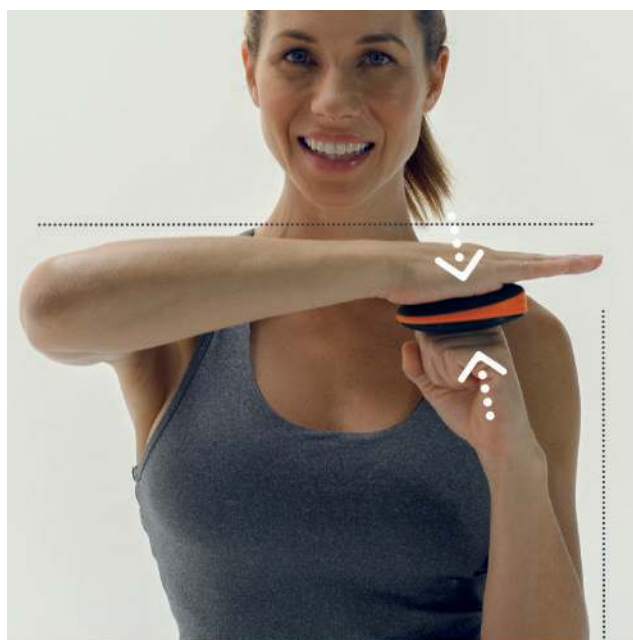
Squeeze your left shoulder muscles as you press up into Activ5.



PRIMARY MUSCLES ENGAGED



RIGHT ARM PARALLEL TO THE FLOOR



PRESS WITH YOUR RIGHT FIRST & LEFT PALM





SEATED

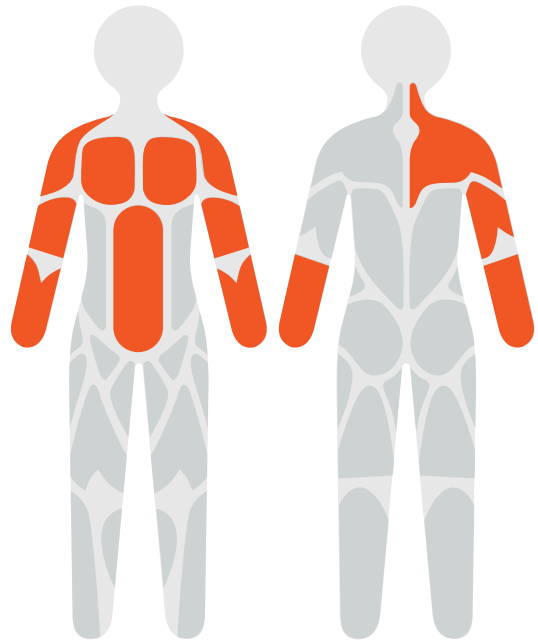
## SHOULDER PRESS (RIGHT)

Bend your right elbow by your side, fist up.

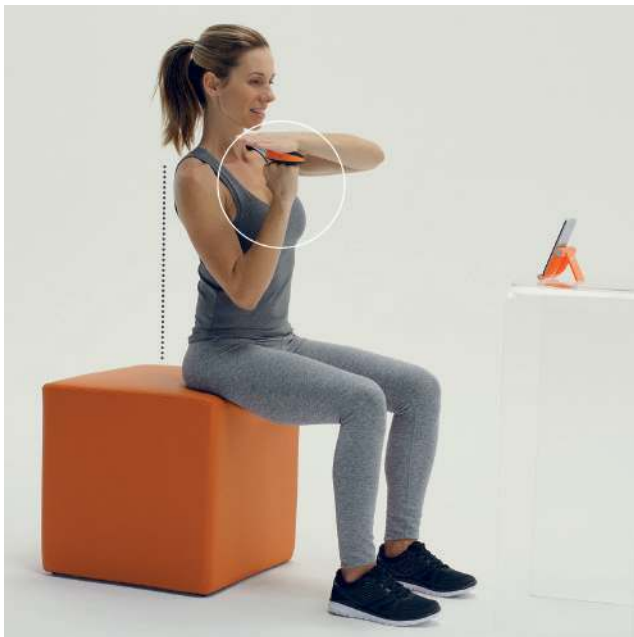
Place Activ5 on top of your fist.

Place your left palm on top of Activ5, keeping your arm at 90 degrees.

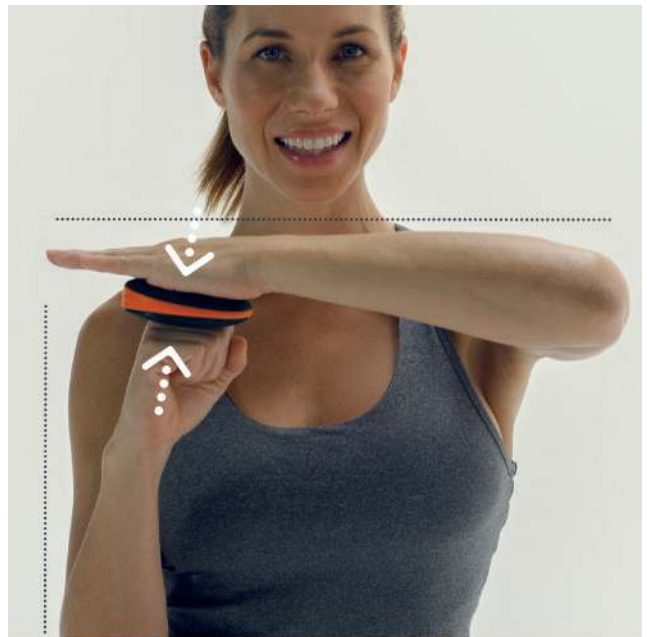
Squeeze your right shoulder muscles as you press up into Activ5.



PRIMARY MUSCLES ENGAGED



LEFT ARM PARALLEL TO THE FLOOR



PRESS WITH YOUR RIGHT FIRST & LEFT PALM



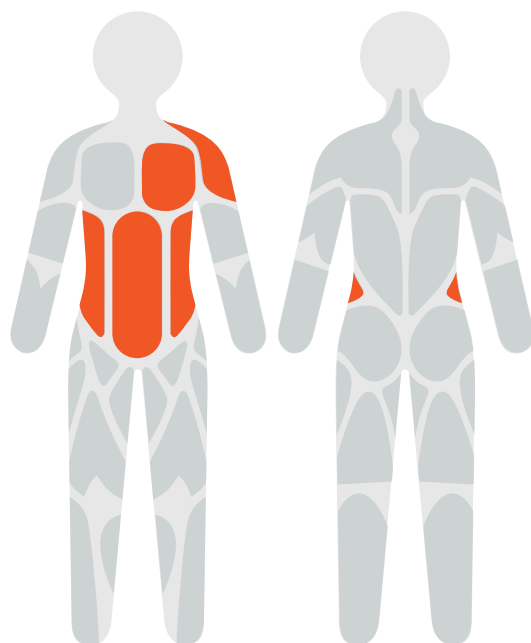
SEATED

## TRUNK ROTATION (LEFT)

With your left palm, hold Activ5 against your front right shoulder.

Keep your right arm relaxed by your side.

Keep your back straight and both hips square as you slightly rotate your torso to the left.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT APPROXIMATELY 45 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS



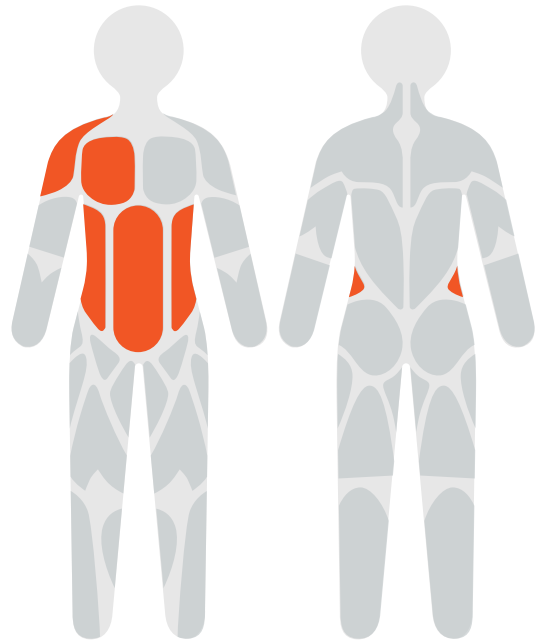
SEATED

## TRUNK ROTATION (RIGHT)

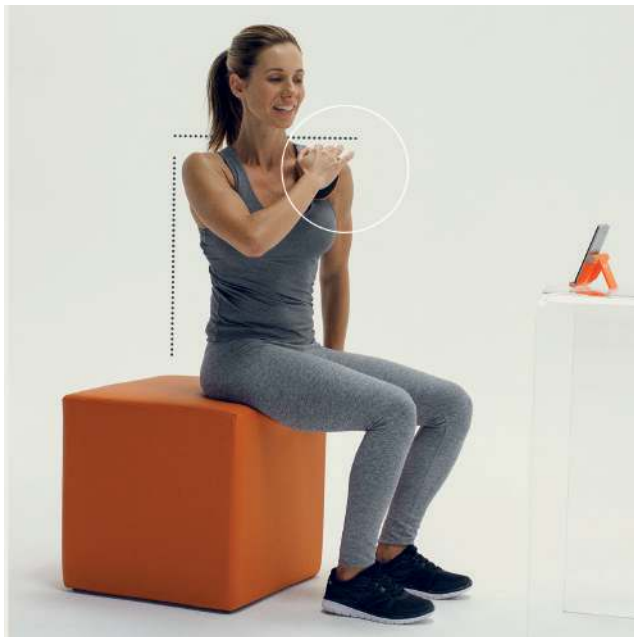
With your right palm, hold Activ5 against your front left shoulder.

Keep your left arm relaxed by your side.

Keep your back straight and both hips square as you slightly rotate your torso to the right.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT APPROXIMATELY 45 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS



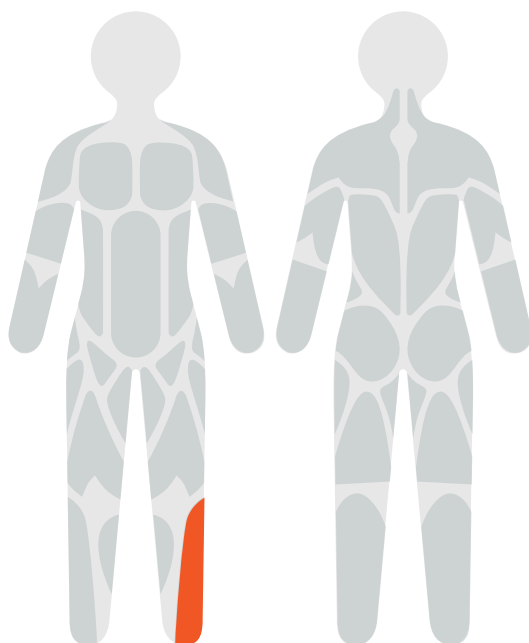
SEATED

## TOE RAISE (LEFT)

Place Activ5 under your left heel.

Press your left heel into Activ5 as you squeeze your shin muscles.

Keep your left toes off the ground.



PRIMARY MUSCLES ENGAGED



KEEP YOUR LEFT TOES OFF THE FLOOR



PRESS ACTIV5 INTO THE FLOOR & SQUEEZE CALF



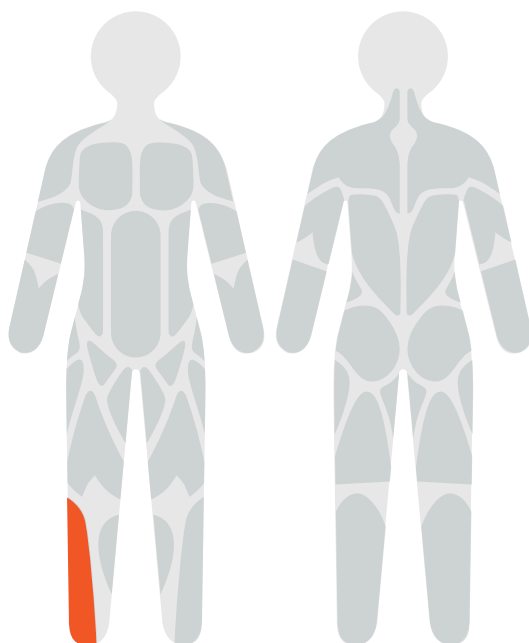
SEATED

## TOE RAISE (RIGHT)

Place Activ5 under your right heel.

Press your right heel into Activ5 as you squeeze your shin muscles.

Keep your right toes off the ground.



PRIMARY MUSCLES ENGAGED



KEEP YOUR RIGHT TOES OFF THE FLOOR



PRESS ACTIV5 INTO THE FLOOR & SQUEEZE CALF



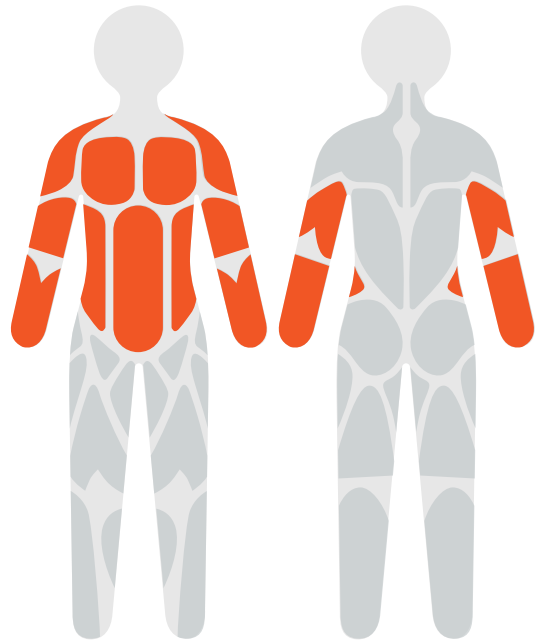
SEATED

## WOODCHOP (LEFT)

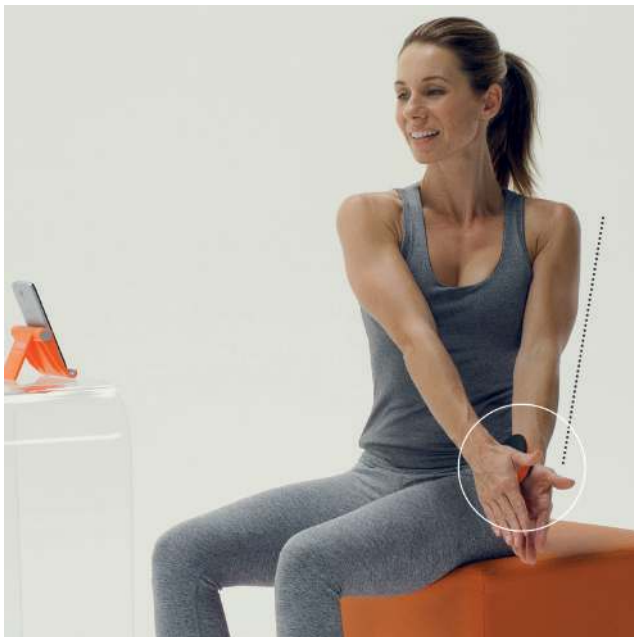
Hold Activ5 between both palms with your arms stretched out fully in front of you.

Place your hands on the outside of your left knee.

Press Activ5 as you contract your abs.



PRIMARY MUSCLES ENGAGED



ARMS STRAIGHT & ROTATED TO THE RIGHT



PRESS WITH THE HEELS OF YOUR PALMS





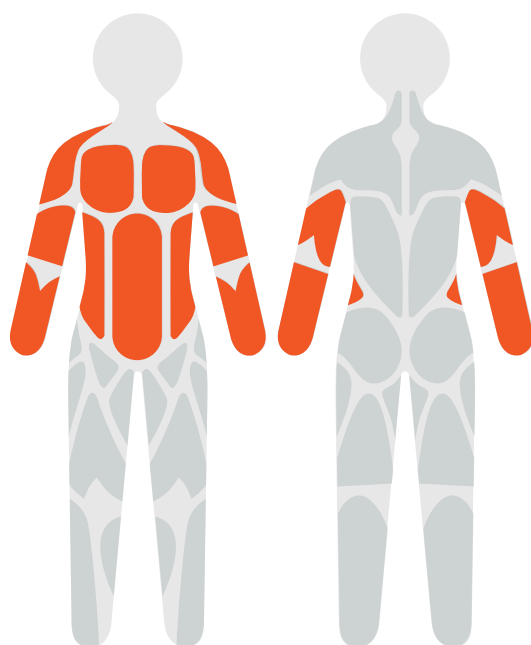
SEATED

## WOODCHOP (RIGHT)

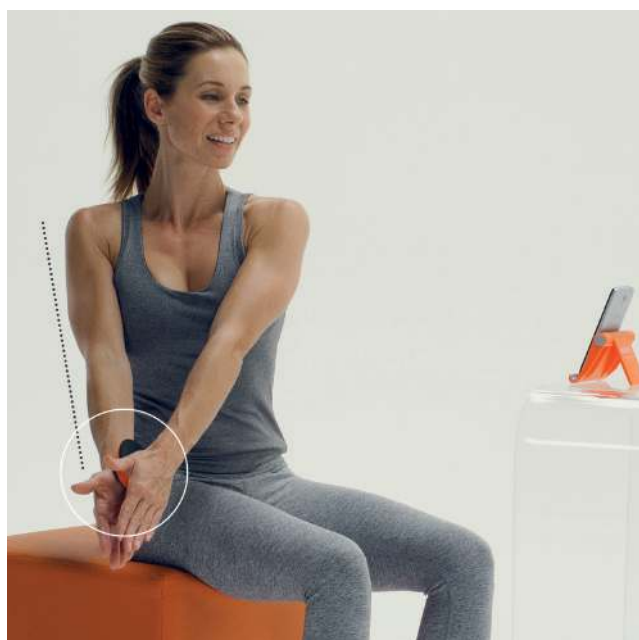
Hold Activ5 between both palms with your arms stretched out fully in front of you.

Place your hands on the outside of your right knee.

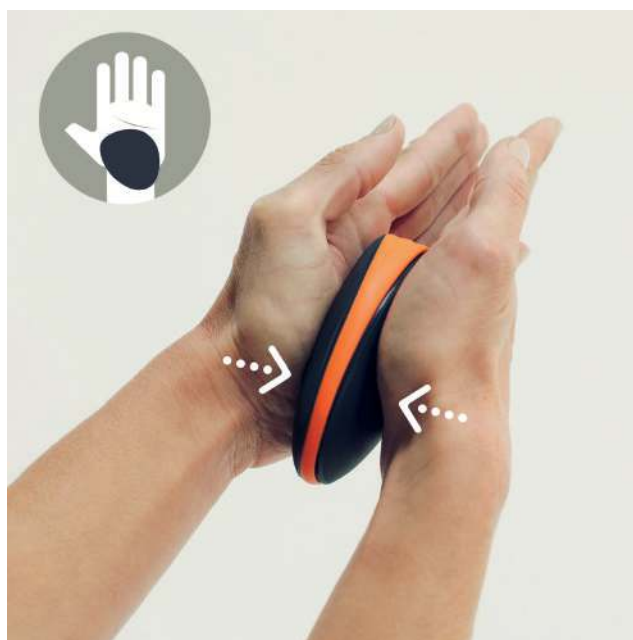
Press Activ5 as you contract your abs.



PRIMARY MUSCLES ENGAGED



ARMS STRAIGHT & ROTATED TO THE RIGHT



PRESS WITH THE HEELS OF YOUR PALMS



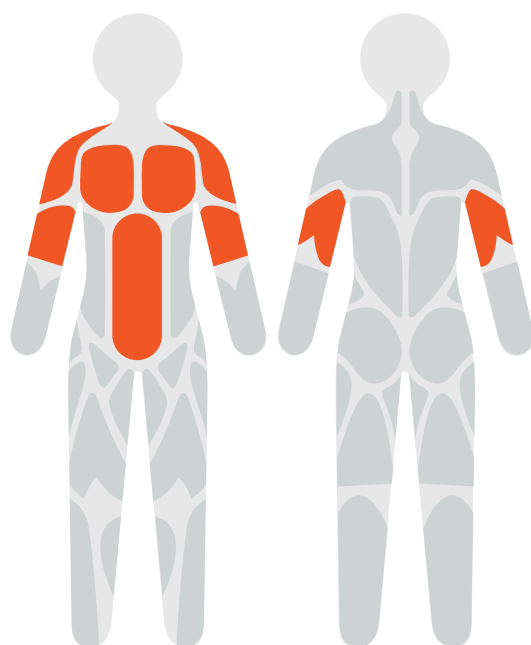
SEATED

## ZEN CHEST PRESS

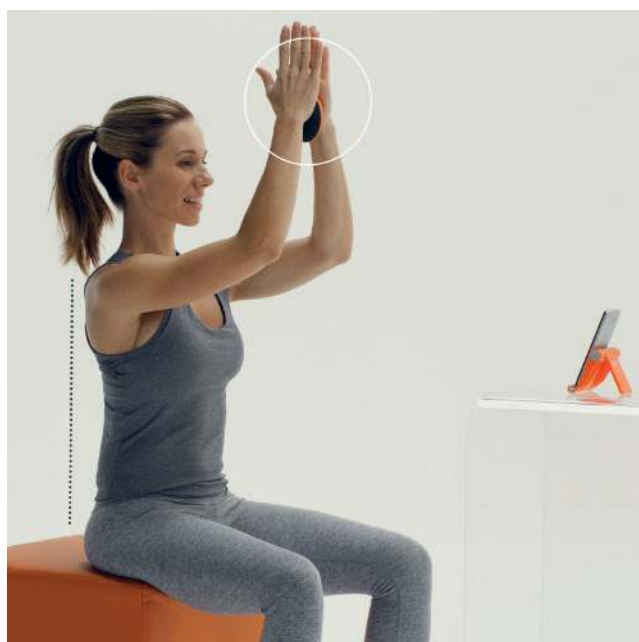
Hold Activ5 between both hands in prayer position with your elbows out.

Lift your hands, so your palms are just above eye level.

Press Activ5 with both palms by squeezing your chest muscles.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS



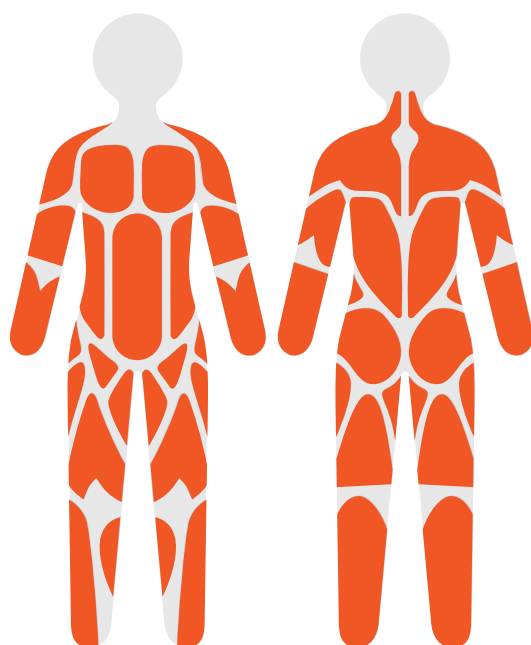
STANDING

## CHAIR POSE

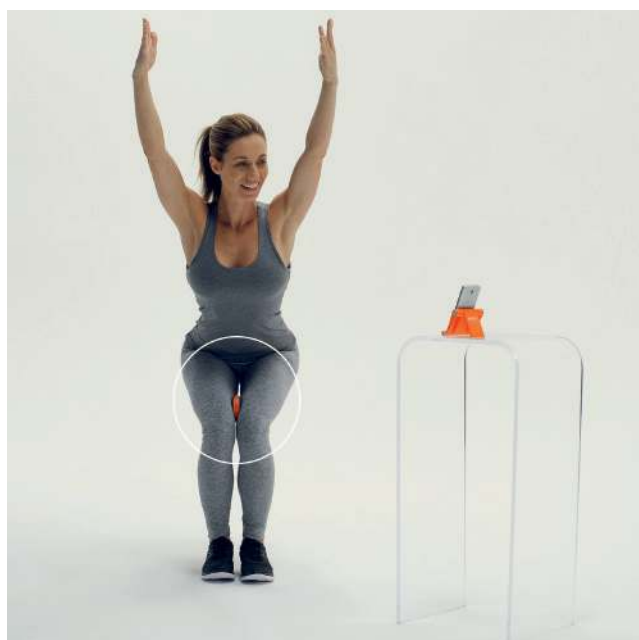
Place Activ5 between both knees.

