

THE BIG
BOOK OF
EXERCISE
MOVEMENTS

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NEVER GROW OLD!

Big Book of Exercise Movements

In this Ebook we have over 400 pictures of exercise movements. We have grouped them into beginner, intermediate and advanced workouts and then included several more as additional variations that you can use to add variety to your workouts. Please keep in mind many of these exercises are complex so don't skip ahead to exercises beyond your ability. If you know your knees won't allow you to perform an exercise they use common sense. If you know you shouldn't be performing hopping or jumping exercises then skip those and use the modified versions. You can take this with you everywhere, to the gym, on the road, at a park, in your own living room. We wanted to show real clients and real trainers so our models are real clients and real personal trainers that train our clients. Our Models are four clients in their 40s, 50s, 70s and 80s and two of our trainers one in her 30s and one in her 40s. They will be demonstrating a wide range of exercise movements from beginner to advanced. These pictures aren't very useful to just look at, if you don't attempt the workouts or exercise movements you really don't get any benefits from this ebook at all. Lastly if you know you have medical conditions you need to discuss with your physician prior to beginning an exercise program we encourage you to do that. Exercise is the best medicine!

We will you all the best on your adventures and endeavors!



Workout Tips

Most of the exercises pictures are designed to do a series of repetitions which may be as few as 8 to be challenging or as many as 15. As you progress you can increase the repetitions and even do a 2nd set of repetitions. A few exercises are hold or static exercises meaning you would hold the position for time 15-30 seconds.

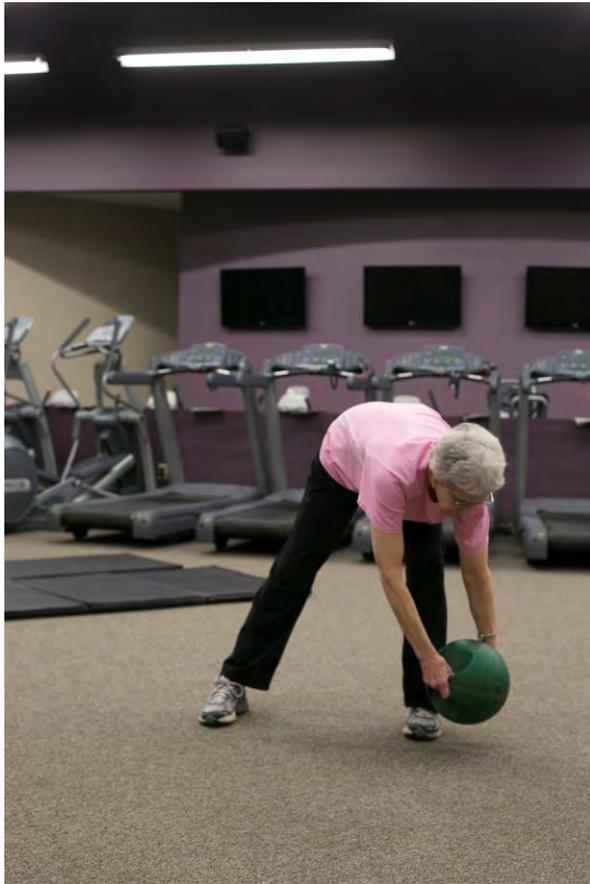
Functional Warm Up

WoodChops using a 4-6 lbs weight. We picture it with a Corball (medicine ball with handles) but you could use a medicine ball or even a dumbbell. You want to move the object from over one shoulder to outside one foot as if you are moving in a diagonal chopping motion