Extend both arms in front of you, while squatting down as if you're sitting in a chair.

Press Activ5 as you squeeze your thigh muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BACK STRAIGHT & KNEES BENT



PRESS ACTIV5 WITH BOTH KNEES

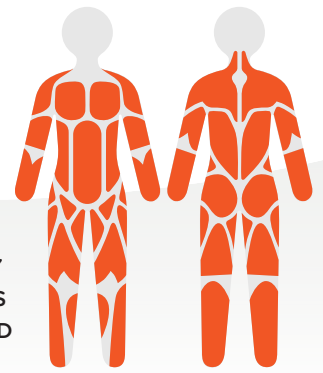


STANDING

## HALFWAY LIFT (LEFT)

Begin by slightly bending your knees as you lean forward at the hips. Place both hands onto your lower thighs, with Activ5 beneath your left palm. Keep your back straight and gently roll your shoulders back. Press Activ5 as you squeeze your core muscles. To make it more challenging, you could place Activ5 below your knee.

PRIMARY  
MUSCLES  
ENGAGED



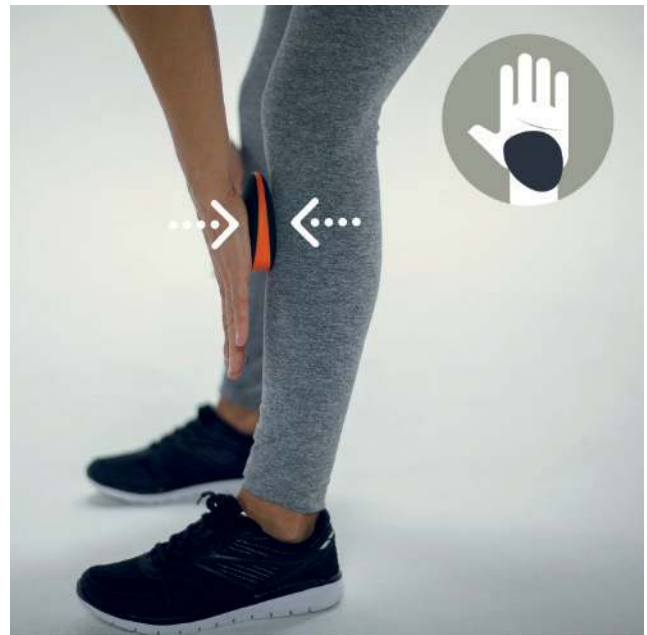
STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEEL OF YOUR PALM & KNEE



**ADVANCED: PLACE ACTIV5 BELOW YOUR KNEE**



**PRESS WITH THE HEEL OF YOUR PALM & SHIN**

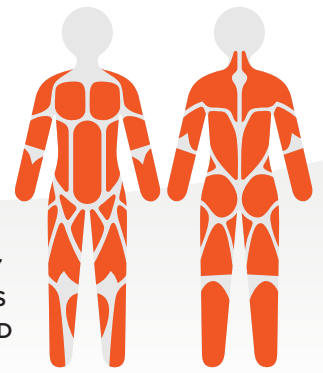


STANDING

## HALFWAY LIFT (RIGHT)

Begin by slightly bending your knees as you lean forward at the hips. Place both hands onto your lower thighs, with Activ5 beneath your right palm. Keep your back straight and gently roll your shoulders back. Press Activ5 as you squeeze your core muscles. To make it more challenging, you could place Activ5 below your knee.

PRIMARY  
MUSCLES  
ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEEL OF YOUR PALM & KNEE



**ADVANCED: PLACE ACTIV5 BELOW YOUR KNEE**



**PRESS WITH THE HEEL OF YOUR PALM & SHIN**





STANDING

## OPPOSING BICEP & TRICEP PRESS (LEFT)

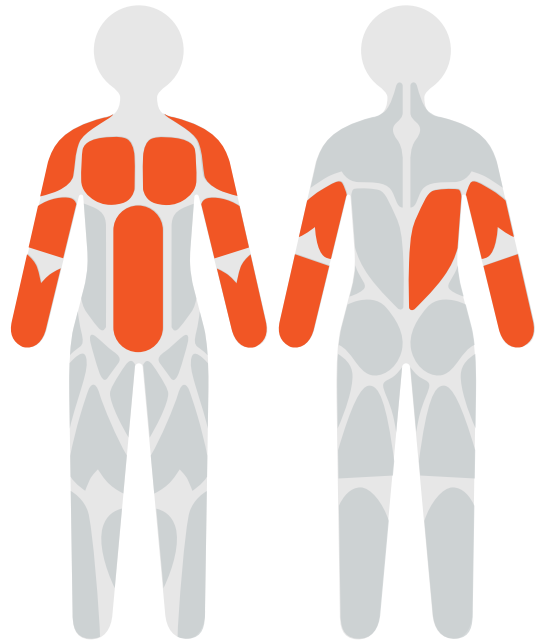
Hold Activ5 in your left palm.

Bend your left elbow at 90 degrees.

Place your right palm on top of Activ5.

Press Activ5 with both palms.

Keep both arms bent at a 90-degree angle.



PRIMARY MUSCLES ENGAGED



KEEP BOTH ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS



**STANDING**

## OPPOSING BICEP & TRICEP PRESS (RIGHT)

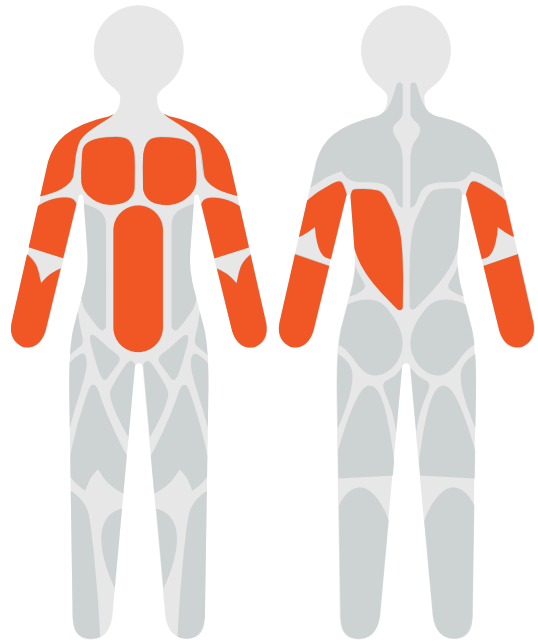
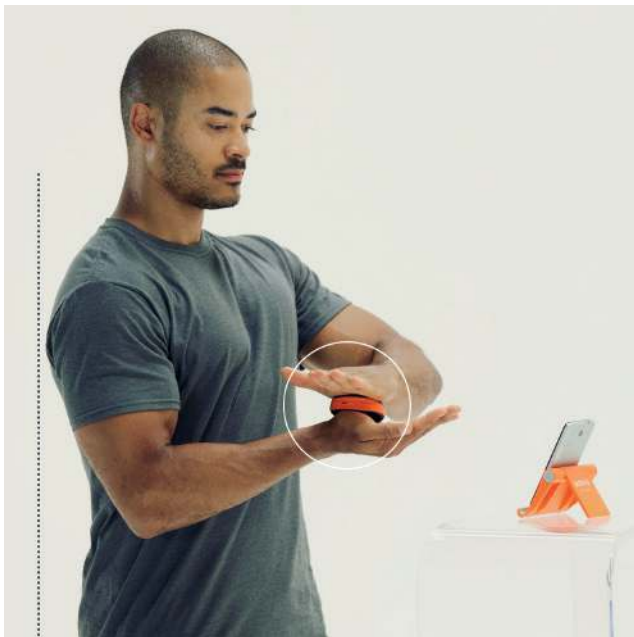
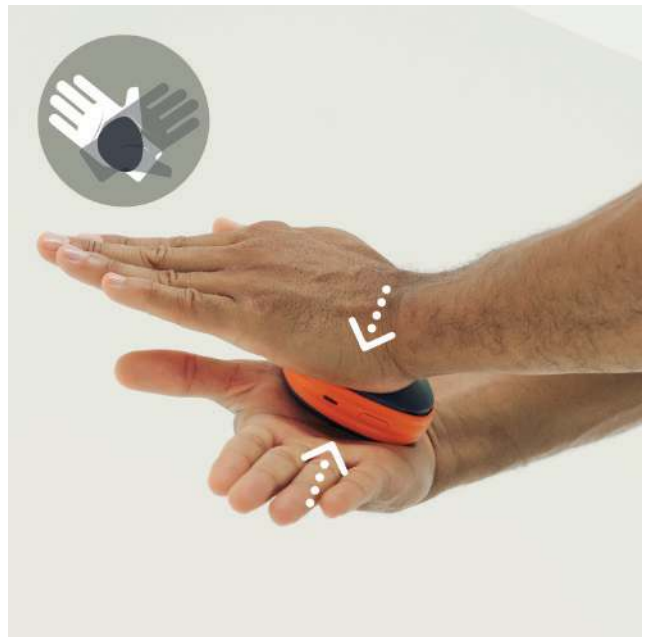
Hold Activ5 in your right palm.

Bend your right elbow at 90 degrees.

Place your left palm on top of Activ5.

Press Activ5 with both palms.

Keep both arms bent at a 90-degree angle.

**PRIMARY MUSCLES ENGAGED****KEEP BOTH ELBOWS BENT AT 90 DEGREES****PRESS WITH THE HEELS OF YOUR PALMS**



STANDING

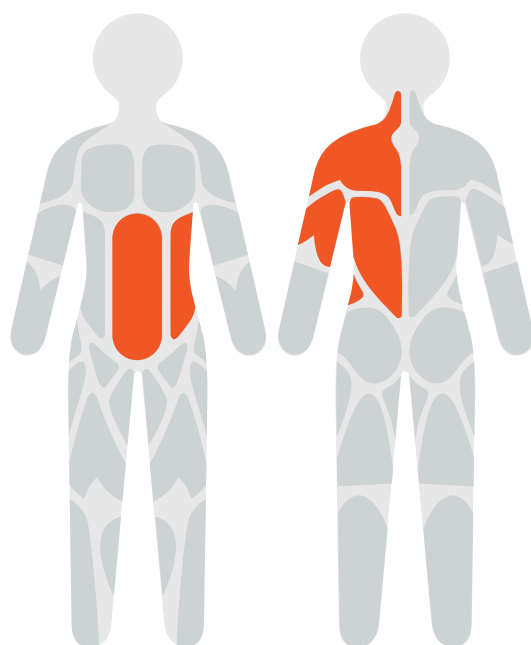
## SIDE BEND PRESS (LEFT)

Place Activ5 on your desk in front of your left arm.

Place your left palm on Activ5.

Bend sideways slightly to the left.

Press Activ5 as you squeeze your oblique muscles.



PRIMARY MUSCLES ENGAGED



PUSH DOWN USING TRICEPS & OBLIQUES



PRESS WITH THE HEEL OF YOUR PALM



STANDING

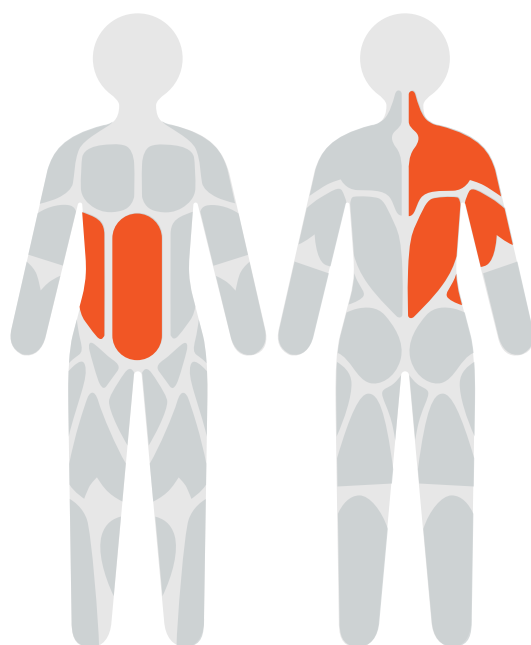
## SIDE BEND PRESS (RIGHT)

Place Activ5 on your desk in front of your right arm.

Place your right palm on Activ5.

Bend sideways slightly to the right.

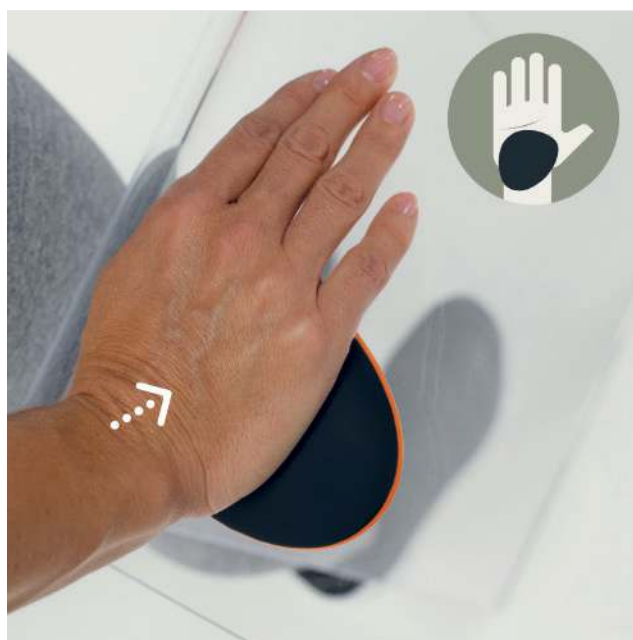
Press Activ5 as you squeeze your oblique muscles.



PRIMARY MUSCLES ENGAGED



PUSH DOWN USING TRICEPS & OBLIQUES



PRESS WITH THE HEEL OF YOUR PALM



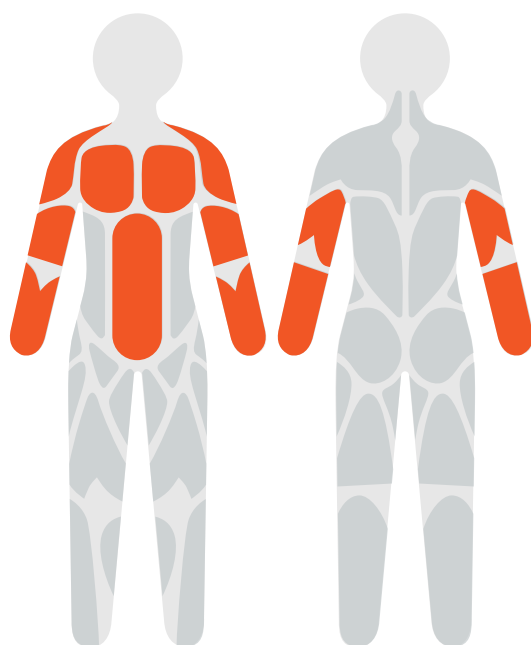
STANDING

## STANDING CHEST FLY

Hold Activ5 between both hands in prayer positions with your arms stretched out in front of you.

Press both palms into Activ5 and squeeze your chest muscles.

Keep both feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



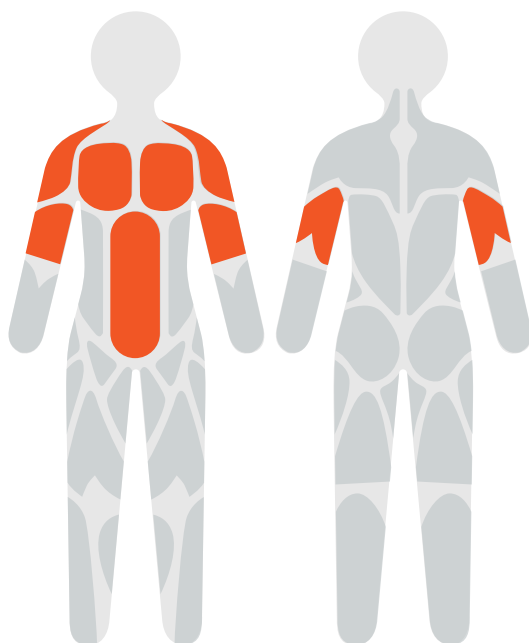
STANDING

## STANDING CHEST PRESS

Hold Activ5 between both hands in prayer position, with your elbows out.

Press both palms into Activ5 to squeeze your chest muscles.

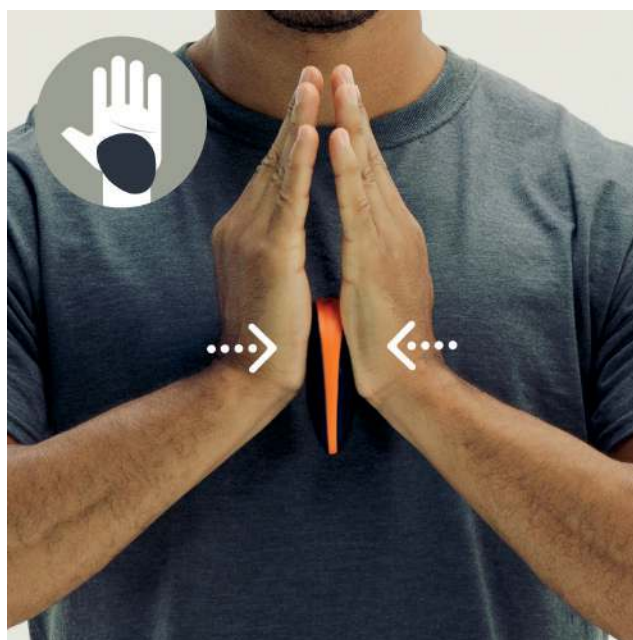
Keep both feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT AROUND 45 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS





STANDING

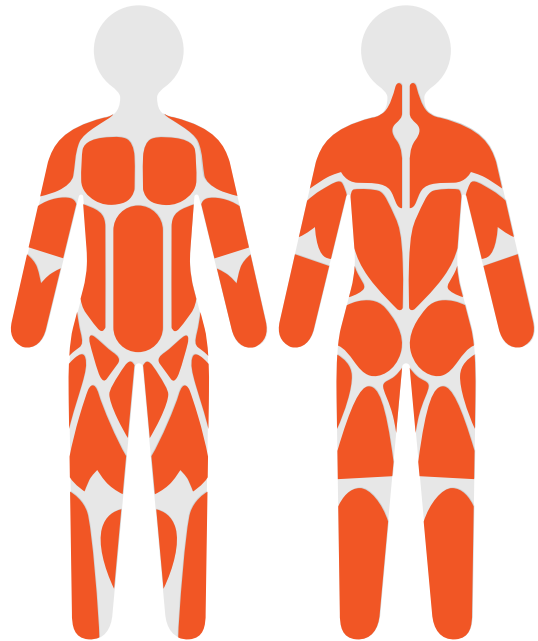
## SQUAT CRUSH (LEFT)

Place Activ5 under your left heel.

Squat back and down as if you are sitting in a chair, keeping your knees over your ankles.

Press your left heel into Activ5 as you squeeze your glutes.

Keep your right heel firmly on the ground.



PRIMARY MUSCLES ENGAGED



KNEES OVER YOUR ANKLES, BEHIND TOES



PRESS ACTIV5 INTO THE FLOOR



STANDING

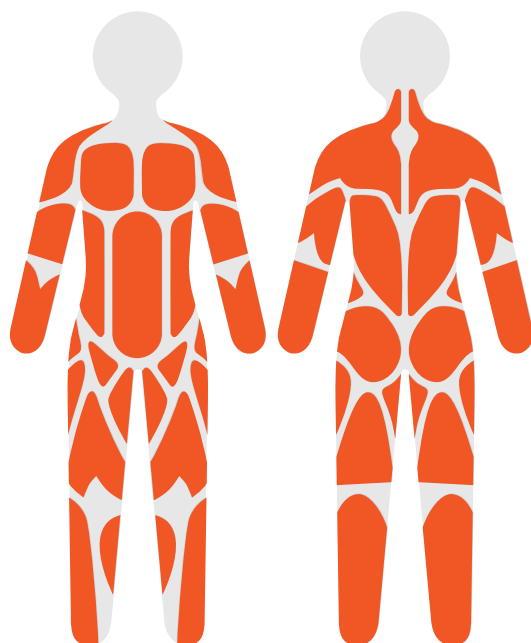
## SQUAT CRUSH (RIGHT)

Place Activ5 under your right heel.

Squat back and down as if you are sitting in a chair, keeping your knees over your ankles.

Press your right heel into Activ5 as you squeeze your glutes.

Keep your left heel firmly on the ground.



PRIMARY MUSCLES ENGAGED



KNEES OVER YOUR ANKLES, BEHIND TOES



PRESS ACTIV5 INTO THE FLOOR



STANDING

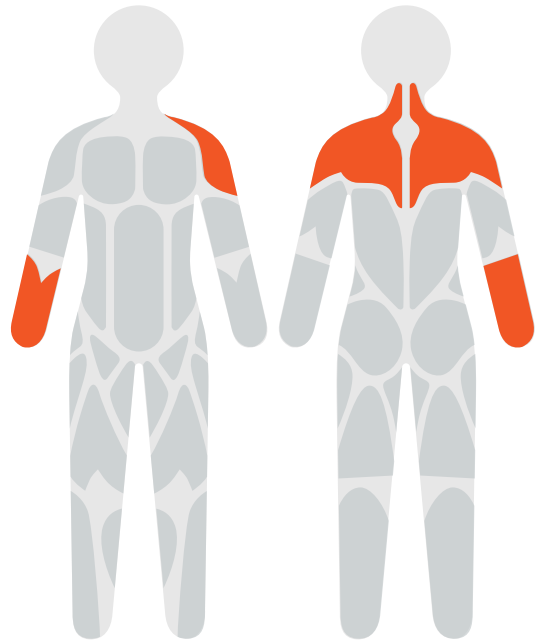
## SHOULDER EXTERNAL ROTATION (LEFT)

Place Activ5 above your left wrist with your right hand.

Bend your left elbow to 90 degrees and rotate it slightly to the left.

Press Activ5 with your left forearm and right palm.

Focus on squeezing the back of your shoulder and upper back.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH YOUR FOREARM & RIGHT PALM



STANDING

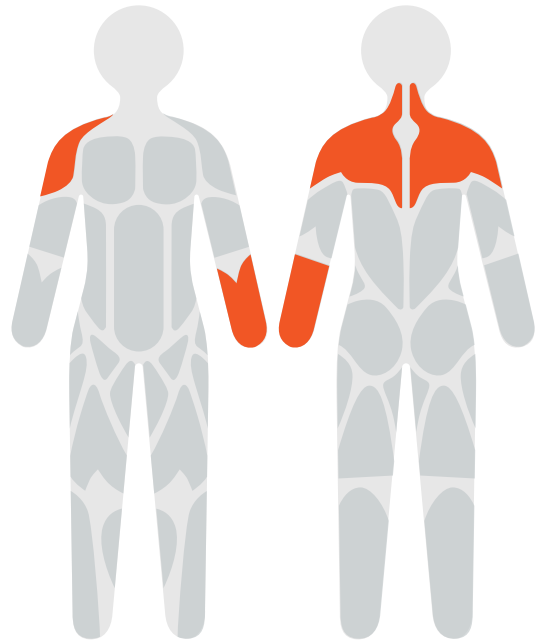
## SHOULDER EXTERNAL ROTATION (RIGHT)

Place Activ5 above your right wrist with your left hand.

Bend your right elbow to 90 degrees and rotate it slightly to the right.

Press Activ5 with your right forearm and left palm.

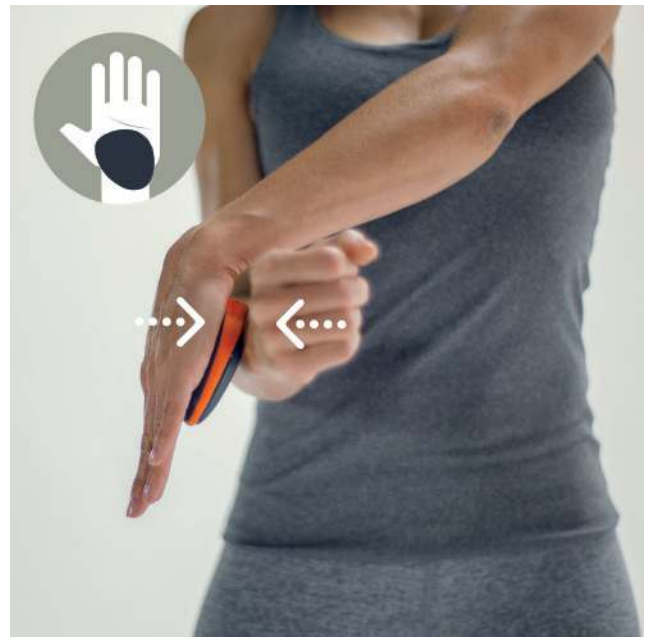
Focus on squeezing the back of your shoulder and upper back.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH YOUR FOREARM & LEFT PALM



STANDING

## STANDING FRENCH TRICEPS PRESS (LEFT)

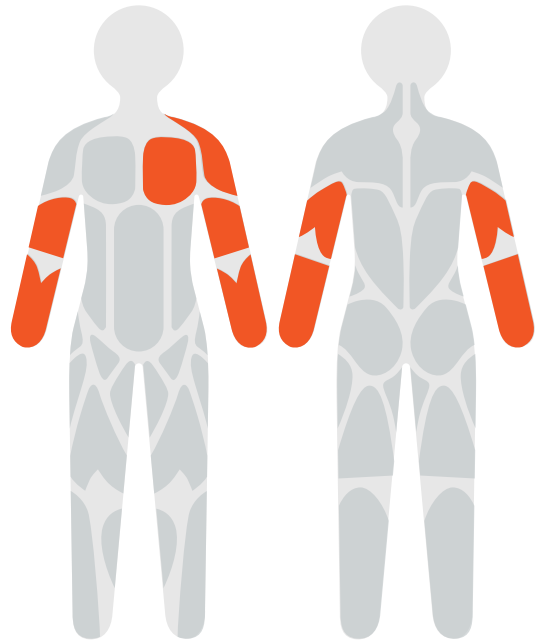
Bend and lift your left elbow to eye level.

Make a fist with your left hand.

Place Activ5 on the bottom of your left fist with your right palm.

Press Activ5 with your left fist and right palm as you squeeze your shoulder muscles.

Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH YOUR LEFT FIST & RIGHT PALM





STANDING

## STANDING FRENCH TRICEPS PRESS (RIGHT)

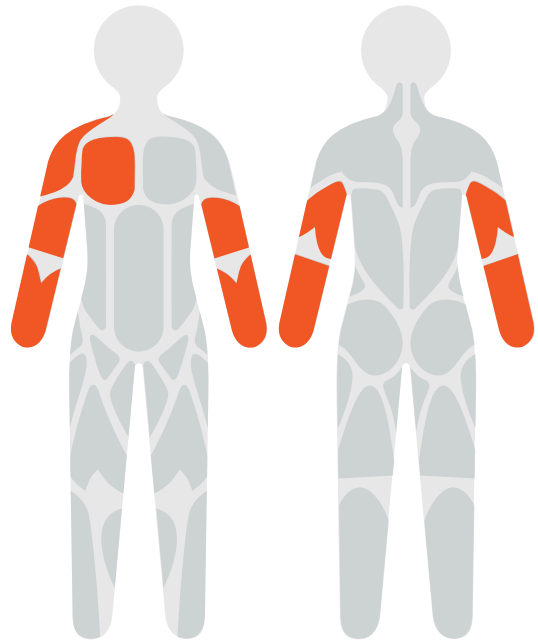
Bend and lift your right elbow to eye level.

Make a fist with your right hand.

Place Activ5 on the bottom of your right fist with your left palm.

Press Activ5 with your right fist and left palm as you squeeze your shoulder muscles.

Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH YOUR RIGHT FIST & LEFT PALM



STANDING

## STANDING HOOK (LEFT)

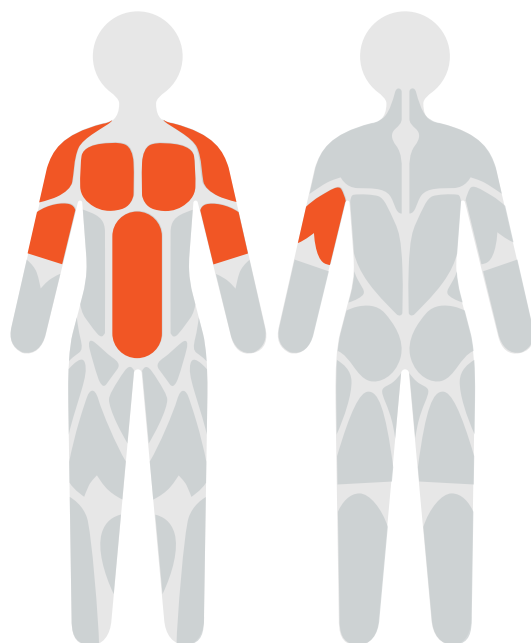
Make a fist with your left hand.

Bring your left elbow up, keeping your forearm parallel to the ground.

Place Activ5 with your right hand in front of your left fist.

Press Activ5 with your left fist and right palm.

Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



PRESS WITH THE HEEL OF YOUR PALM & FIST



STANDING

## STANDING HOOK (RIGHT)

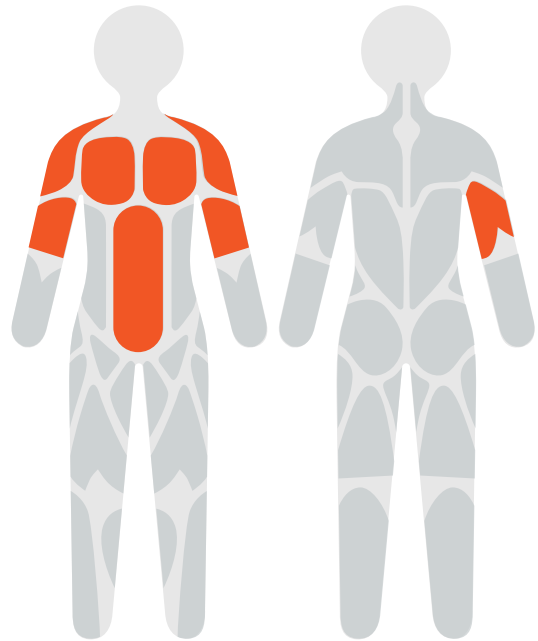
Make a fist with your right hand.

Bring your right elbow up, keeping your forearm parallel to the ground.

Place Activ5 with your left hand in front of your right fist.

Press Activ5 with your right fist and left palm.

Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



HOLD BOTH ARMS PARALLEL TO THE FLOOR



PRESS WITH THE HEEL OF YOUR PALM & FIST



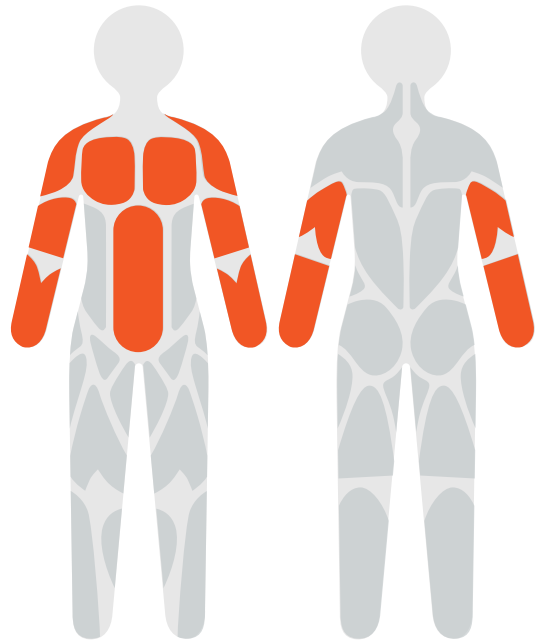
STANDING

## STANDING LOWER CHEST FLY

Hold Activ5 between both hands in prayer position with your arms stretched out fully in front of you.

Bring both your arm down at waist level.

Press Activ5 with both palms by squeezing your chest muscles.



PRIMARY MUSCLES ENGAGED



ARMS STRAIGHT, SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



STANDING

## SINGLE LEG DEADLIFT (LEFT)

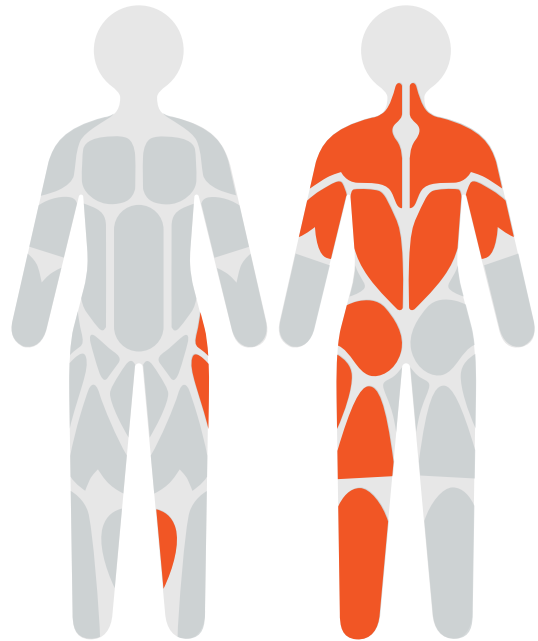
Step forward with your left foot.

Lower your hips until both knees are bent at about 90 degrees or more.

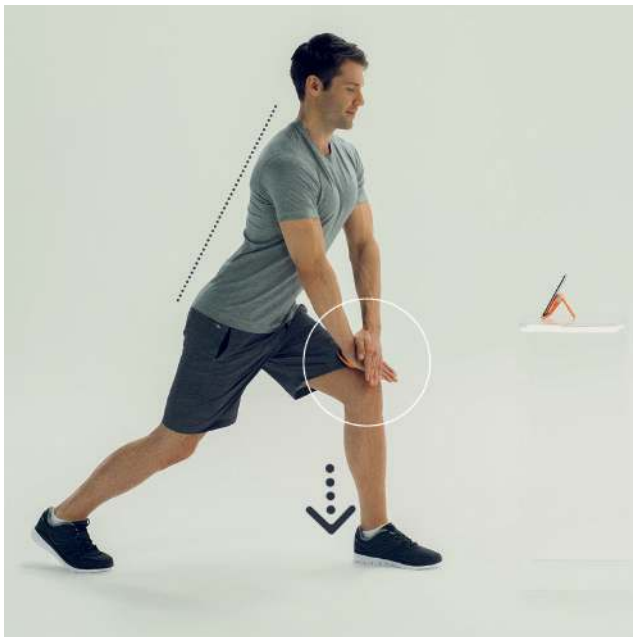
Place Activ5 on your left leg just above the knee.

Press Activ5 as you squeeze your leg muscles.

Keep your left heel firmly on the ground.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BACK AND ARMS STRAIGHT



PRESS BOTH PALMS AS YOU SQUEEZE  
LEG MUSCLES





STANDING

## SINGLE LEG DEADLIFT (RIGHT)

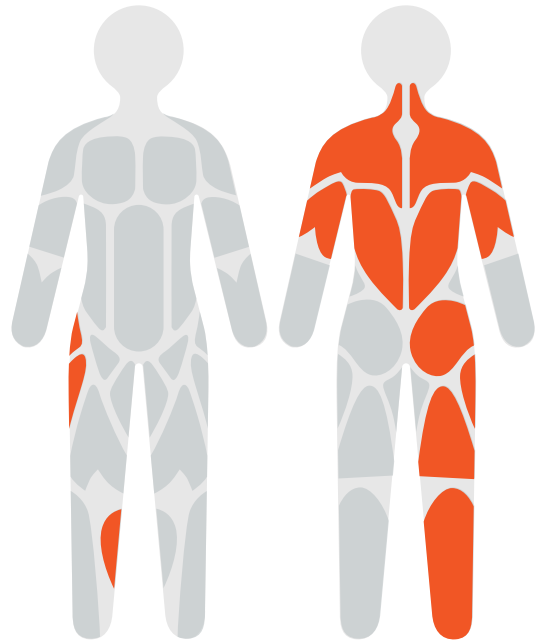
Step forward with your right foot.

Lower your hips until both knees are bent at about 90 degrees or more.

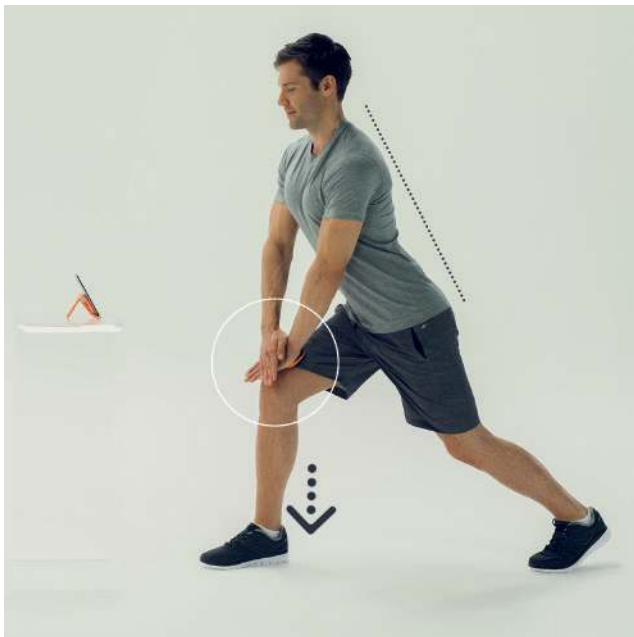
Place Activ5 on your right leg just above the knee.

Press Activ5 as you squeeze your leg muscles.

Keep your right heel firmly on the ground.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BACK AND ARMS STRAIGHT



PRESS BOTH PALMS AS YOU SQUEEZE  
LEG MUSCLES



STANDING

## SQUAT OUTER THIGH PRESS (LEFT)

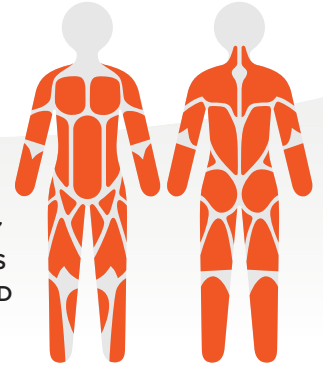
Squat back and down as if you are sitting in a chair, keeping your knees over your ankles.

Place Activ5 on the outside of your left thigh, just above the knee.

Press Activ5 as you squeeze your leg muscles.

Keep your feet firmly on the ground.

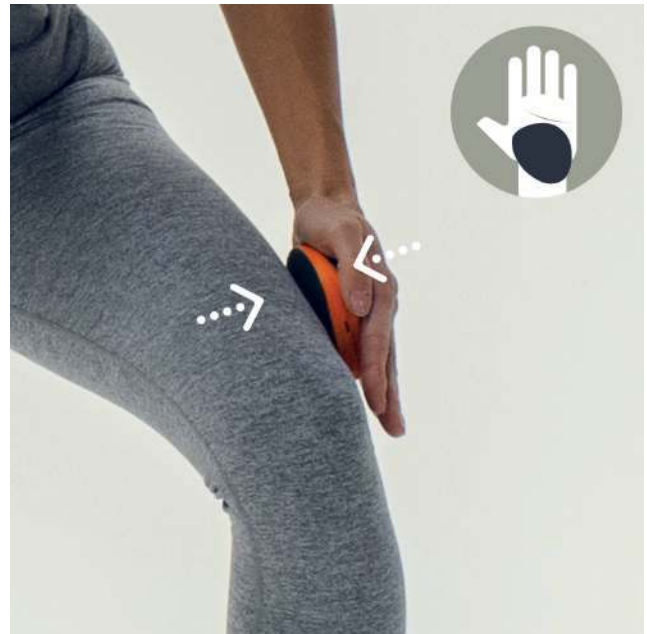
PRIMARY  
MUSCLES  
ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



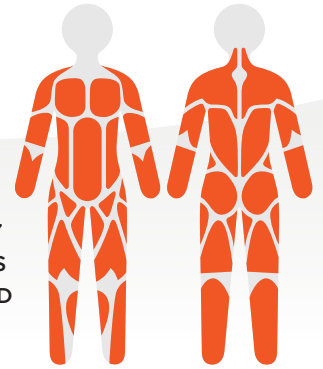
KNEES OVER YOUR ANKLES, BEHIND TOES



PRESS WITH YOUR OUTER THIGH & PALM



STANDING



PRIMARY  
MUSCLES  
ENGAGED

## SQUAT OUTER THIGH PRESS (RIGHT)

Squat back and down as if you are sitting in a chair, keeping your knees over your ankles.

Place Activ5 on the outside of your right thigh, just above the knee.

Press Activ5 as you squeeze your leg muscles.

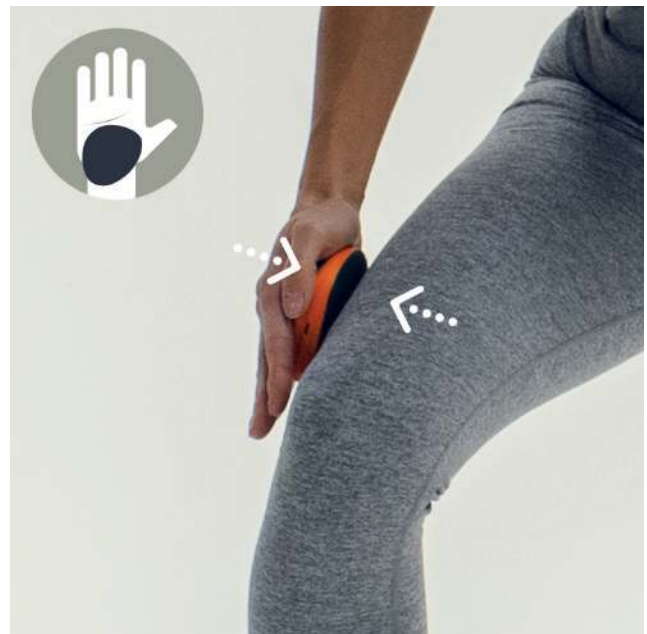
Keep your feet firmly on the ground.



STRAIGHTEN BACK & PULL SHOULDERS BACK



KNEES OVER YOUR ANKLES, BEHIND TOES



PRESS WITH YOUR OUTER THIGH & PALM



STANDING

## SUMO SQUAT CRUSH

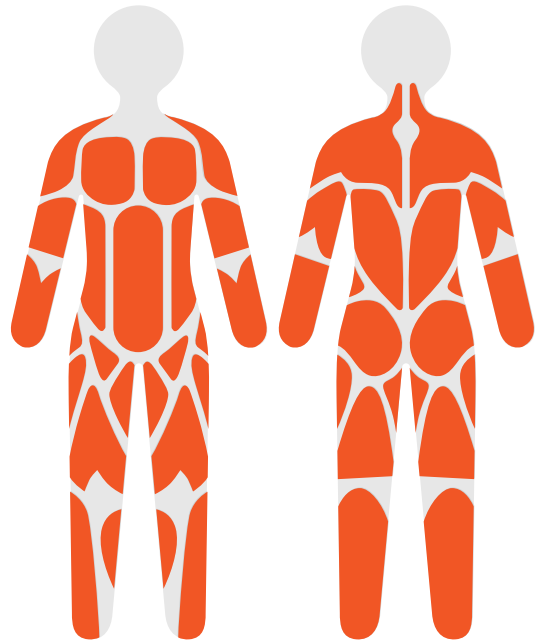
Hold Activ5 between both hands in prayer position.

Stand with your feet slightly wider than shoulder-width apart, toes pointed out.

Squat back and down as if you are sitting in a chair, keeping your knees over your ankles.

Press Activ5 as you squeeze your glutes and chest muscles.

Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



KNEES OVER YOUR ANKLES, BEHIND TOES



PRESS WITH THE HEELS OF YOUR PALMS



STANDING

## STANDING SHOULDER PRESS (LEFT)

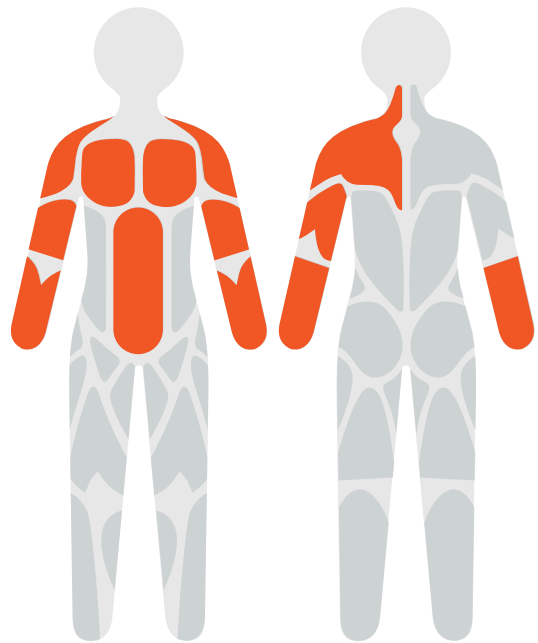
Bend your left elbow by your side, fist up.

Place Activ5 on top of your fist.

Place your right palm on top of Activ5, keeping your arm at 90 degrees.

Squeeze your left shoulder muscles as you press Activ5.