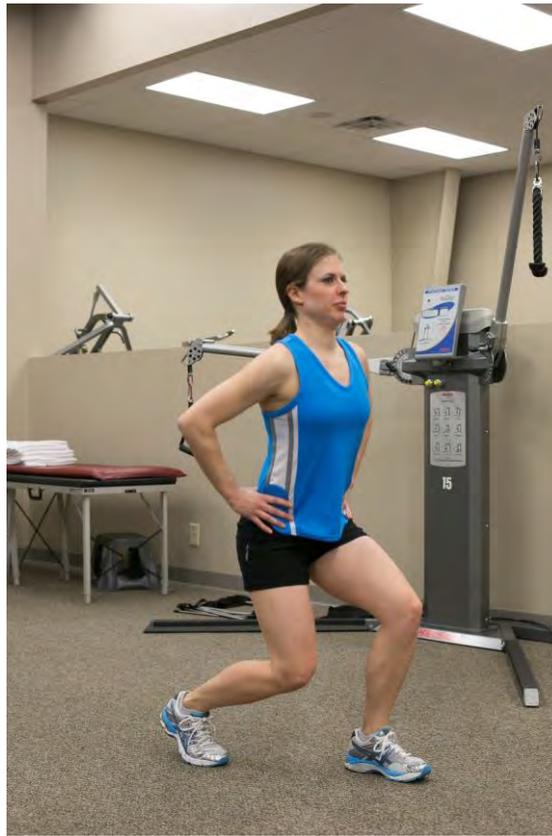
Mini-Lunges, As it implies simply taking small lunge steps and lowering your body weight.

Total Body Extensions, similar to a Jump Squat you are Squatting/Reaching down to touch the floor or your feet and then extending overhead as high as you can and up on your tip toes, without leaving the floor.

Side to Side Rotations, we picture this with a Corball, but you could use a dumbbell or start with no weight at all. Shift your weight from side to side and rotate about the waist.