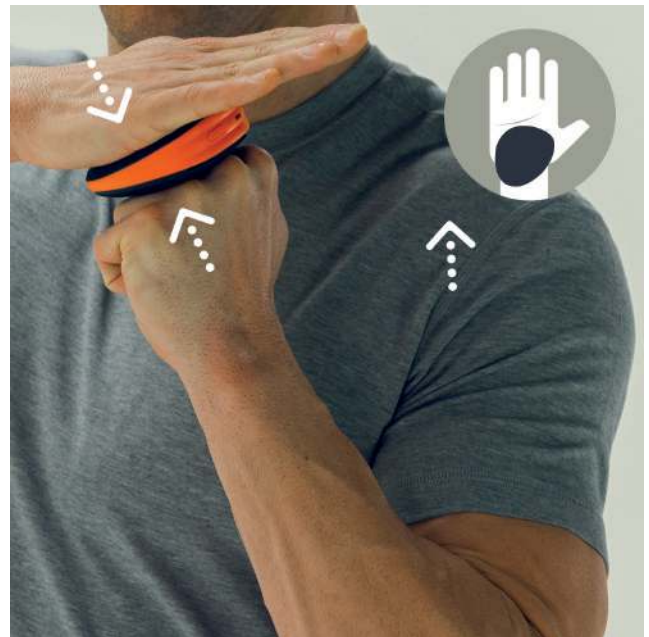
Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



RIGHT ARM PARALLEL TO THE FLOOR



LIFT ACTIV5 WITH YOUR SHOULDER MUSCLES





STANDING

## STANDING SHOULDER PRESS (RIGHT)

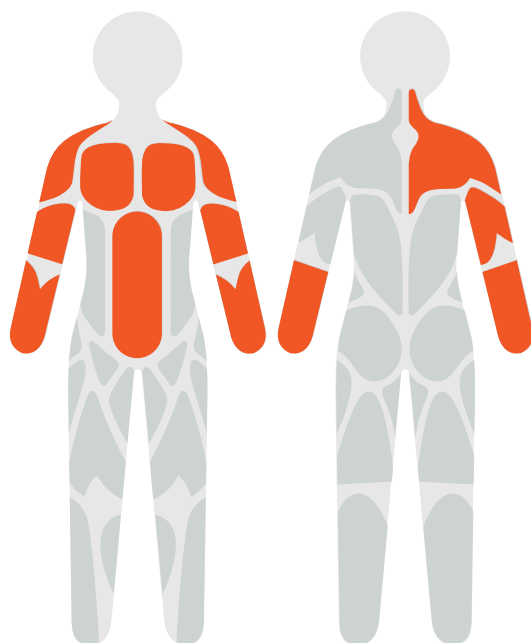
Bend your right elbow by your side, fist up.

Place Activ5 on top of your fist.

Place your left palm on top of Activ5, keeping your arm at 90 degrees.

Squeeze your right shoulder muscles as you press Activ5.

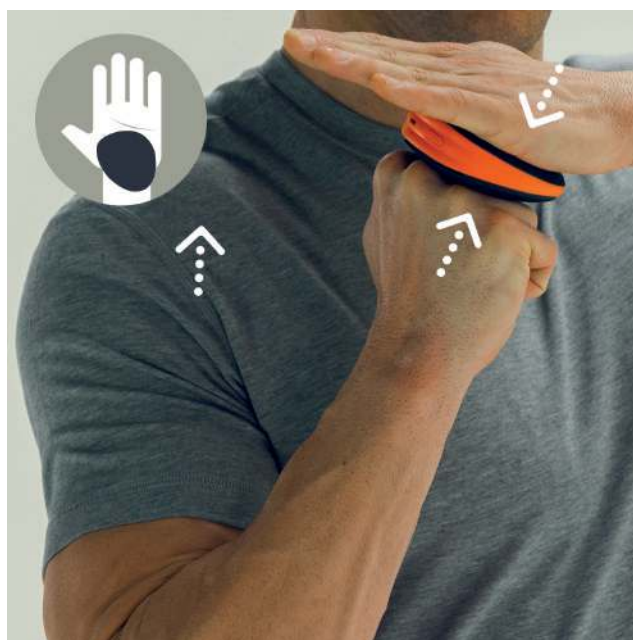
Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



LEFT ARM PARALLEL TO THE FLOOR



LIFT ACTIV5 WITH YOUR SHOULDER MUSCLES



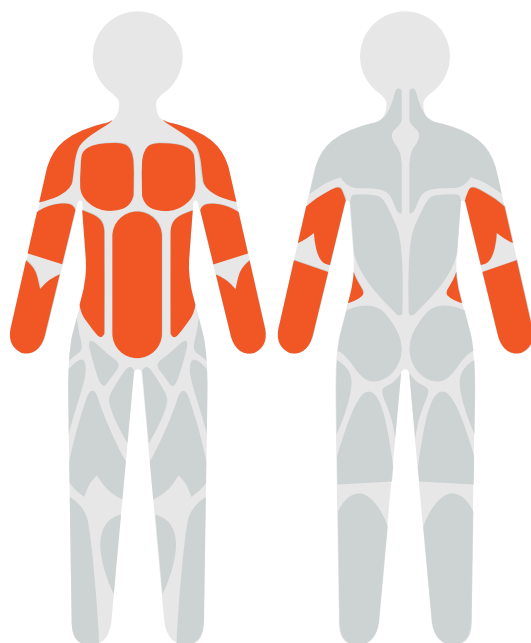
STANDING

## STANDING WOODCHOP (LEFT)

Hold Activ5 between both palms with your arms stretched out fully in front of you.

Place your hands on the outside of your left hip.

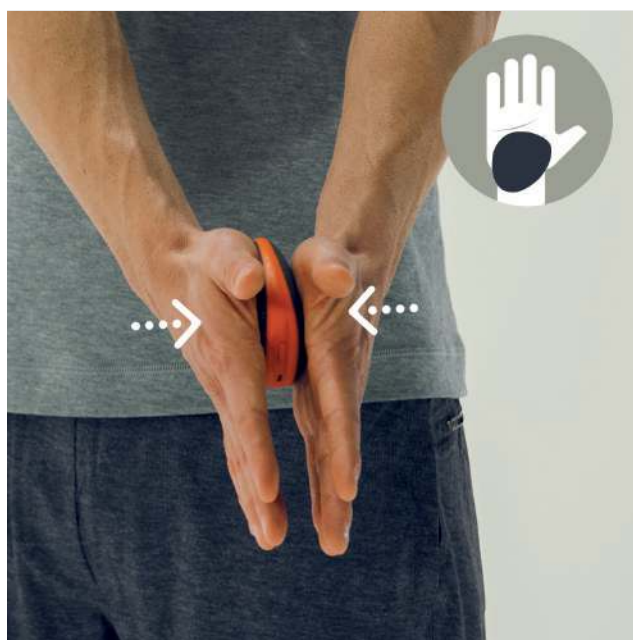
Press both palms into Activ5 as you contract your abs.



PRIMARY MUSCLES ENGAGED



ARMS STRAIGHT, ROTATED TO THE LEFT



PRESS WITH THE HEELS OF YOUR PALMS



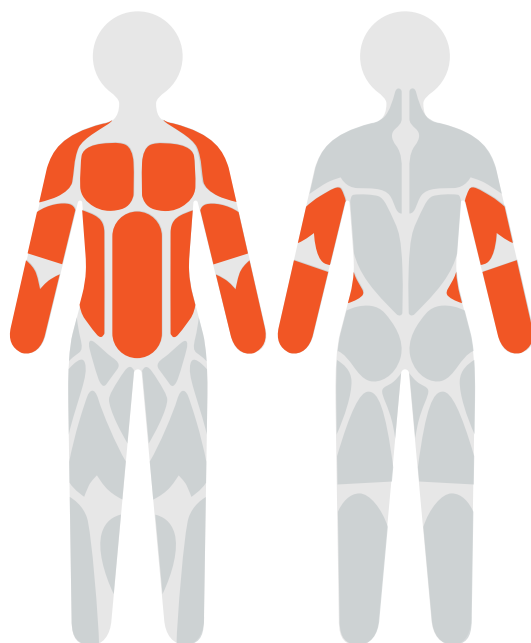
STANDING

## STANDING WOODCHOP (RIGHT)

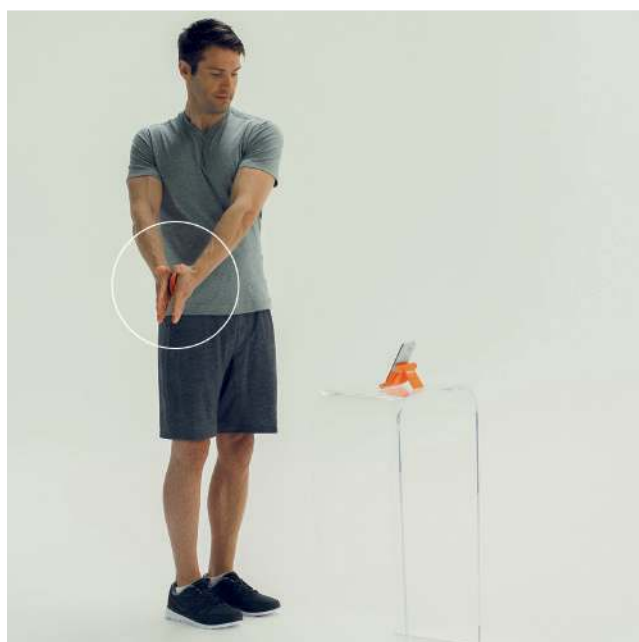
Hold Activ5 between both palms with your arms stretched out fully in front of you.

Place your hands on the outside of your right hip.

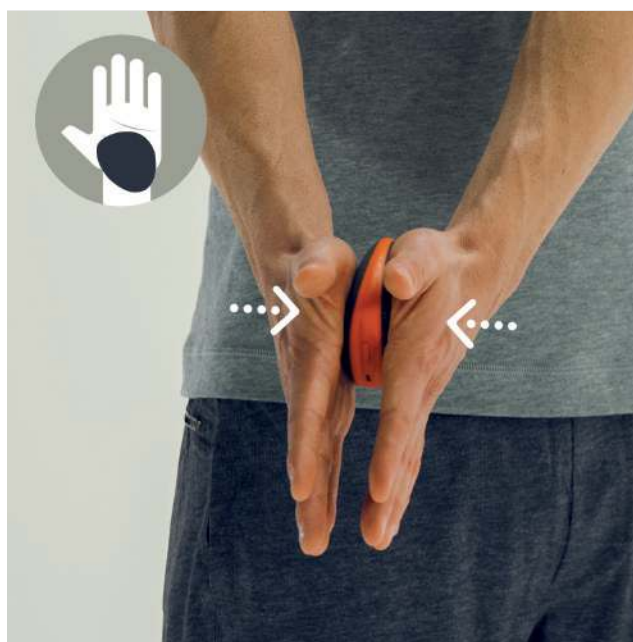
Press both palms into Activ5 as you contract your abs.



PRIMARY MUSCLES ENGAGED



ARMS STRAIGHT, ROTATED TO THE RIGHT



PRESS WITH THE HEELS OF YOUR PALMS



STANDING

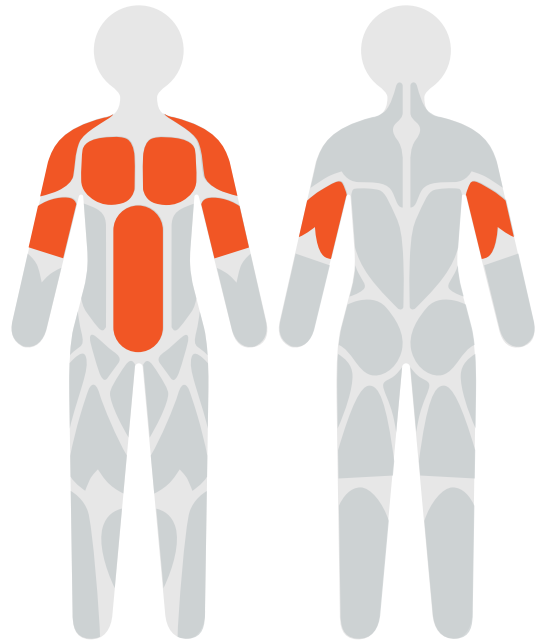
## STANDING ZEN CHEST PRESS

Hold Activ5 between both hands in prayer position with your elbows out.

Lift your hands, so your palms are just above eye level.

Press Activ5 with both palms by squeeze your chest muscles.

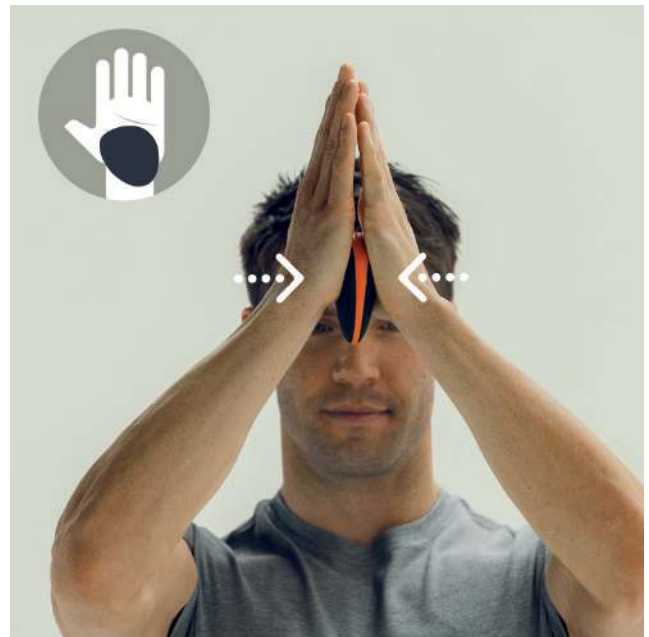
Keep your feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEELS OF YOUR PALMS



STANDING

## TREE POSE (LEFT)

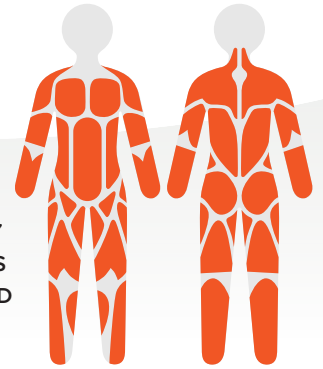
Begin by placing the sole of your left foot on the inside of your right calf.

Squeeze your right foot into the ground as you lengthen your spine.

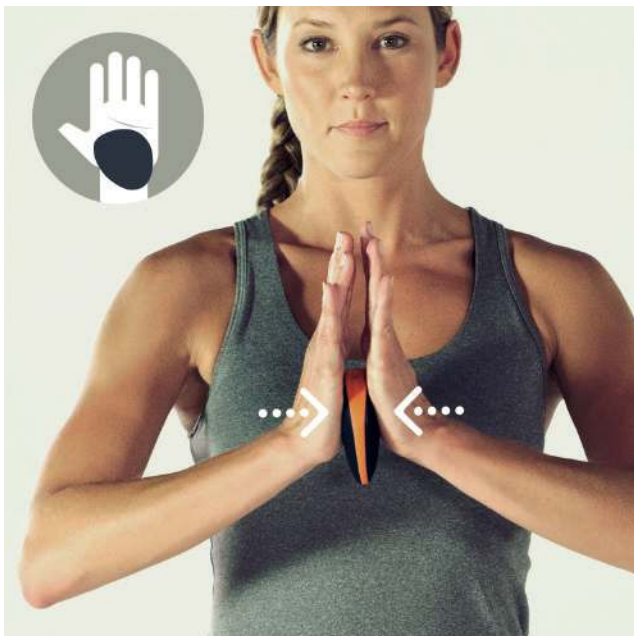
Press Activ5 with both palms.

To make it more challenging, you could bring your foot all the way up to your inner thigh.

PRIMARY  
MUSCLES  
ENGAGED



STAND TALL WITH YOUR SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS

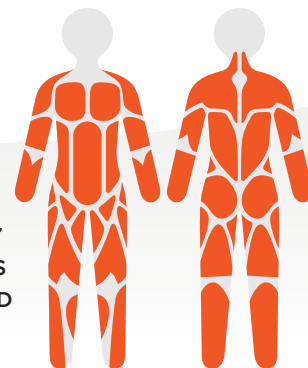


**ADVANCED: BRING FOOT TO INNER THIGH**





STANDING



PRIMARY  
MUSCLES  
ENGAGED

## TREE POSE (RIGHT)

Begin by placing the sole of your right foot on the inside of your left calf.

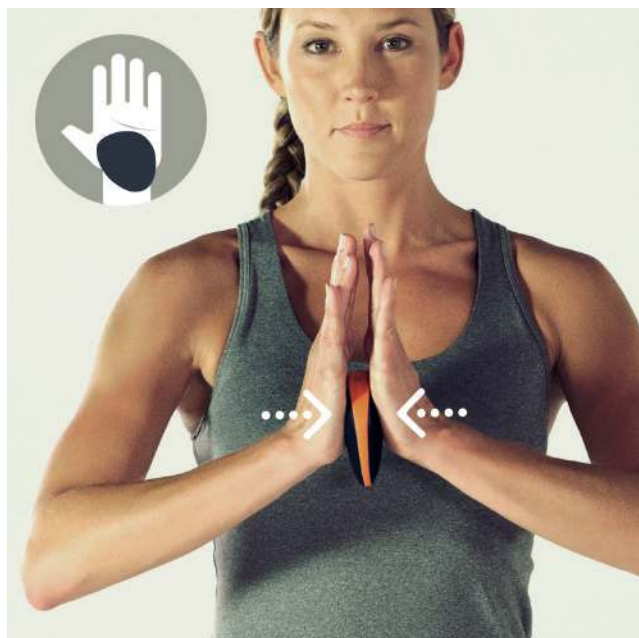
Squeeze your left foot into the ground as you lengthen your spine.

Press Activ5 with both palms.

To make it more challenging, you could bring your foot all the way up to your inner thigh.



STAND TALL WITH YOUR SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



**ADVANCED: BRING FOOT TO INNER THIGH**



STANDING

## WARRIOR 2 (LEFT)

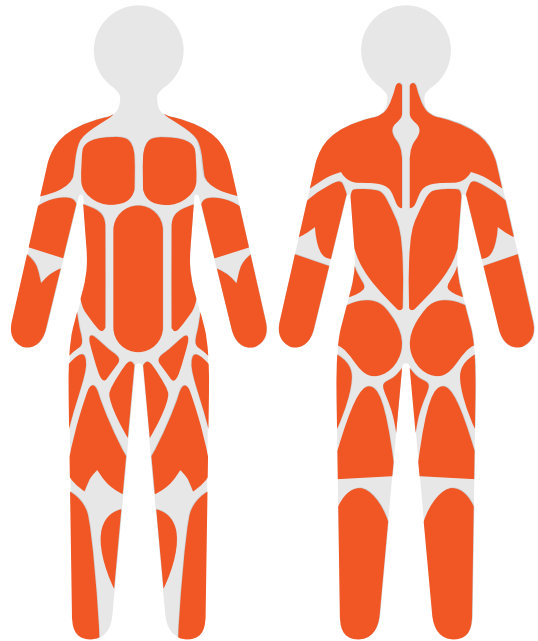
Hold Activ5 between both hands in prayer position.

Stand with your feet wider than shoulder width apart.

Turn your left toes forward and align your left heel with your right heel and toes.

Bend your left knee at 90 degrees, keeping your knee over your ankle.

Press Activ5 as you squeeze your thigh muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



STANDING

## WARRIOR 2 (RIGHT)

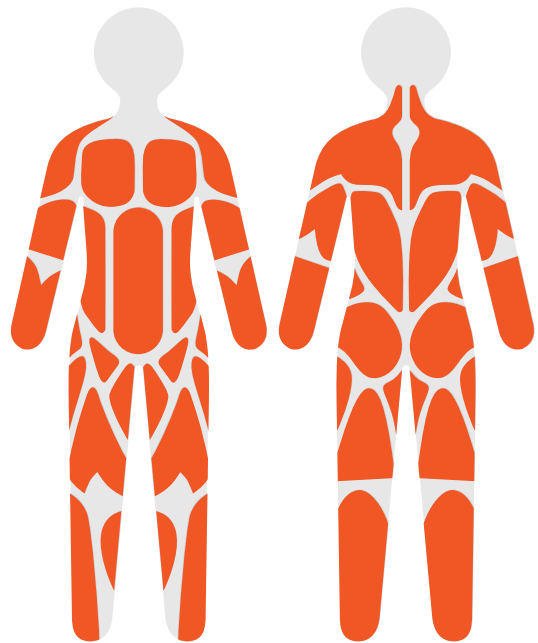
Hold Activ5 between both hands in prayer position.

Stand with your feet wider than shoulder width apart.

Turn your right toes forward and align your right heel with your left heel and toes.

Bend your right knee at 90 degrees, keeping your knee over your ankle.

Press Activ5 as you squeeze your thigh muscles.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



ADVANCED

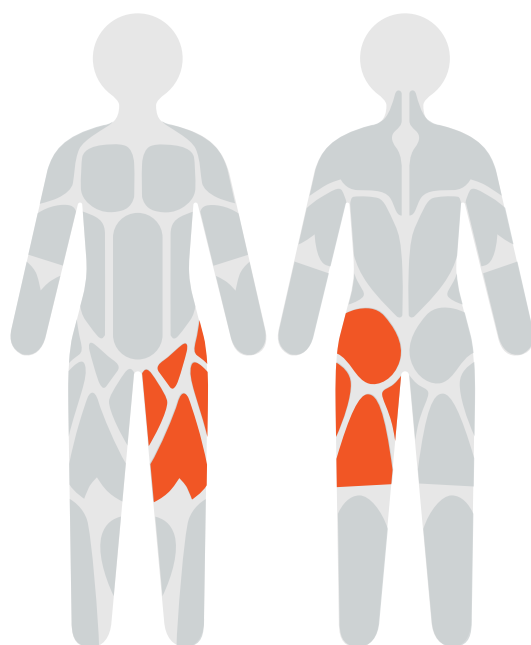
## PISTOL SQUAT CRUSH (LEFT)

Place Activ5 under your left heel.

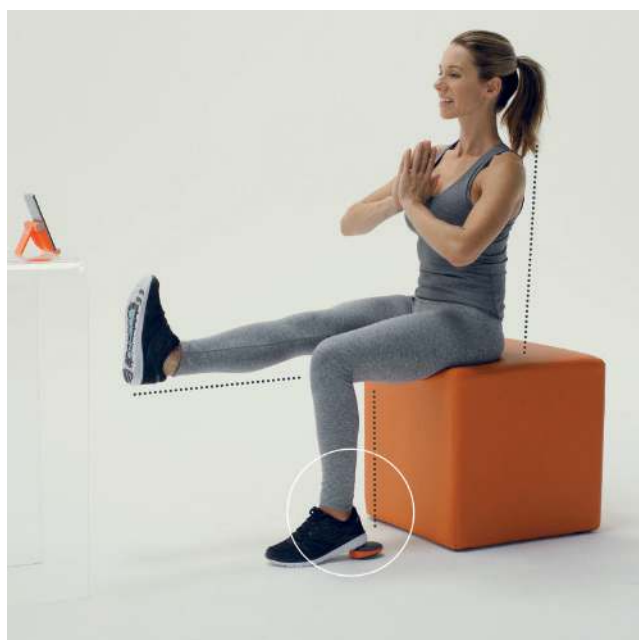
Extend your right leg straight out in front of you.

Press your heel into Activ5 as you squeeze your left glute.

Lift your toes off the ground, if necessary.



PRIMARY MUSCLES ENGAGED



LEG STRAIGHT & PARALLEL TO THE FLOOR



PRESS ACTIV5 INTO THE FLOOR.  
DON'T PRESS TOES



ADVANCED

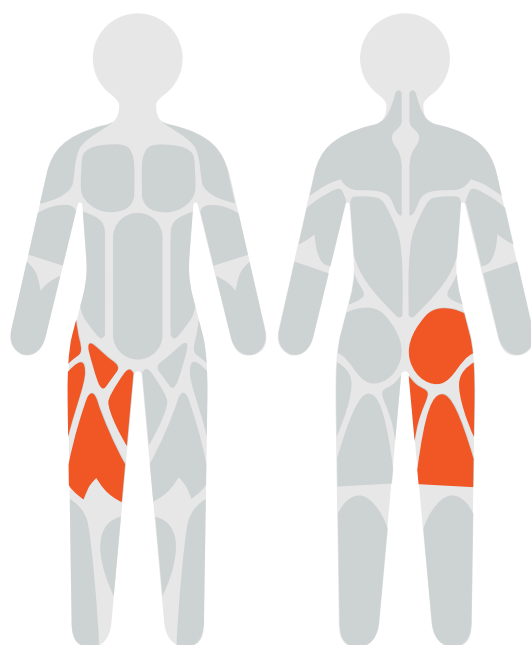
## PISTOL SQUAT CRUSH (RIGHT)

Place Activ5 under your right heel.

Extend your left leg straight out in front of you.

Press your heel into Activ5 as you squeeze your right glute.

Lift your toes off the ground, if necessary.



PRIMARY MUSCLES ENGAGED



LEG STRAIGHT & PARALLEL TO THE FLOOR



PRESS ACTIV5 INTO THE FLOOR.  
DON'T PRESS TOES



ADVANCED

## PISTOL SUMO SQUAT CRUSH (LEFT)

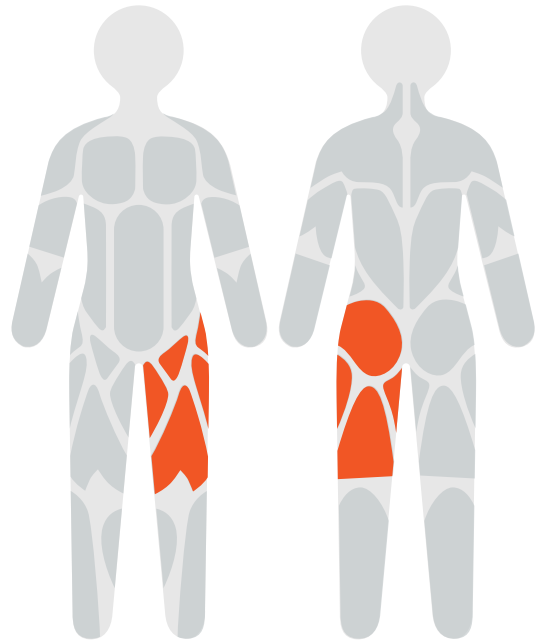
Begin with your feet hip-width apart and your toes slightly out.

Place Activ5 under your left heel.

Straighten your right leg out in front of you, toes pointed out.

Press your heel into Activ5 as you squeeze your left glute.

Lift your toes off the ground, if necessary.



PRIMARY MUSCLES ENGAGED



LEG STRAIGHT & PARALLEL TO THE FLOOR



PRESS ACTIV5 INTO THE FLOOR





ADVANCED

## PISTOL SUMO SQUAT CRUSH (RIGHT)

Begin with your feet hip-width apart and your toes slightly out.

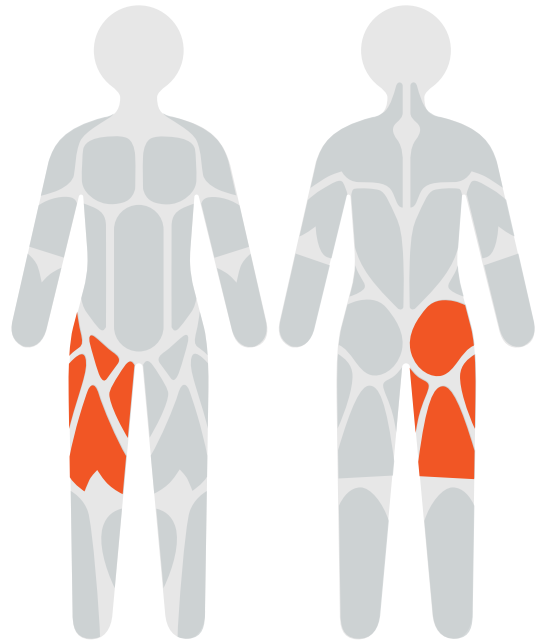
Place Activ5 under your right heel.

Straighten your left leg out in front of you, toes pointed out.

Press your heel into

Activ5 as you squeeze your right glute.

Lift your toes off the ground, if necessary.



PRIMARY MUSCLES ENGAGED



LEG STRAIGHT & PARALLEL TO THE FLOOR



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## BRIDGE POSE (LEFT)

Lay on your back with your knees bent, feet flat on the ground and knees hip-width apart.

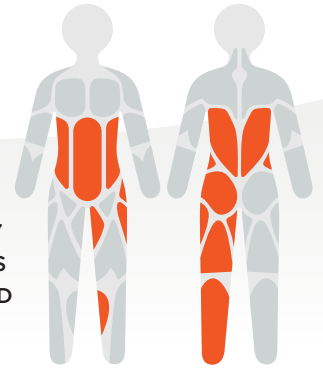
Place your hands on your hip bones, with Activ5 beneath your left hand.

Elevate your pelvis so your back is straight.

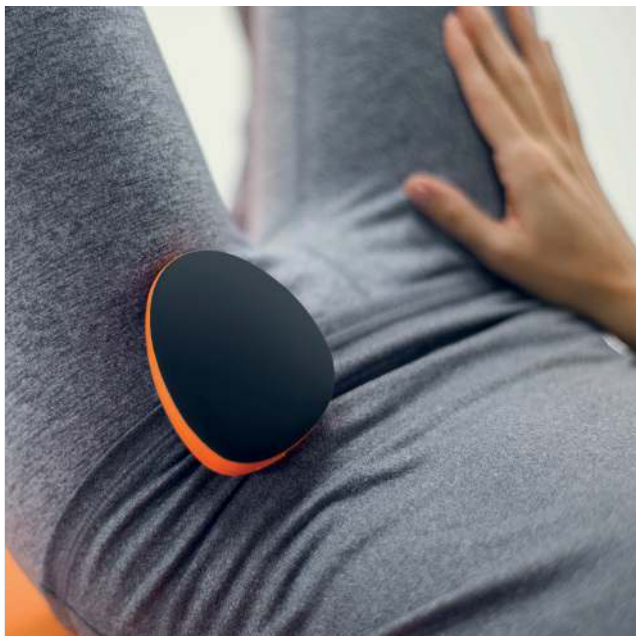
Press Activ5 as you squeeze your core muscles and glutes.

Keep both feet firmly on the ground.

PRIMARY  
MUSCLES  
ENGAGED



KEEP YOUR BACK STRAIGHT



PLACE ACTIV5 ON YOUR HIP



PRESS WITH THE HEEL OF YOUR PALM & HIP



ADVANCED

## BRIDGE POSE (RIGHT)

Lay on your back with your knees bent, feet flat on the ground and knees hip-width apart.

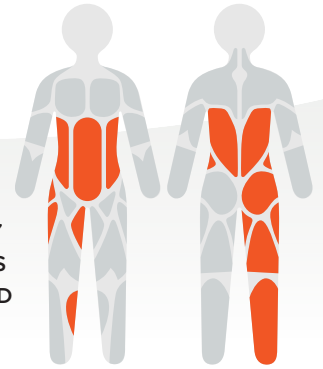
Place your hands on your hip bones, with Activ5 beneath your right hand.

Elevate your pelvis so your back is straight.

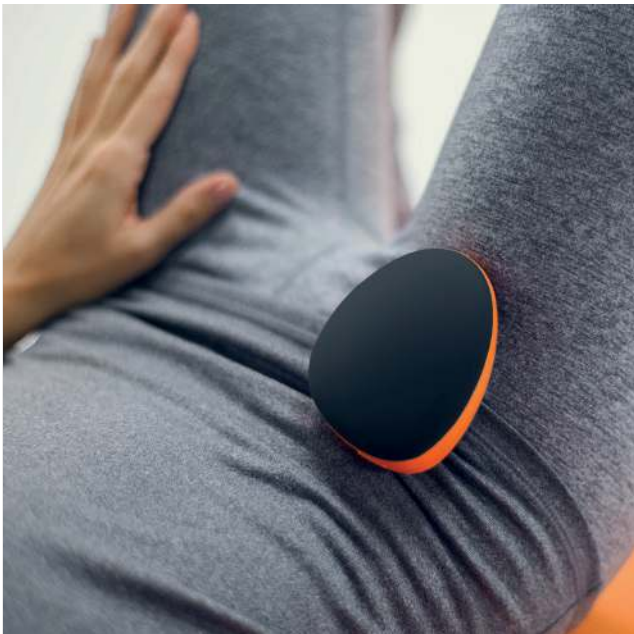
Press Activ5 as you squeeze your core muscles and glutes.

Keep both feet firmly on the ground.

PRIMARY  
MUSCLES  
ENGAGED



KEEP YOUR BACK STRAIGHT



PLACE ACTIV5 ON YOUR HIP



PRESS WITH THE HEEL OF YOUR PALM & HIP



ADVANCED

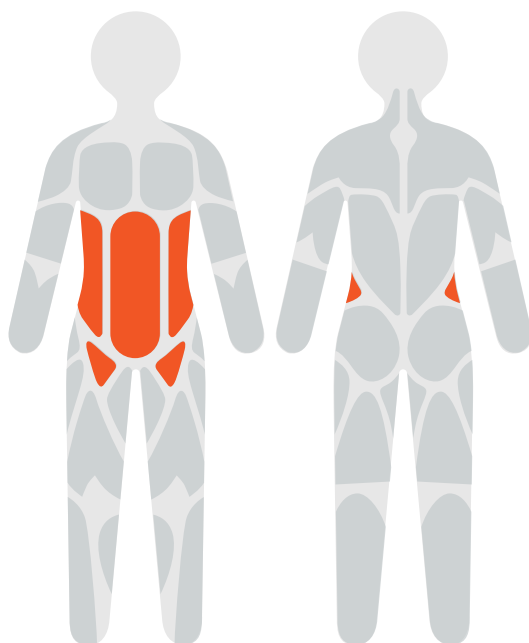
## BOAT POSE

Begin seated on the ground with knees bent hip-width apart.

Place Activ5 between both palms and extend your arms out in front of you.

Slightly lean back, keeping your back straight, chest open, and core tight.

Press Activ5 as you squeeze your core.



PRIMARY MUSCLES ENGAGED



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS





ADVANCED

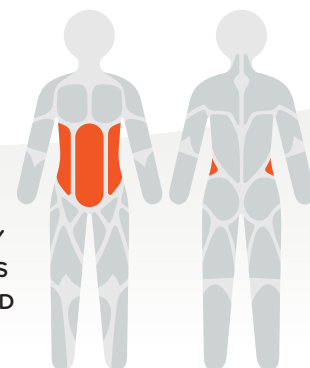
## CRUNCH

Lay on your back with your knees bent, feet flat on the ground and knees hip width apart.

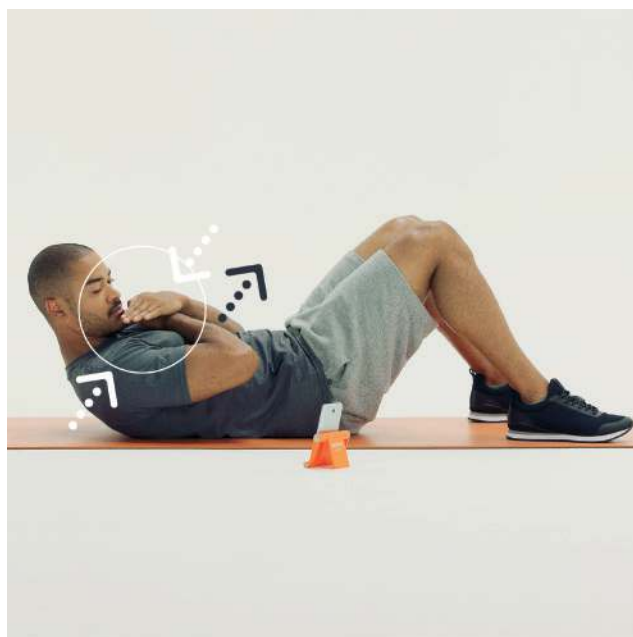
Place your hands on your chest, with Activ5 beneath your palms.

Contract your core to lift your head and shoulders off the ground.

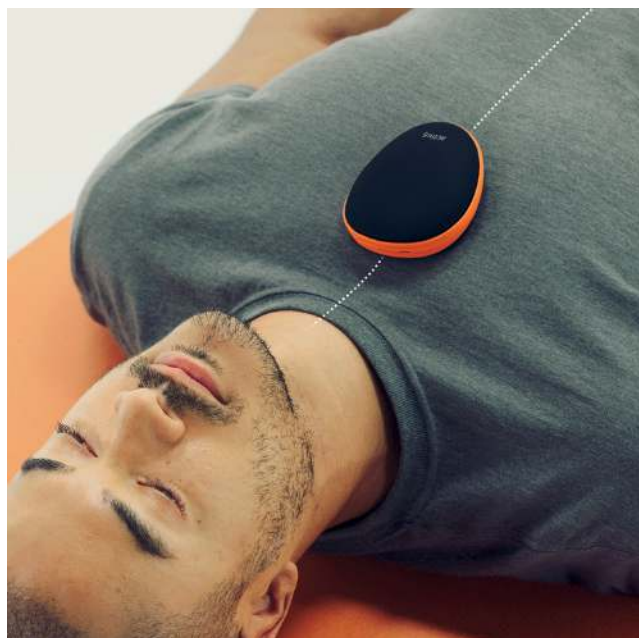
Press Activ5 as you squeeze your core muscles.



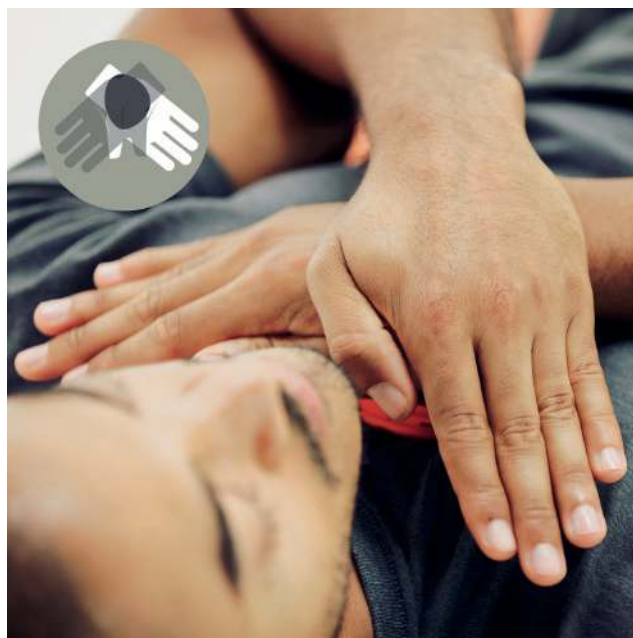
PRIMARY  
MUSCLES  
ENGAGED



LIFT WITH YOUR CORE, NOT YOUR SHOULDERS



PLACE ACTIV5 IN THE CENTER OF YOUR CHEST



PRESS BOTH HANDS INTO ACTIV5



ADVANCED

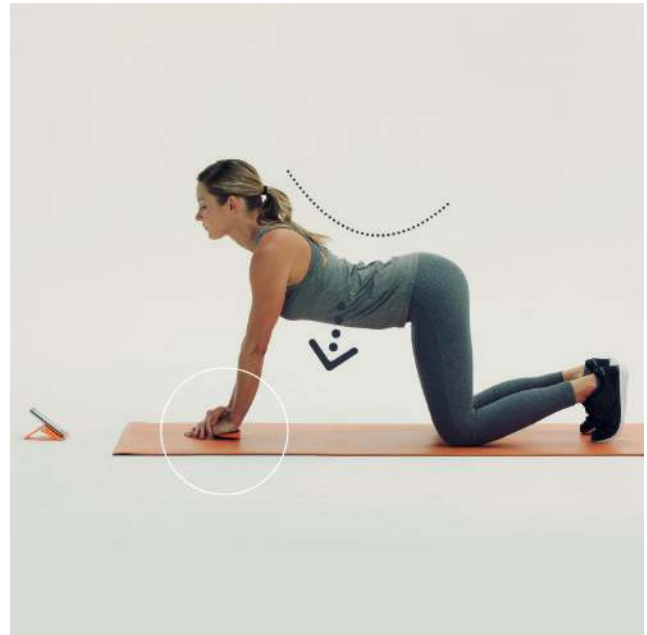
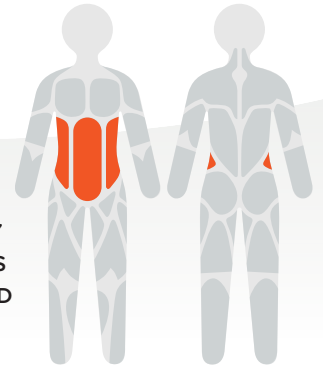
## CAT POSE

Begin on all fours. Bring both hands to the center and place Activ5 underneath both palms.

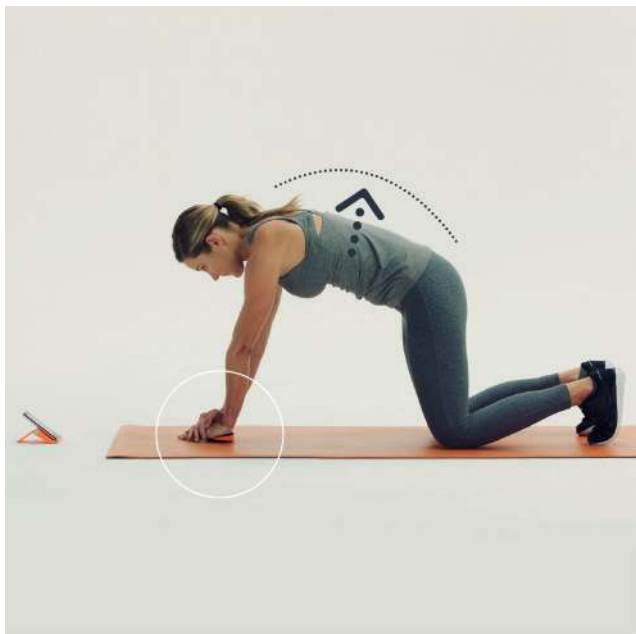
Contract your abs as you round your back to the ceiling, then slowly curve it back down.

Repeat slowly, while simultaneously pressing Activ5 into the floor with both palms.

PRIMARY  
MUSCLES  
ENGAGED



PUSH YOUR CORE DOWN & TAILBONE UP, THEN...



...ROUND SPINE & TUCK TAILBONE.  
REPEAT SLOWLY



PRESS ACTIV5 INTO THE FLOOR





ADVANCED

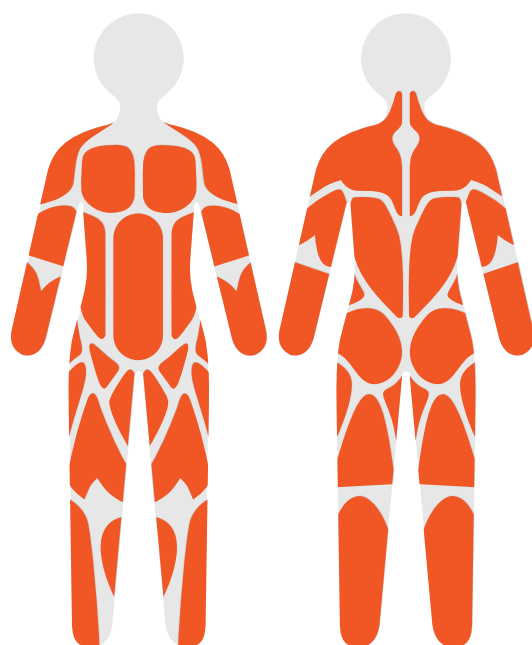
## DOWNWARD DOG (LEFT)

Begin on your hands and knees.

Place Activ5 under your left palm.

Lift your knees, and push your hips back and up into the air.

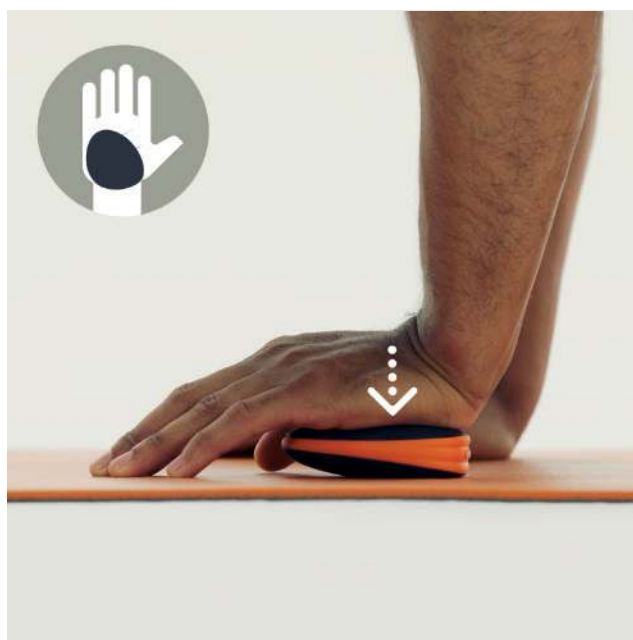
Press Activ5 as you squeeze your shoulder and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR ARMS, BACK & LEGS STRAIGHT



PRESS WITH THE HEEL OF YOUR LEFT PALM



ADVANCED

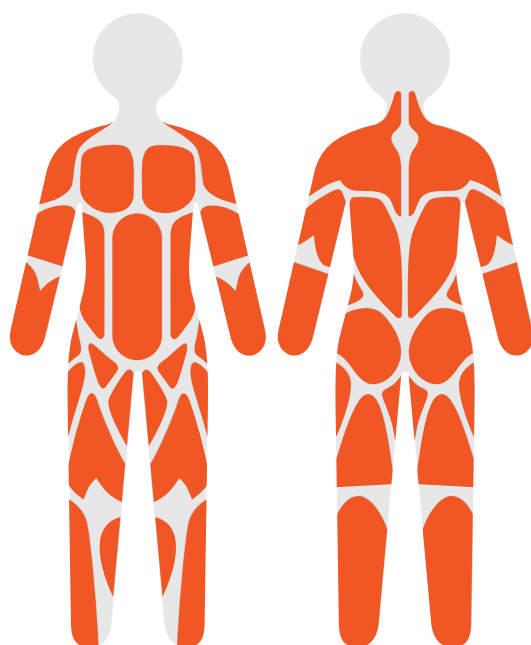
## DOWNWARD DOG (RIGHT)

Begin on your hands and knees.

Place Activ5 under your right palm.

Lift your knees, and push your hips back and up into the air.

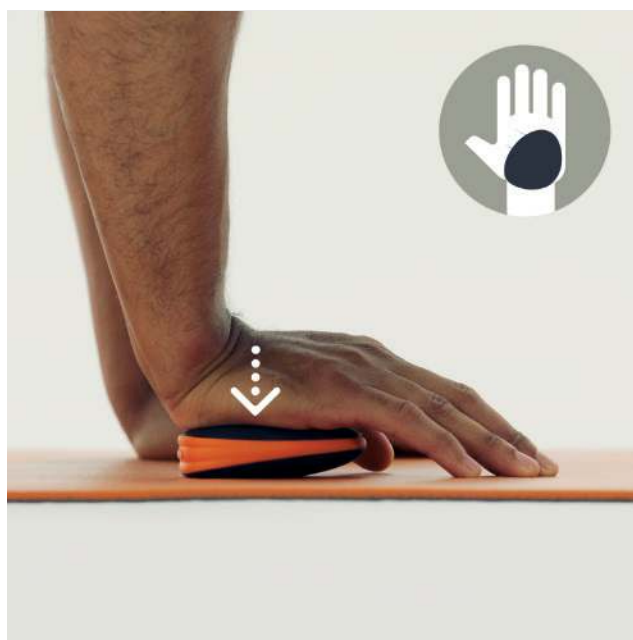
Press Activ5 as you squeeze your shoulder and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR ARMS, BACK & LEGS STRAIGHT



PRESS WITH THE HEEL OF YOUR RIGHT PALM



ADVANCED

## ISO BICYCLE CRUNCH (LEFT)

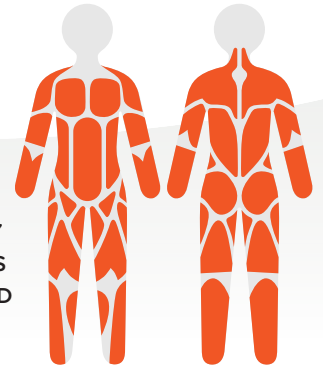
Lay on your back with your knees bent, feet flat on the ground and knees hip width apart.