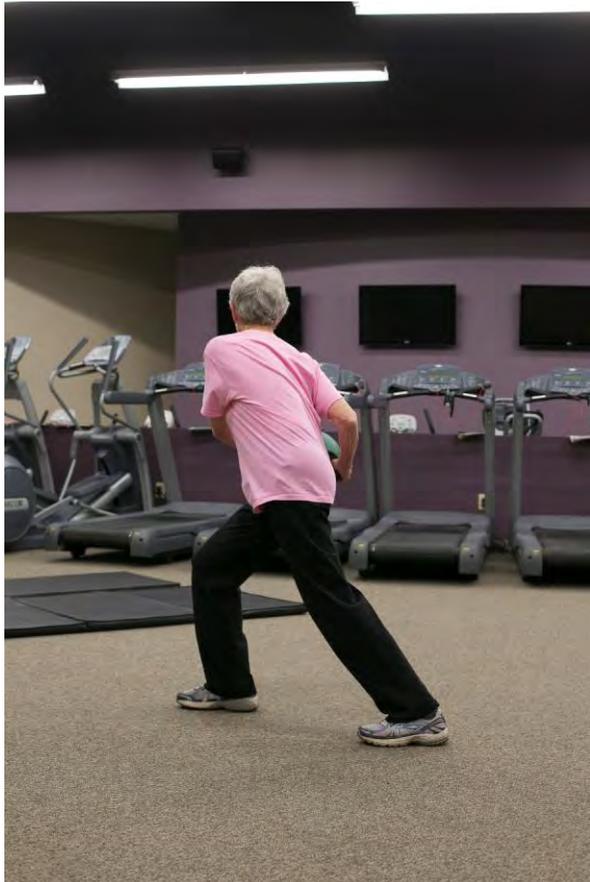
WoodChops



Mini Lunges



Total Body Extensions



Side to Side Rotation

Beginner Workout

SideWays Lunge

Forward Lunge

Shrugs

Pushup

Lunge with a Crossover Reach

Crossover Reverse Punch

Squats

Step-Ups

Rotations with Cable or Band