Bring your left knee to your chest and crunch up.

Place Activ5 between the inside of your left knee and your right elbow. Keep your chin gently tucked.

Contract your abs, as you press your elbow and knee simultaneously into Activ5.

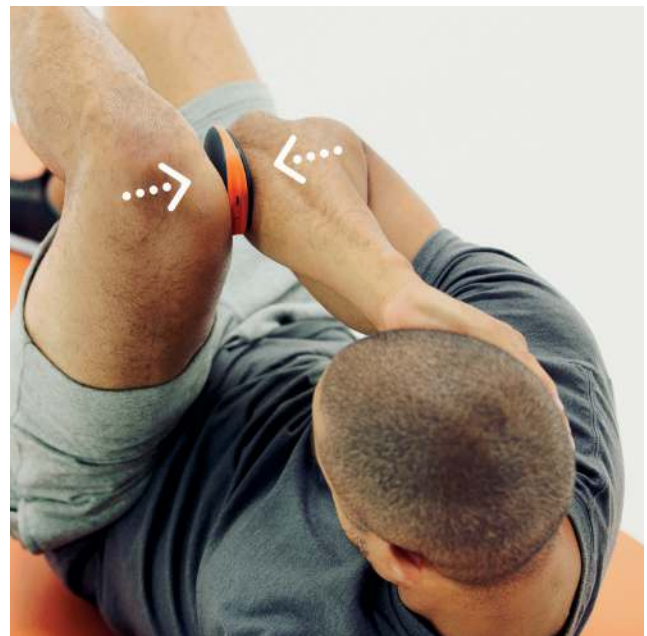
PRIMARY  
MUSCLES  
ENGAGED



KEEP YOU KNEE BENT AT 90 DEGREES



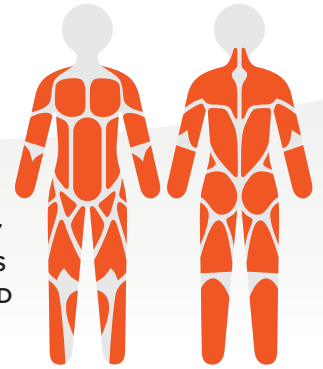
PLACE ACTIV5 ON INSIDE OF YOUR KNEE



PRESS WITH YOUR RIGHT ELBOW & LEFT KNEE



ADVANCED



PRIMARY  
MUSCLES  
ENGAGED

## ISO BICYCLE CRUNCH (RIGHT)

Lay on your back with your knees bent, feet flat on the ground and knees hip width apart.

Bring your right knee to your chest and crunch up, now place Activ5 between the inside of your right knee and your left elbow.

Keep your chin gently tucked.

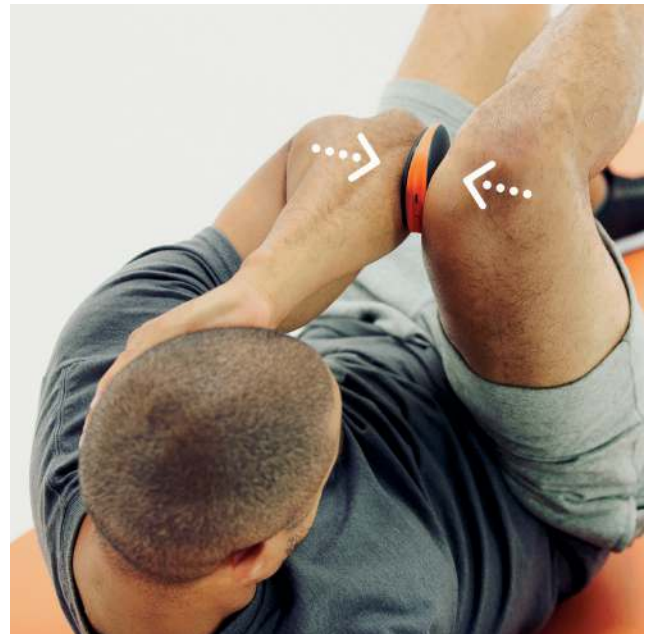
Contract your abs, as you press your elbow and knee simultaneously into Activ5.



KEEP YOUR KNEE BENT AT 90 DEGREES



PLACE ACTIV5 ON INSIDE OF YOUR KNEE



PRESS WITH YOUR LEFT ELBOW & RIGHT KNEE



ADVANCED

## ISO KNEE PUSH UP (LEFT)

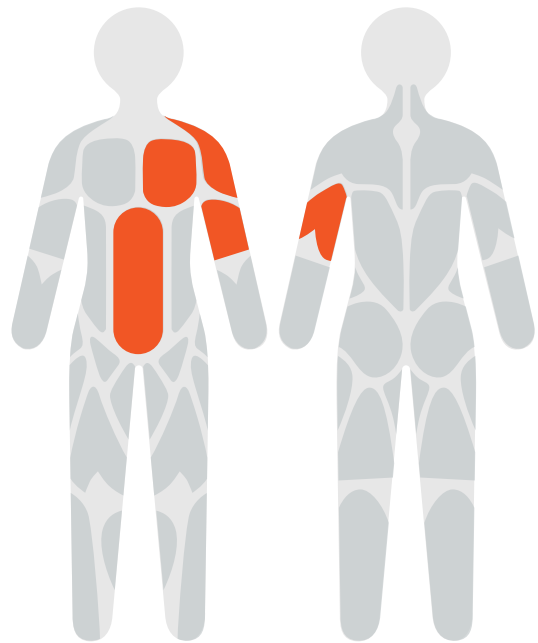
Begin on all fours with your hands slightly wider than shoulder-width apart.

Place Activ5 under your left palm.

Bend your elbows to 90 degrees, so that you are in a half push-up position.

Press Activ5 as you squeeze your chest, shoulder and core muscles.

Keep your elbows out.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR LEFT PALM





ADVANCED

## ISO KNEE PUSH UP (RIGHT)

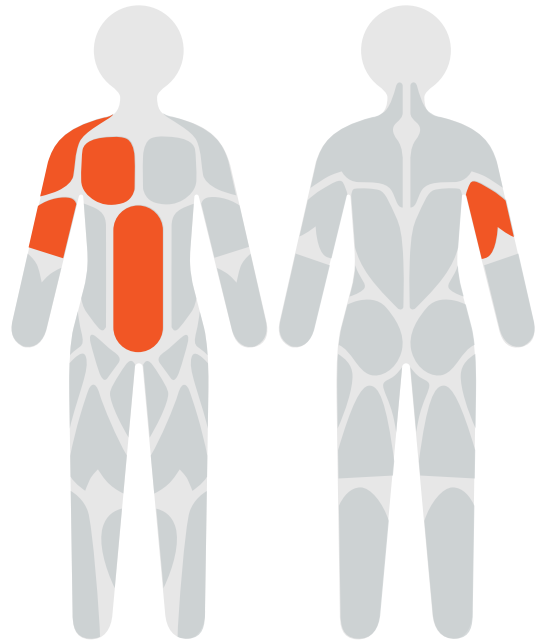
Begin on all fours with your hands slightly wider than shoulder-width apart.

Place Activ5 under your right palm.

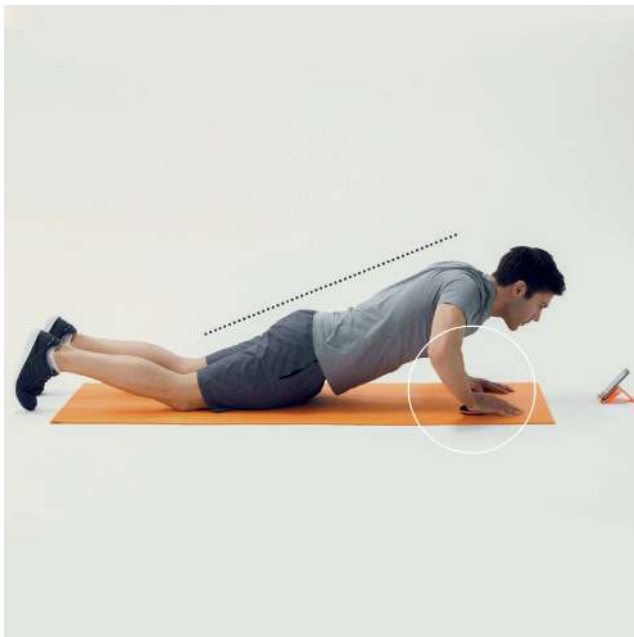
Bend your elbows to 90 degrees, so that you are in a half push-up position.

Press Activ5 as you squeeze your chest, shoulder and core muscles.

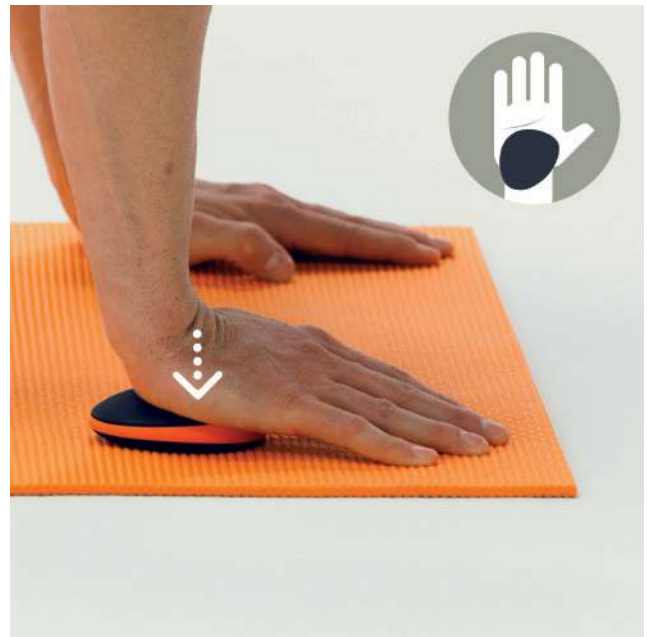
Keep your elbows out.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR RIGHT PALM





ADVANCED

## LUNGE CRUSH (LEFT)

Hold Activ5 between both hands in prayer position.

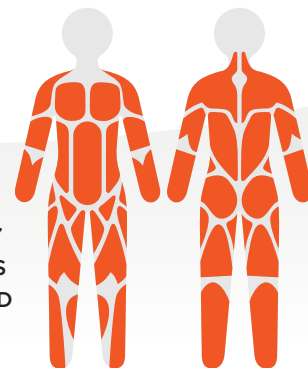
Step forward with your left foot.

Lower your hips until both knees are bent at about 90 degrees.

Press Activ5 as you squeeze your leg and chest muscles.

Keep both feet firmly on the ground.

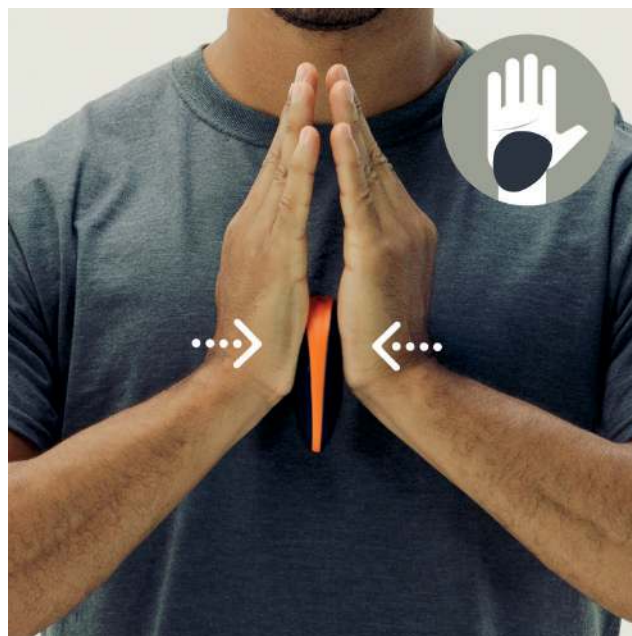
PRIMARY  
MUSCLES  
ENGAGED



KNEES BENT AT 90 DEGREES



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS



ADVANCED

## LUNGE CRUSH (RIGHT)

Hold Activ5 between both hands in prayer position.

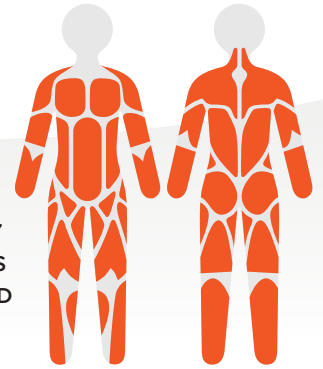
Step forward with your right foot.

Lower your hips until both knees are bent at about 90 degrees.

Press Activ5 as you squeeze your leg and chest muscles.

Keep both feet firmly on the ground.

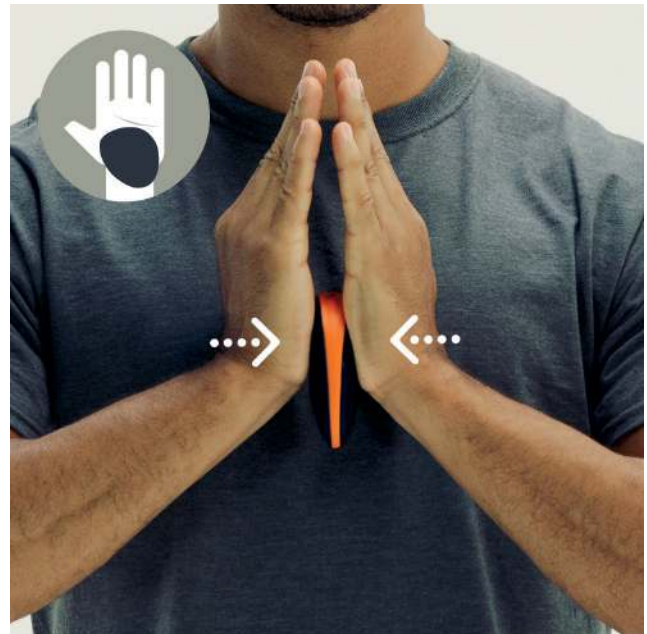
PRIMARY  
MUSCLES  
ENGAGED



KNEES BENT AT 90 DEGREES



STRAIGHTEN BACK & PULL SHOULDERS BACK



PRESS WITH THE HEELS OF YOUR PALMS

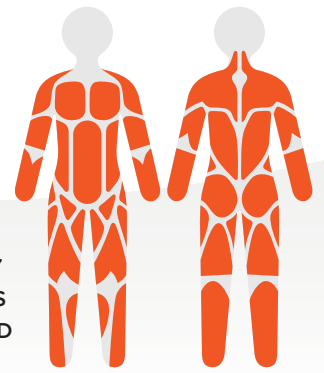


ADVANCED

## LATERAL SHIFT CRUSH

Hold Activ5 between both hands in prayer position. Stand with your feet wider than shoulder-width apart, toes pointed out. Squat back and down as if you are sitting in a chair, keeping your knees over your ankles. Press Activ5 with both palms as you shift your weight slowly from side to side.

PRIMARY  
MUSCLES  
ENGAGED



SHIFT YOUR WEIGHT FROM SIDE TO SIDE



PRESS WITH THE HEELS OF YOUR PALMS



MAINTAIN THE SAME HEIGHT AS YOU SHIFT



MOVE SLOWLY. REPEAT



ADVANCED

## LUNGE TWIST (LEFT)

Hold Activ5 between both hands in prayer position.

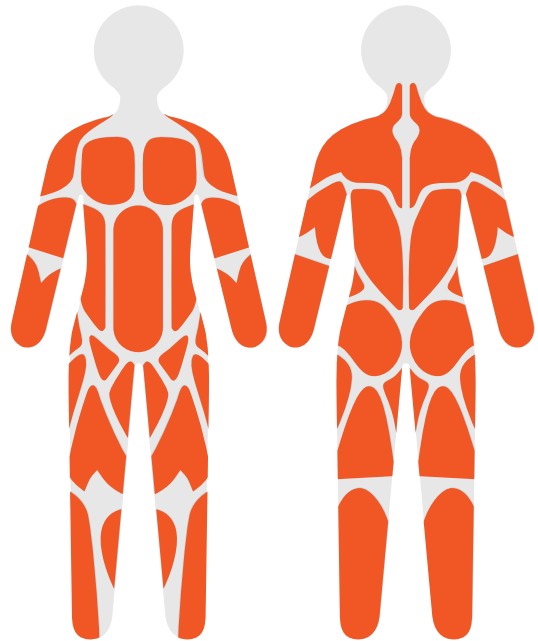
Step forward with your left foot.

Lower your hips until both knees are bent at about 90 degrees.

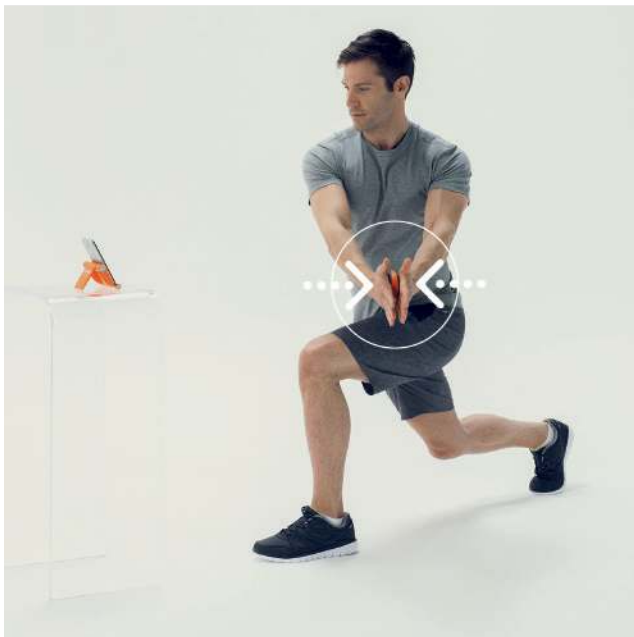
Twist your upper torso to the right.

Press Activ5 as you squeeze your leg, chest and ab muscles.

Keep both feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



TWIST TORSO TO THE LEFT & STRAIGHTEN BACK



KNEES BENT AT 90 DEGREES



ADVANCED

## LUNGE TWIST (RIGHT)

Hold Activ5 between both hands in prayer position.

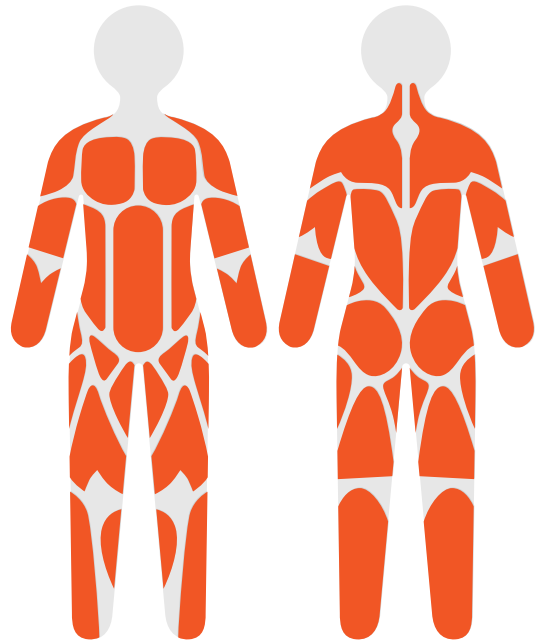
Step forward with your right foot.

Lower your hips until both knees are bent at about 90 degrees.

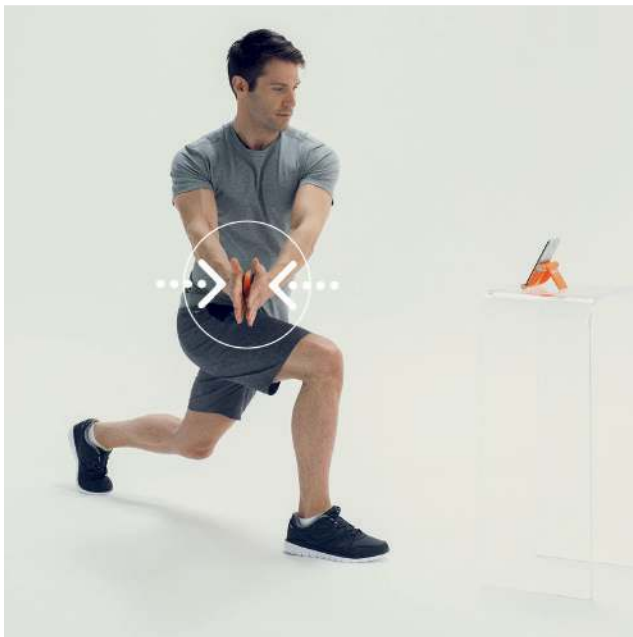
Twist your upper torso to the left.

Press Activ5 as you squeeze your leg, chest and ab muscles.

Keep both feet firmly on the ground.



PRIMARY MUSCLES ENGAGED



TWIST TORSO TO THE RIGHT & STRAIGHTEN BACK



KNEES BENT AT 90 DEGREES





ADVANCED

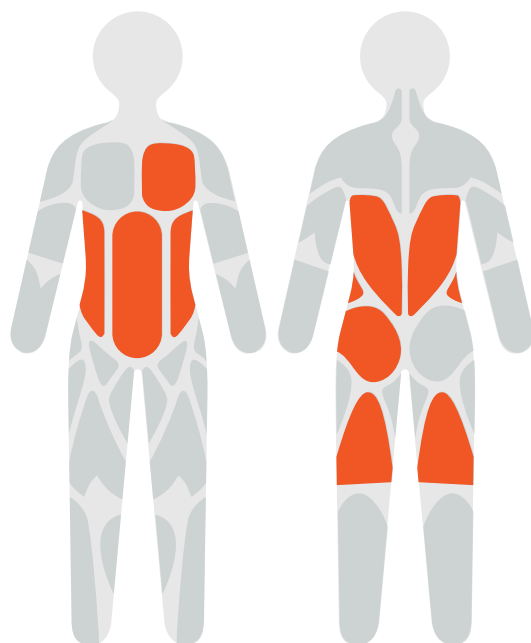
## OPPOSITE ARM OPPOSITE LEG REACH (LEFT)

Begin on all fours.

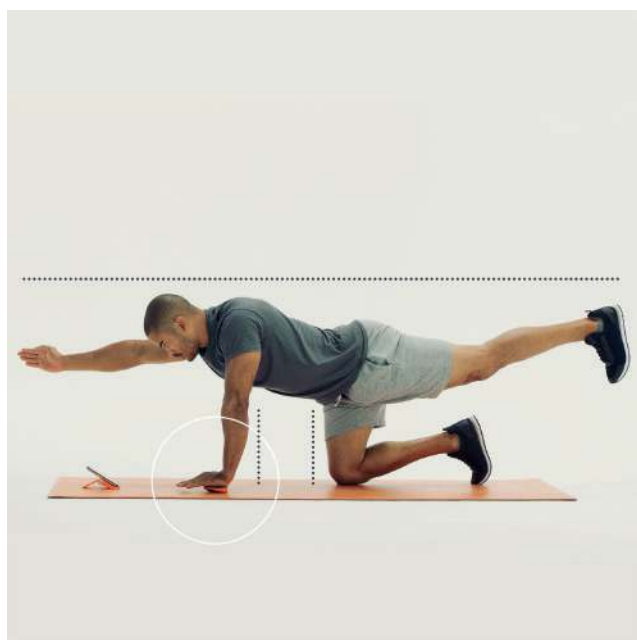
Place Activ5 under your left palm.