Diagonal Upward Chops

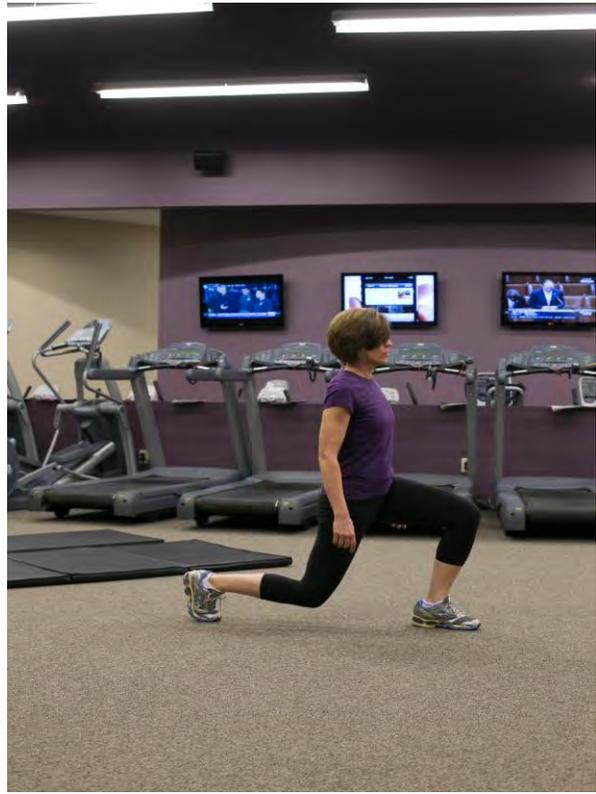
One Arm Row

Lunge Stance Arm Curl

Stepping over Object side to side



Sideways Lunge



Forward Lunge



Shrug



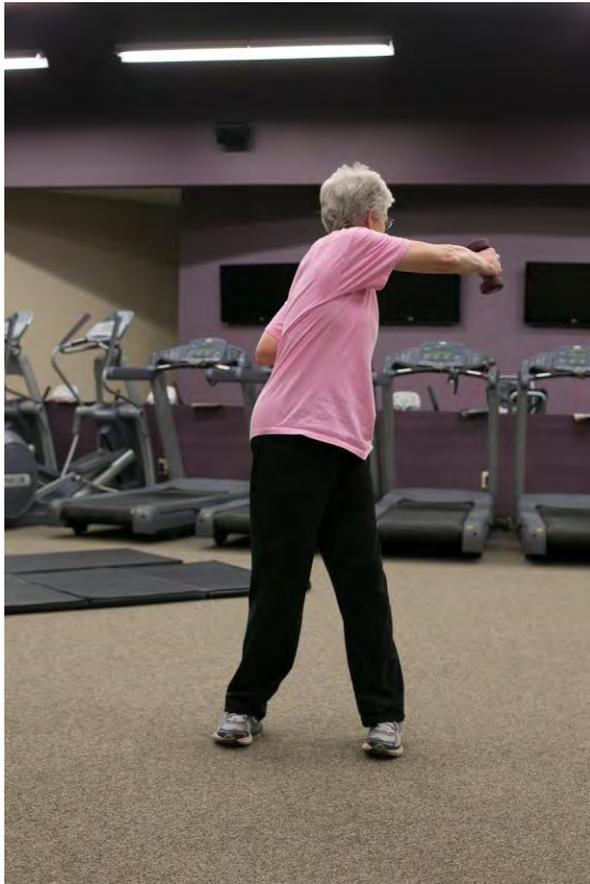
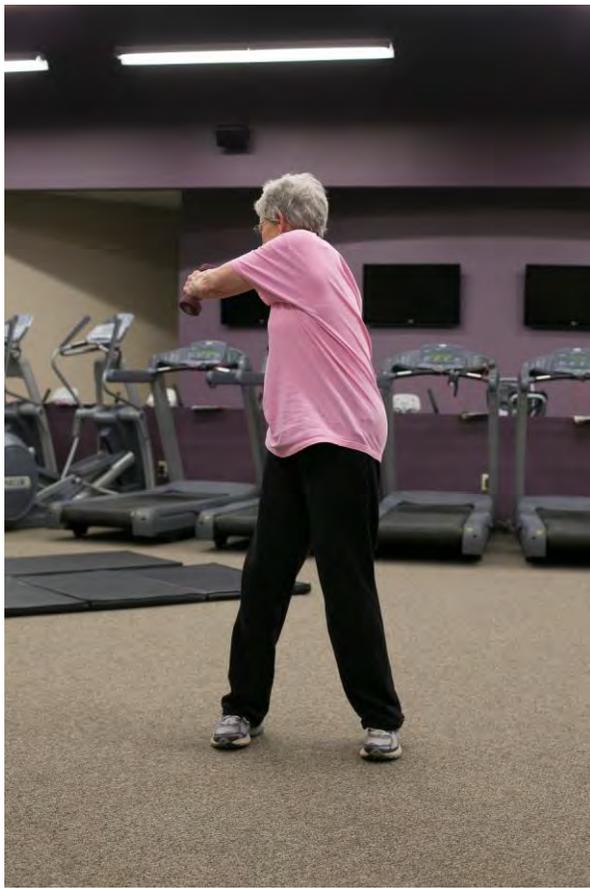
Pushup on Knees



Lunge Stance with Crossover Reach







Crossover Reverse Punch



Squats



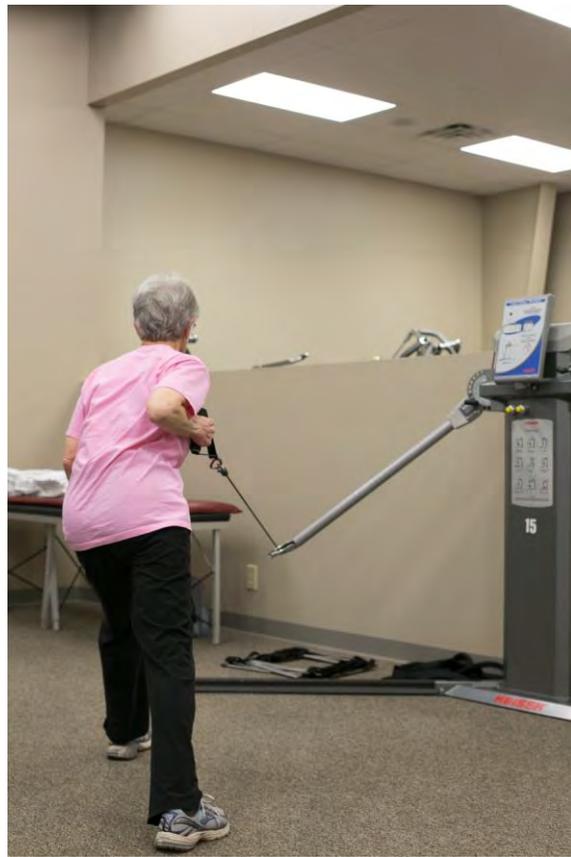
Step-Ups



Rotations with Cable or Band



Upward Diagonal Chops



One Arm Row



Lunge Stance Arm Curl



Stepping Over an Object Side to Side

Beginner Workout 2

Stepping Over Object Sideways and Forward

Chair Stands use hands as needed

Marching High Knees

WoodChops

Pushups

Side Plank (hold)

Plank (hold)

Glute/Hip Bridge

Sideways Lunge with Rotation

One Arm Chest Press

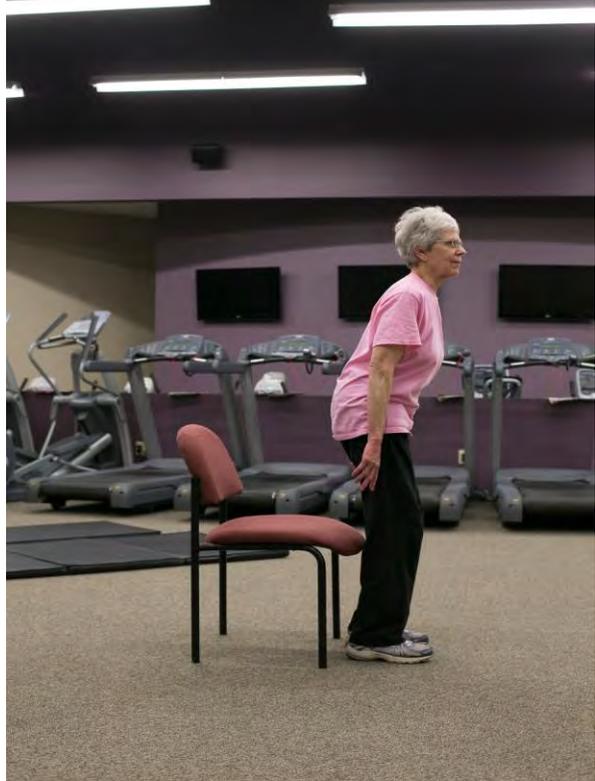
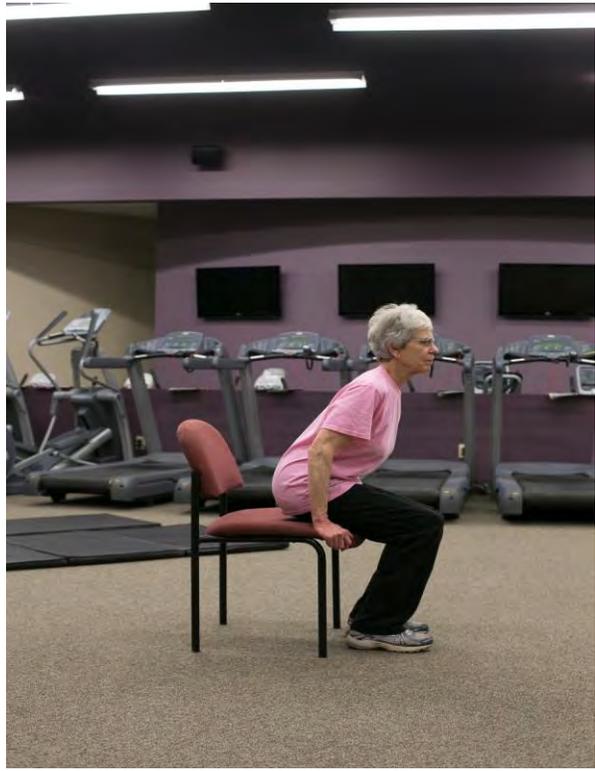