Extend your right arm forward and left foot back.

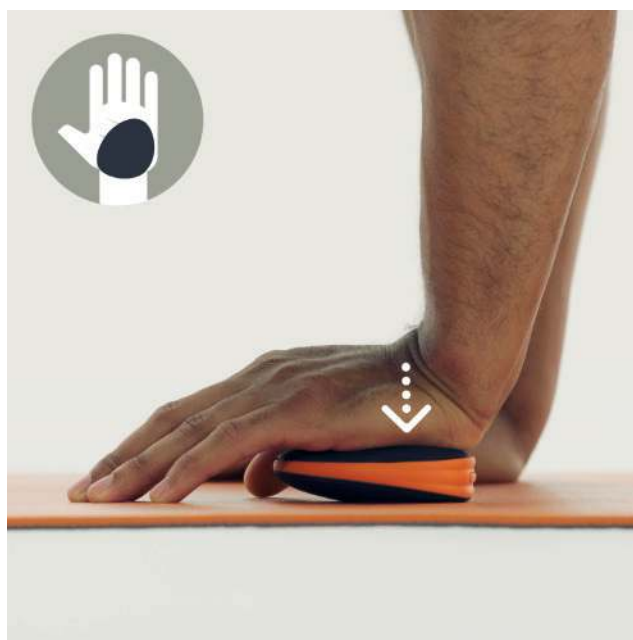
Press Activ5 and squeeze your glutes and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP BOTH YOUR ARMS & LEGS STRAIGHT



PRESS WITH THE HEEL OF YOUR PALM





ADVANCED

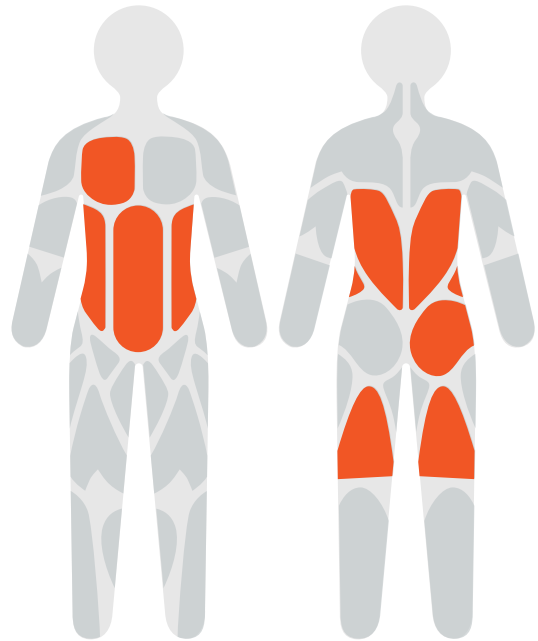
## OPPOSITE ARM OPPOSITE LEG REACH (RIGHT)

Begin on all fours.

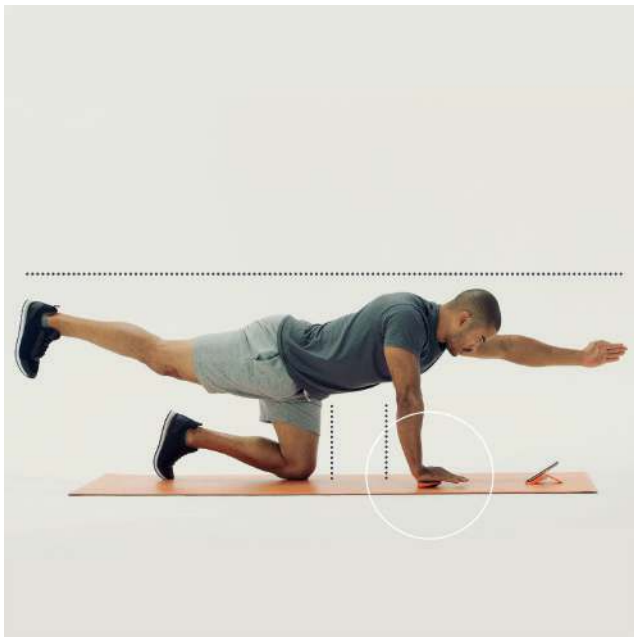
Place Activ5 under your right palm.

Extend your left arm forward and right foot back.

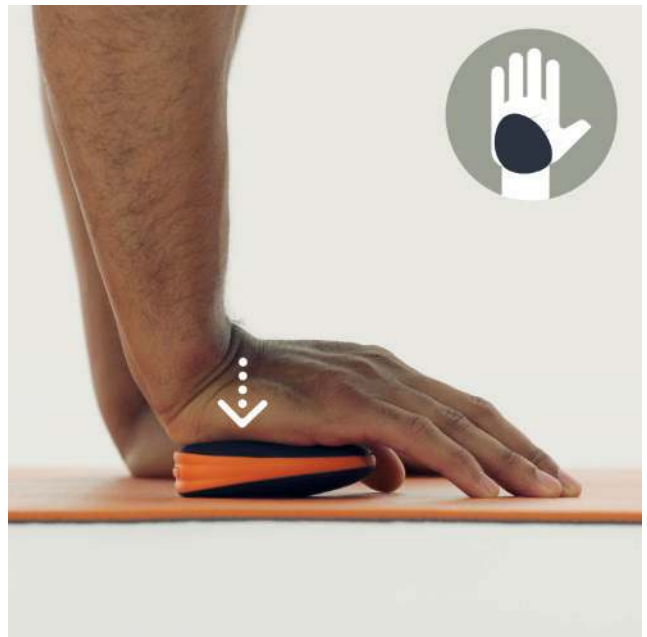
Press Activ5 and squeeze your glutes and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP BOTH YOUR ARMS & LEGS STRAIGHT



PRESS WITH THE HEEL OF YOUR PALM



ADVANCED

## PLANK CRUSH

Begin on your elbows and knees.

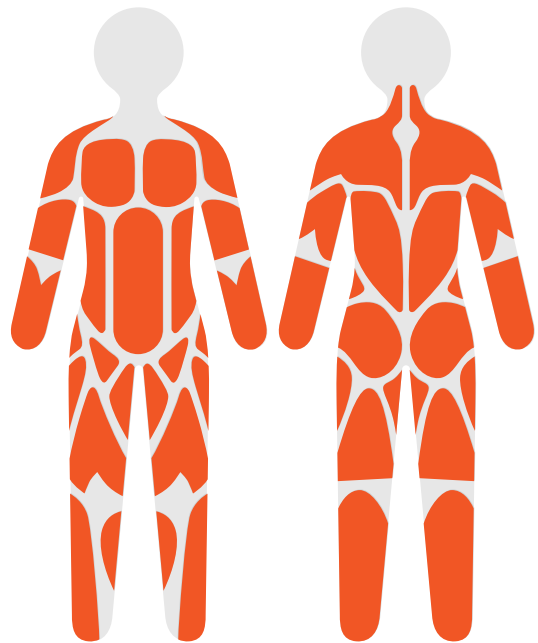
Place Activ5 underneath both palms.

Straighten your legs, keeping them hip-width apart.

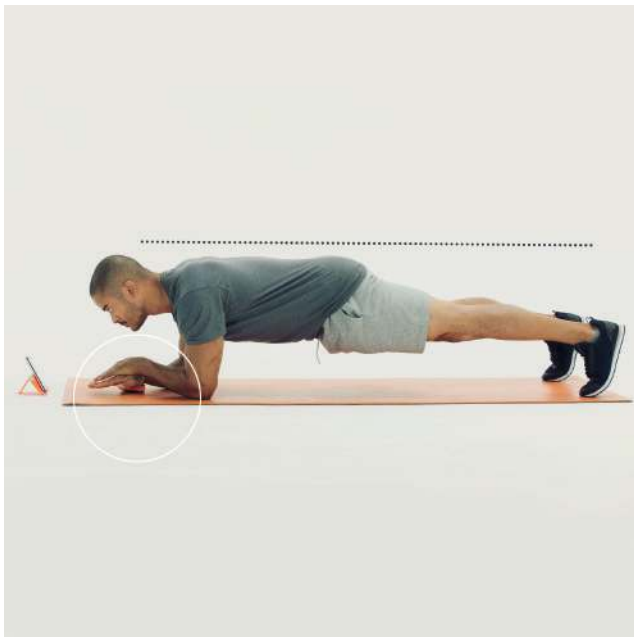
Keep your back straight.

Your body should form a straight line from your shoulders to your feet.

Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BODY IN A STRAIGHT LINE



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## PLANK TWIST (LEFT)

Begin on your hands and knees.

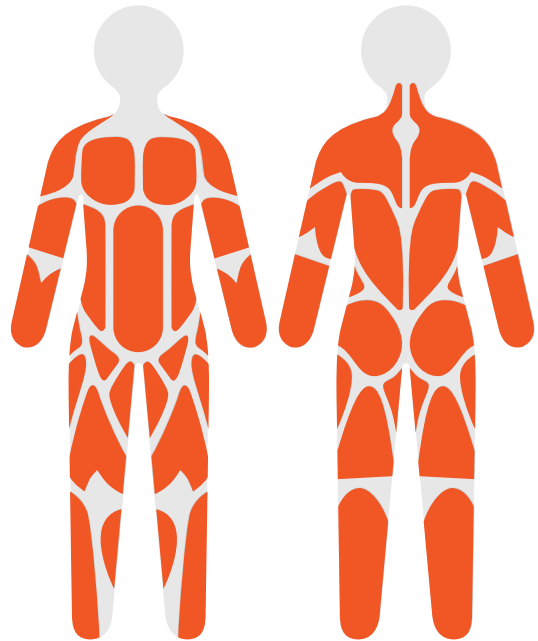
Straighten your legs, keeping them hip-width apart.

Keep your back flat and your shoulders and hips in line.

Twist your left knee towards your right elbow.

Place Activ5 above your left knee.

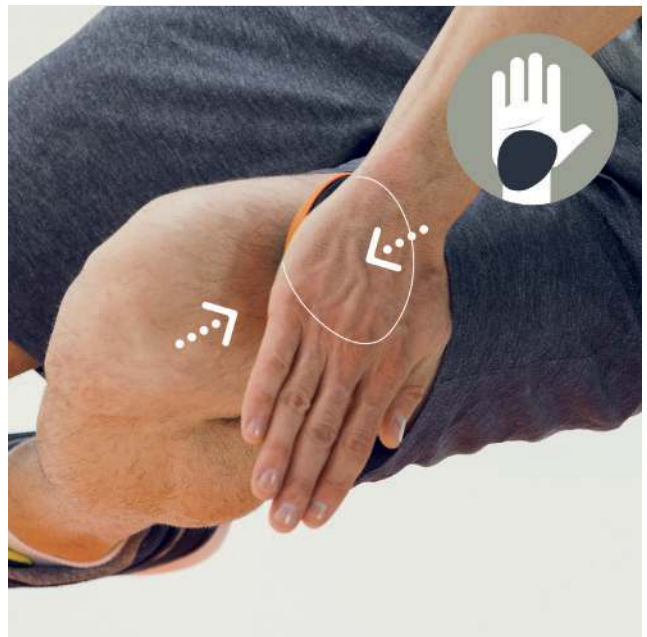
Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR LEFT KNEE AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & KNEE



ADVANCED

## PLANK TWIST (RIGHT)

Begin on your hands and knees.

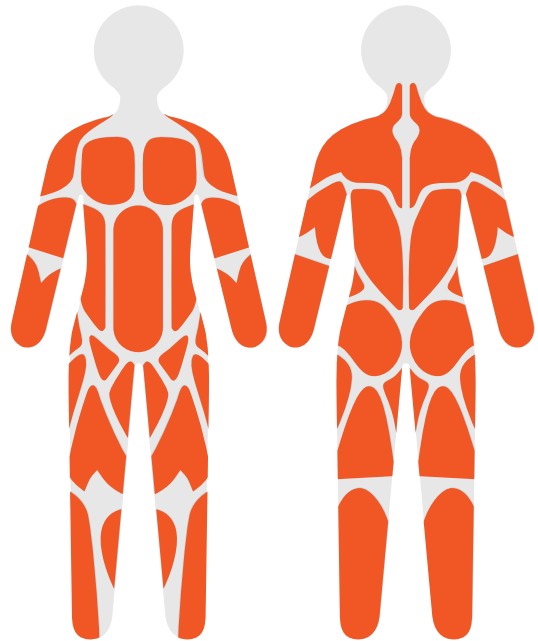
Straighten your legs, keeping them hip-width apart.

Keep your back flat and your shoulders and hips in line.

Twist your right knee towards your left elbow.

Place Activ5 above your right knee.

Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR RIGHT KNEE AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & KNEE



ADVANCED

## REVERSE CRUNCH

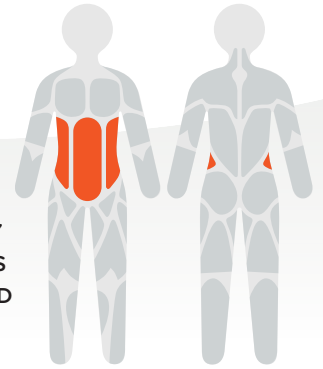
Lay on your back with your knees bent, feet flat on the ground and knees hip width apart.

Place Activ5 under the curve of your lower back.

Lift your legs off the ground at a 90-degree angle with your arms by your side for support.

Press Activ5 as you squeeze your core muscles.

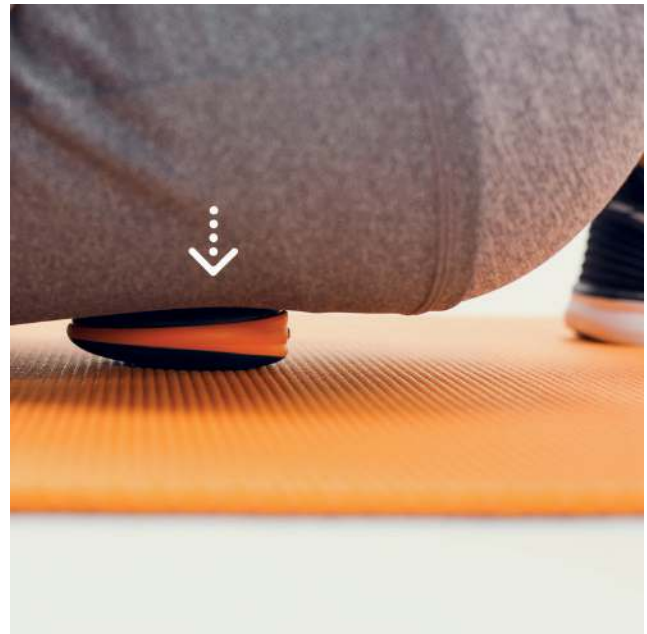
PRIMARY  
MUSCLES  
ENGAGED



KEEP YOUR HANDS BY YOUR SIDE FOR SUPPORT



STRAIGHT BACK, KNEES BENT AT 90 DEGREES



PRESS ACTIV5 INTO THE FLOOR USING CORE



ADVANCED

## STRAIGHT ARM PLANK (LEFT)

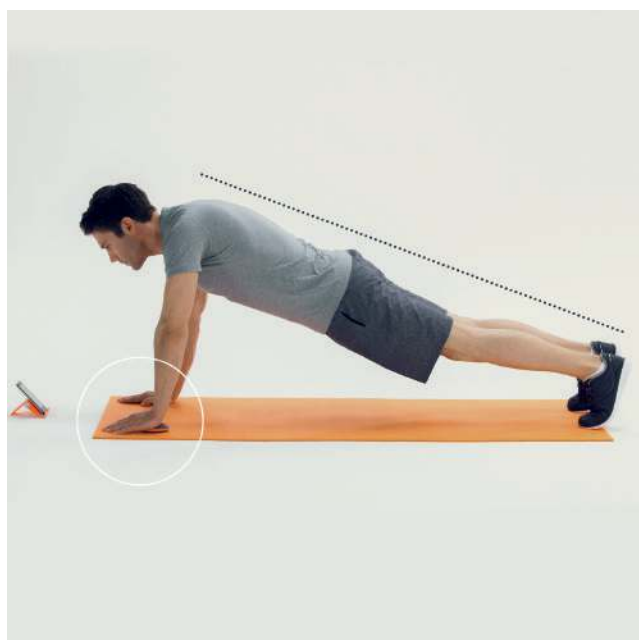
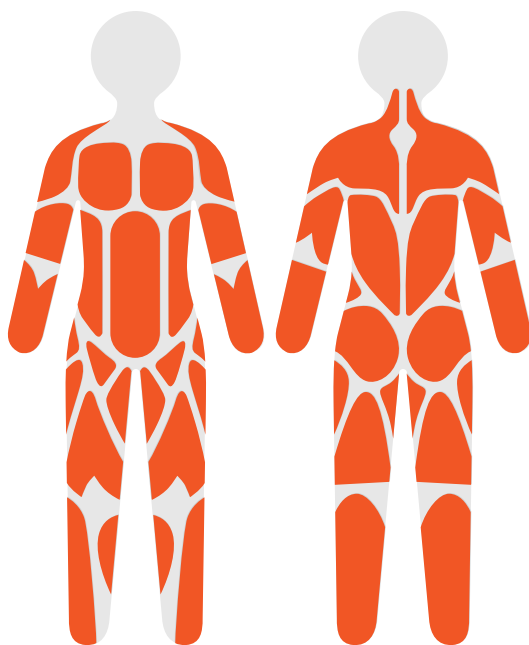
Begin on your hands and knees.

Place Activ5 underneath your left palm.

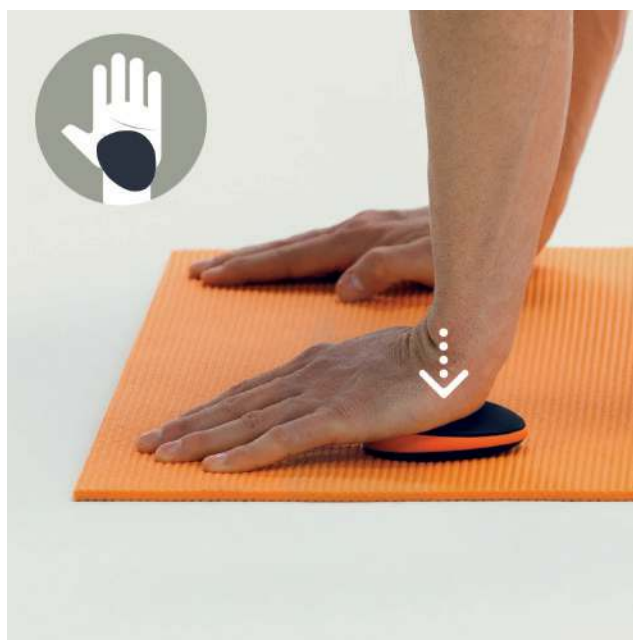
Straighten your legs, keeping them hip-width apart.

Keep your back straight and your shoulders and hips in line.

Press Activ5 as you squeeze your core and shoulder muscles.



KEEP YOUR BODY IN A STRAIGHT LINE



PRESS WITH THE HEEL OF YOUR LEFT PALM





ADVANCED

## STRAIGHT ARM PLANK (RIGHT)

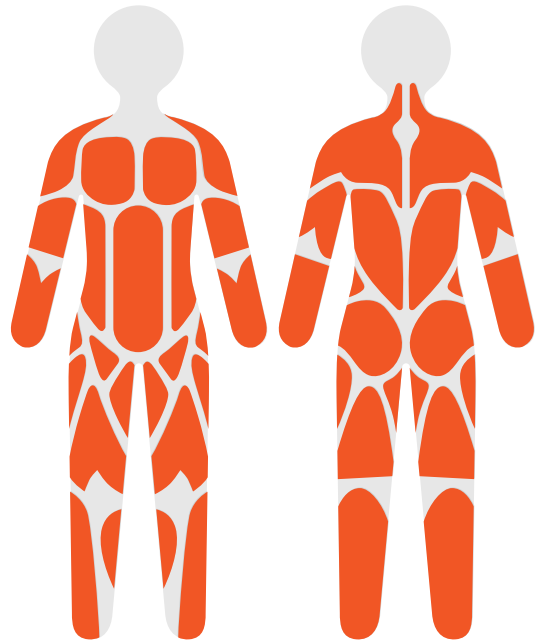
Begin on your hands and knees.

Place Activ5 underneath your right palm.

Straighten your legs, keeping them hip-width apart.

Keep your back straight and your shoulders and hips in line.

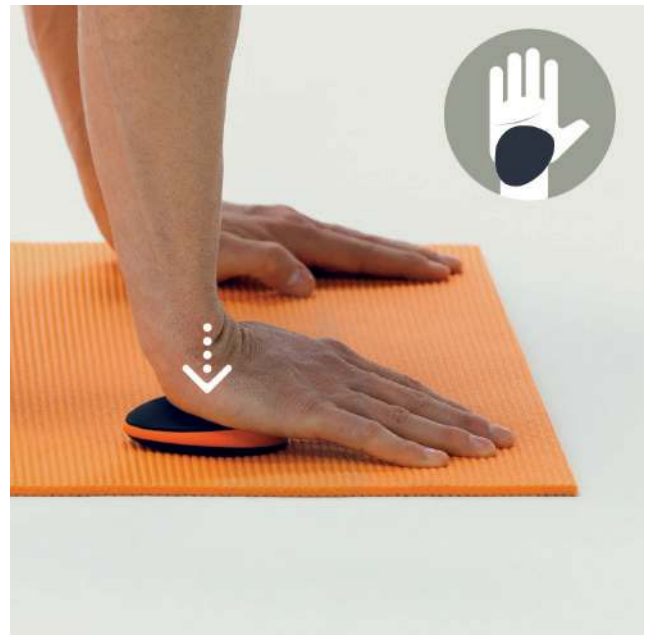
Press Activ5 as you squeeze your core and shoulder muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BODY IN A STRAIGHT LINE



PRESS WITH THE HEEL OF YOUR RIGHT PALM



ADVANCED

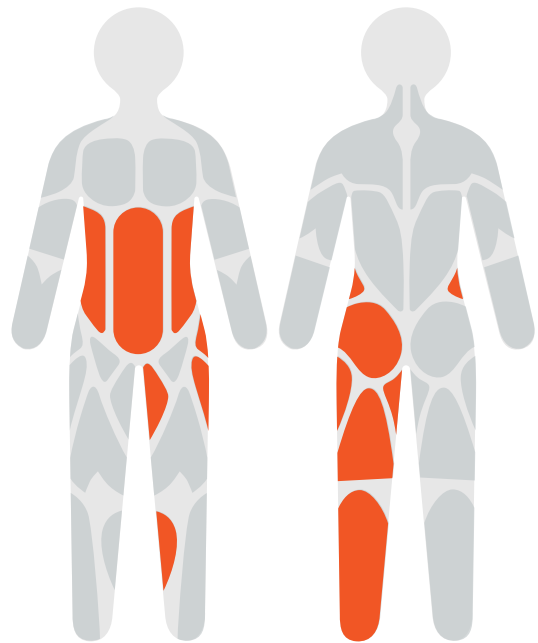
## SINGLE LEG BRIDGE (LEFT)

Lay on your back with your knees bent, feet flat on the ground and knees hip-width apart.

Place Activ5 under your left heel.

Lift your right leg off the ground, keeping your right knee slightly bent.

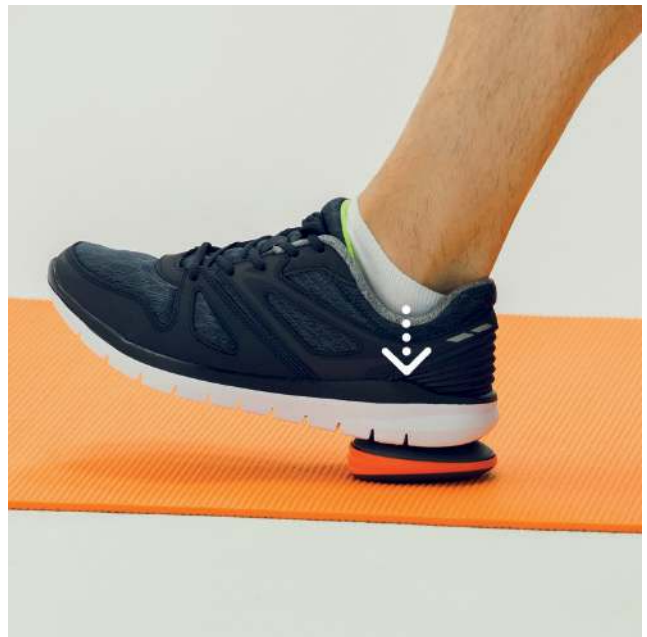
Press Activ5 as you squeeze your left glute to lift your hips off the ground.



PRIMARY MUSCLES ENGAGED



BACK STRAIGHT, SHOULDERS ON THE FLOOR



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

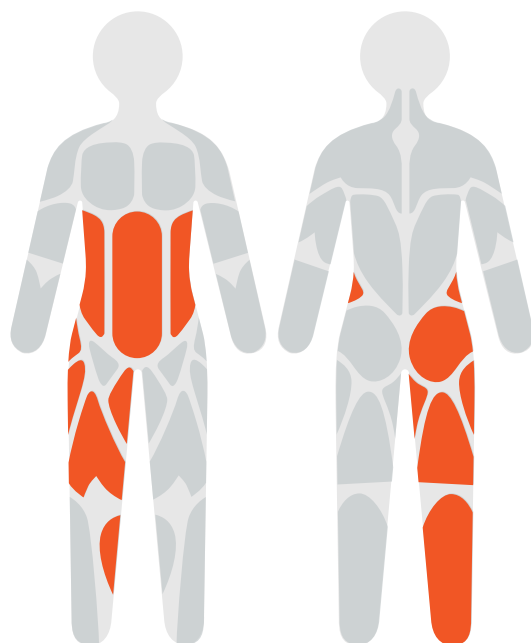
## SINGLE LEG BRIDGE (RIGHT)

Lay on your back with your knees bent, feet flat on the ground and knees hip-width apart.

Place Activ5 under your right heel.

Lift your left leg off the ground, keeping your left knee slightly bent.

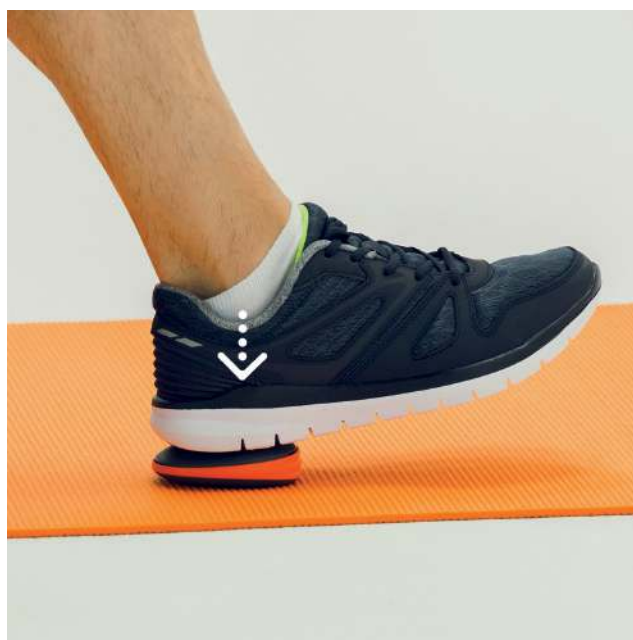
Press Activ5 as you squeeze your right glute to lift your hips off the ground.



PRIMARY MUSCLES ENGAGED



BACK STRAIGHT, SHOULDERS ON THE FLOOR



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## STRAIGHT LEG CRUNCH

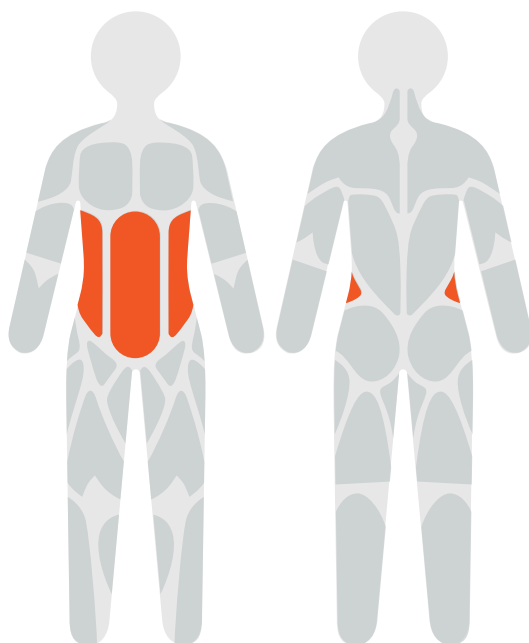
Begin lying down on your back with your legs straight.

Place Activ5 under the curve of your lower back.

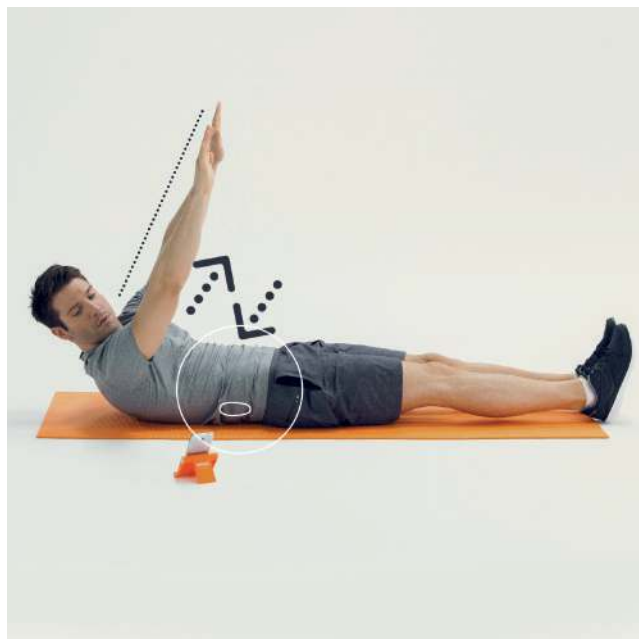
Lift both arms up towards the ceiling.

Contract your core to lift your head and shoulders off the ground.

Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



LIFT WITH YOU CORE, NOT YOUR SHOULDERS



PLACE UNDER THE CURVE OF YOUR BACK & PRESS



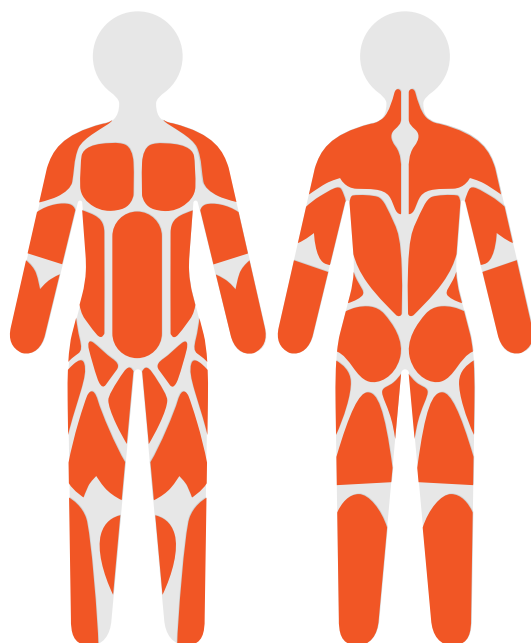
ADVANCED

## SINGLE LEG SUPERMAN (LEFT)

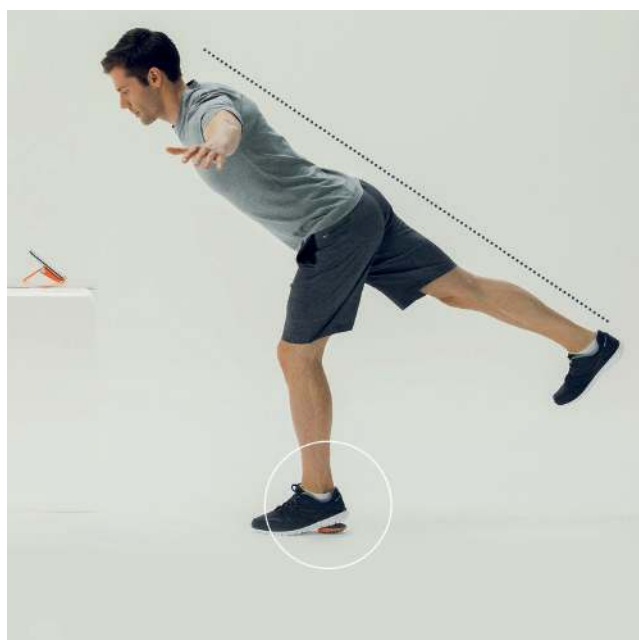
Place Activ5 under your left heel.

Raise both arms to the side and right leg back until you are parallel to the ground.

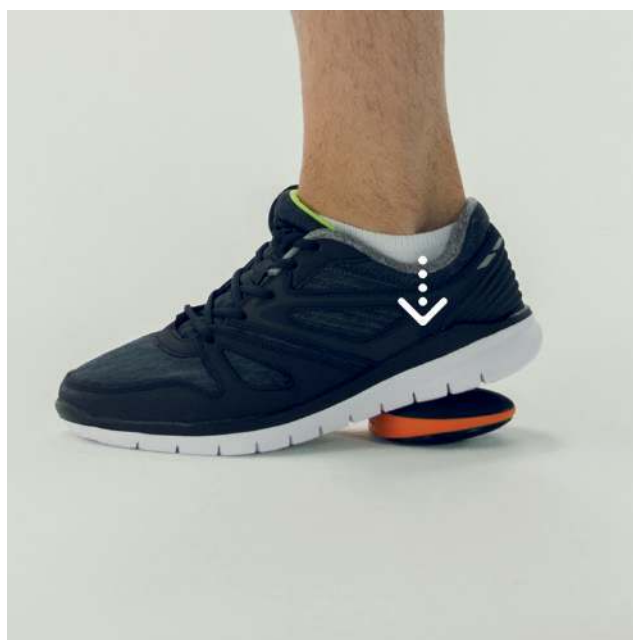
Press Activ5 as you squeeze your glute and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BODY IN A STRAIGHT LINE



PRESS ACTIV5 INTO THE FLOOR





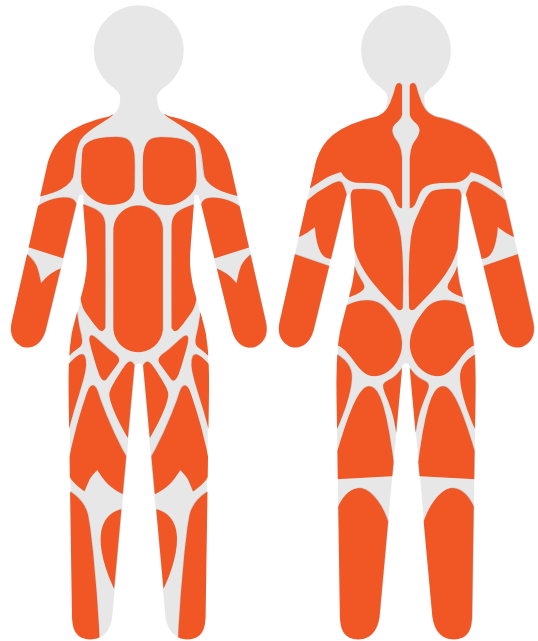
ADVANCED

## SINGLE LEG SUPERMAN (RIGHT)

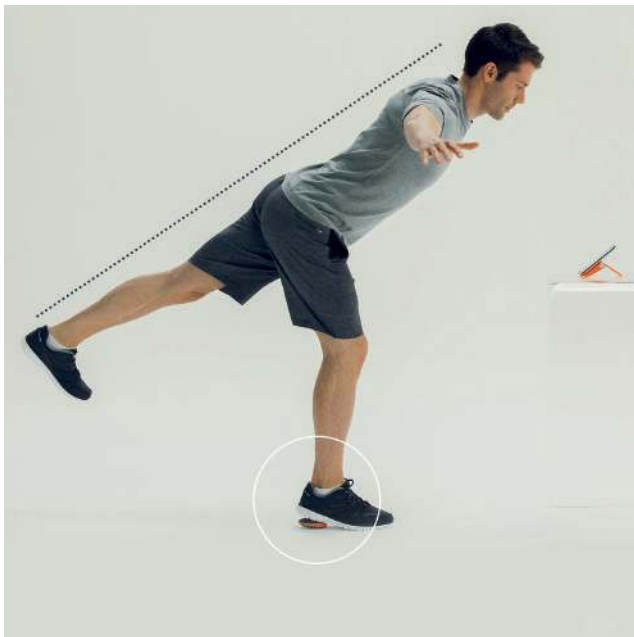
Place Activ5 under your right heel.

Raise both arms to the side and left leg back until you are parallel to the ground.

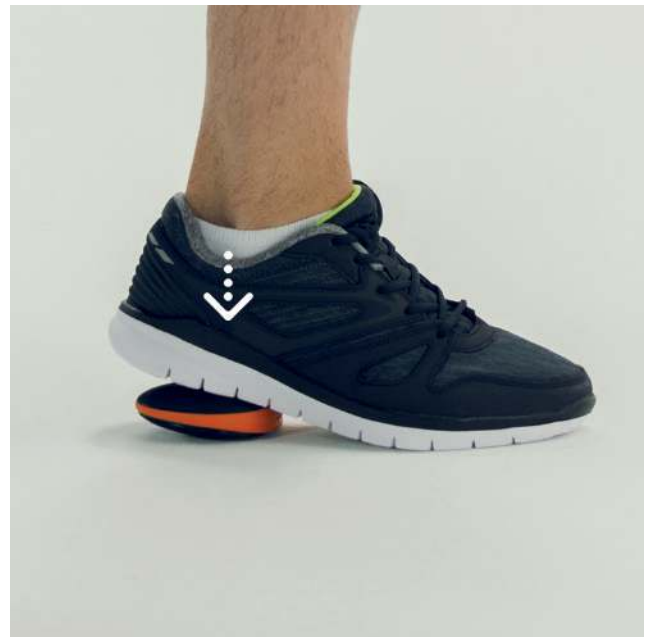
Press Activ5 as you squeeze your glute and core muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR BODY IN A STRAIGHT LINE



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## TUCK CRUSH (LEFT)

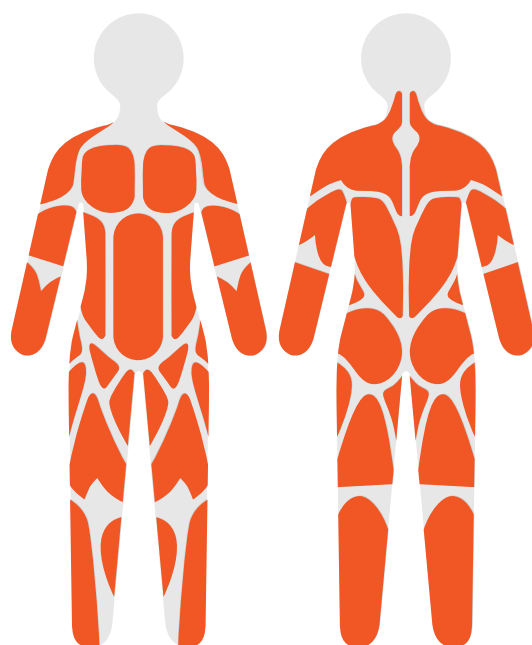
Begin on your hands and knees.

Place Activ5 underneath your left palm.

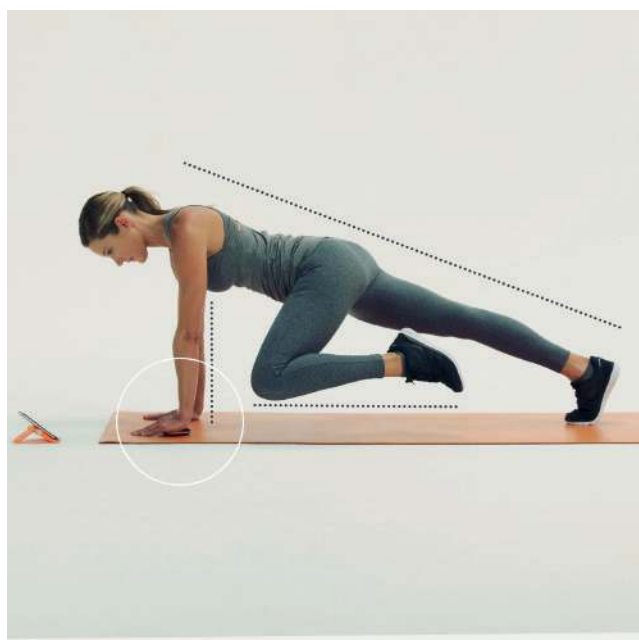
Straighten your legs, keeping them hip-width apart.

Tuck your left knee to your left elbow.

Press Activ5 as you squeeze your core and leg muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR SHOULDERS OVER YOUR HANDS



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## TUCK CRUSH (RIGHT)

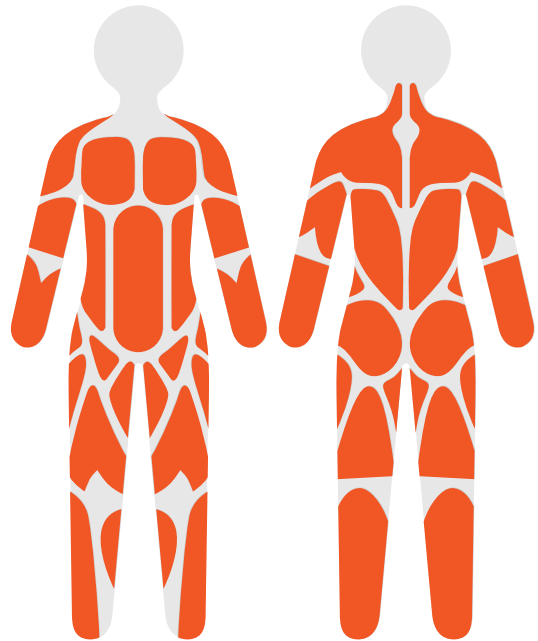
Begin on your hands and knees.

Place Activ5 underneath your right palm.

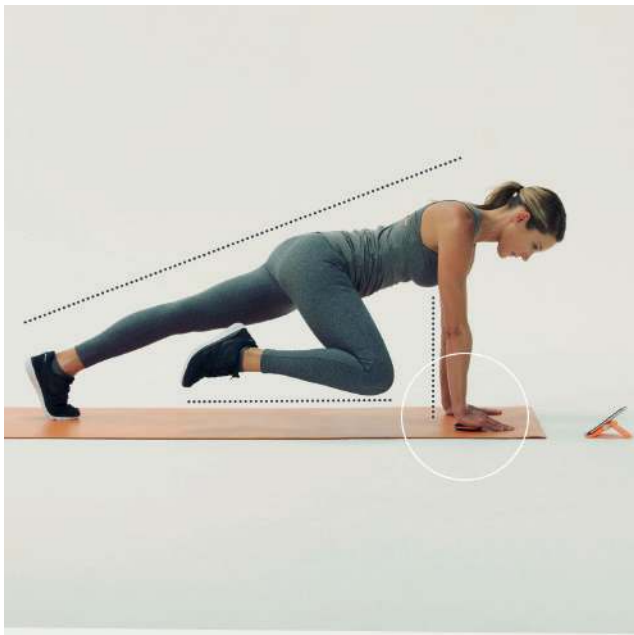
Straighten your legs, keeping them hip-width apart.

Tuck your right knee to your right elbow.

Press Activ5 as you squeeze your core and leg muscles.



PRIMARY MUSCLES ENGAGED



KEEP YOUR SHOULDERS OVER YOUR HANDS



PRESS ACTIV5 INTO THE FLOOR



ADVANCED

## SIDE PLANK (LEFT)

Begin lying on your left side, resting on your forearm.

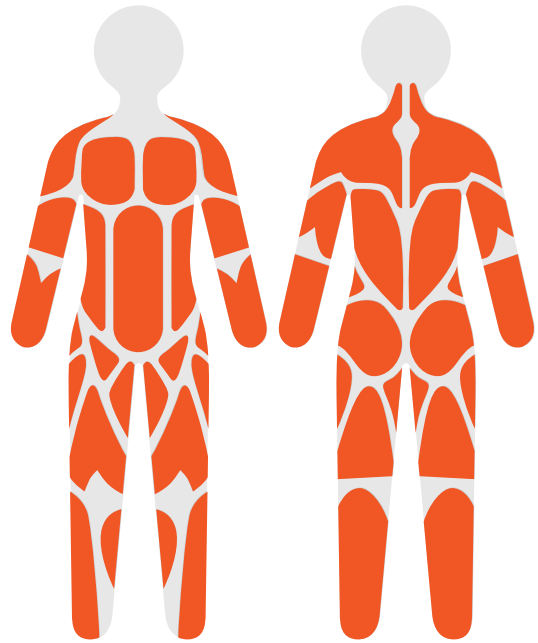
Keep your elbow directly under your shoulder.

Place Activ5 directly below your right hip bone.

Lift your hips off the ground by contracting your core.

Keep your back flat and body in a straight line.

Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & HIPS



ADVANCED

## SIDE PLANK (RIGHT)

Begin lying on your right side, resting on your forearm.

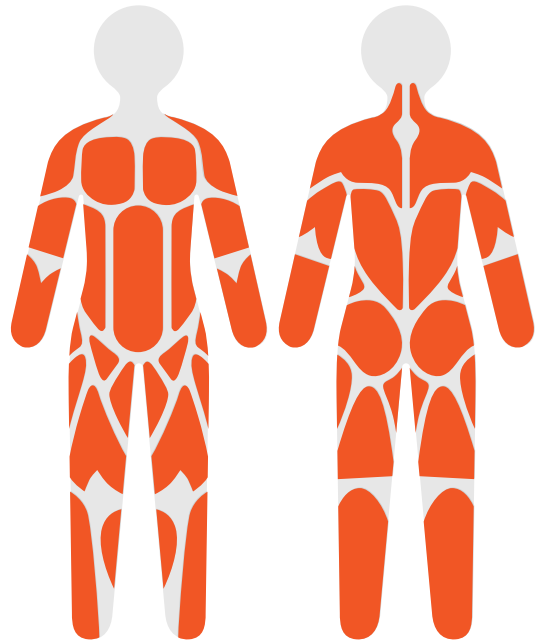
Keep your elbow directly under your shoulder.

Place Activ5 directly below your left hip bone.

Lift your hips off the ground by contracting your core.

Keep your back flat and body in a straight line.

Press Activ5 as you squeeze your core muscles.



PRIMARY MUSCLES ENGAGED



ELBOWS BENT AT 90 DEGREES



PRESS WITH THE HEEL OF YOUR PALM & HIPS