Stepping Over an Object



Stepping Over an Object



Chair Stand



High Knee Marching



WoodChops



Side Plank (hold)



Plank (hold)



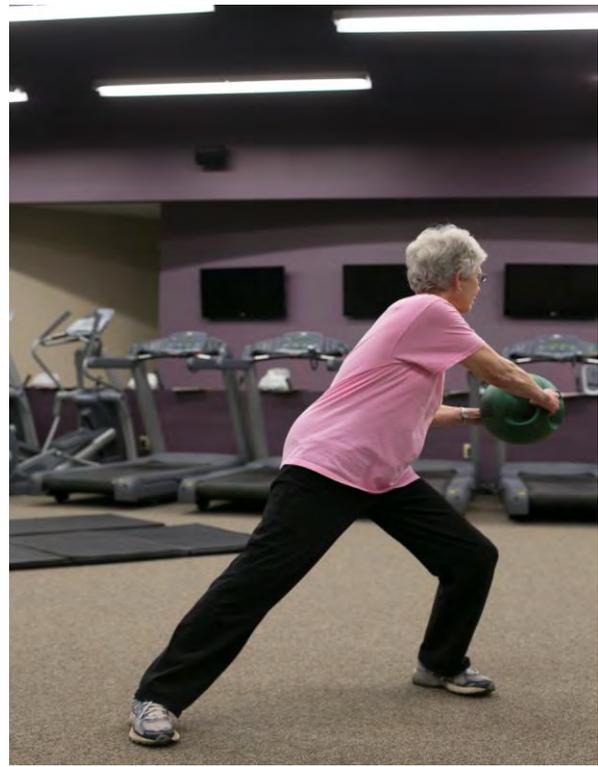
Pushup



Pushup



Glute/Hip Bridge



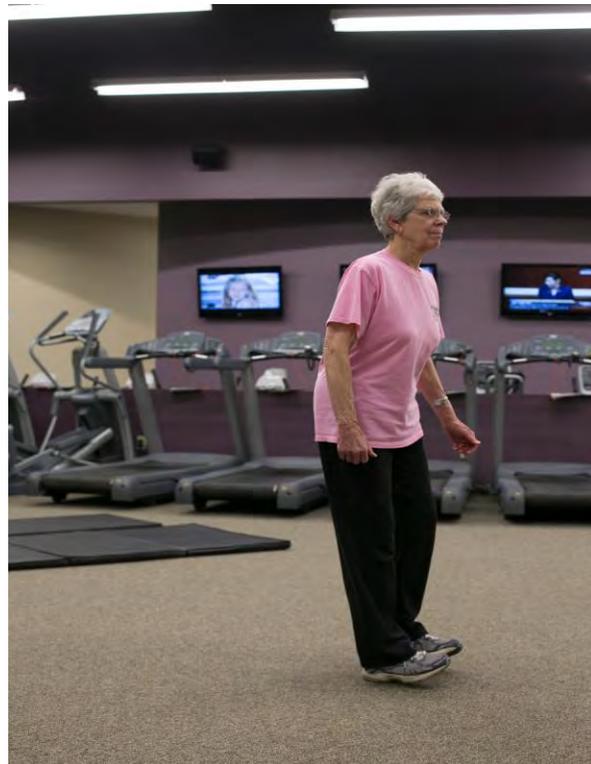
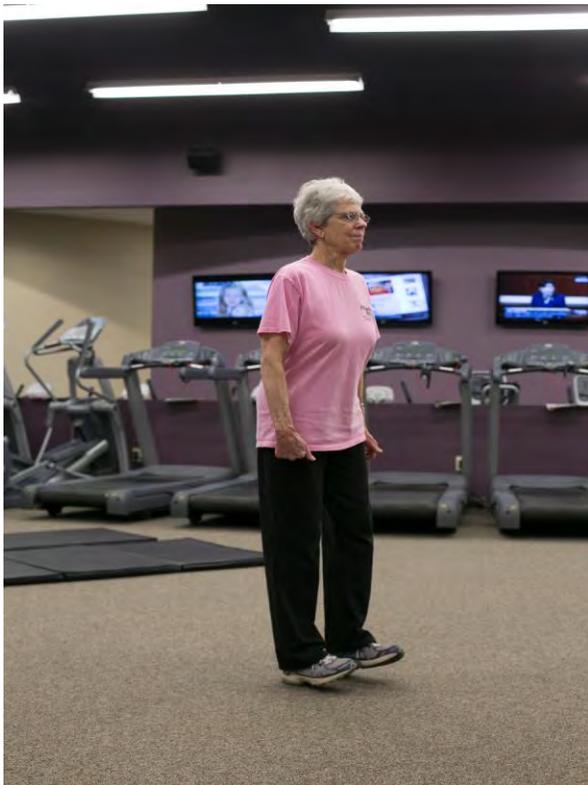
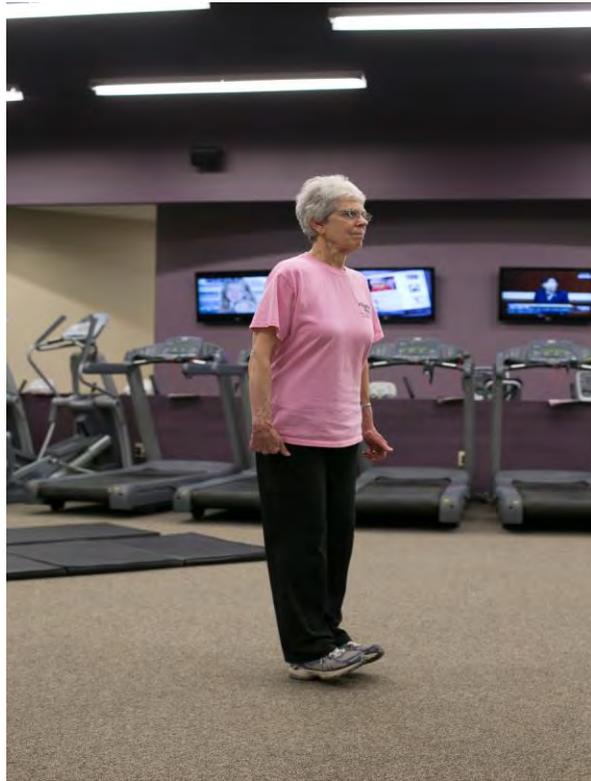
Sideway Lunges with Rotation



One Arm chest Press with Cable or Band

Intermediate Workout #1

Heel Walks
Straight Line Marching
Lunges (Wts)
Diagonal Lunges
Chair Stands-Arms Crossed
Squats (Wts)
Bent Over Rows (Lunge Stance)
Total Body Extensions
Arm Curl in Lunge Stance
Side Plank
Plank with Arm Raise
Reverse Plank
Glute Bridge with March
Leg Curl with Ball
Leg Lifts with Ball
Abdominal Hold with Ball



Heel Walk



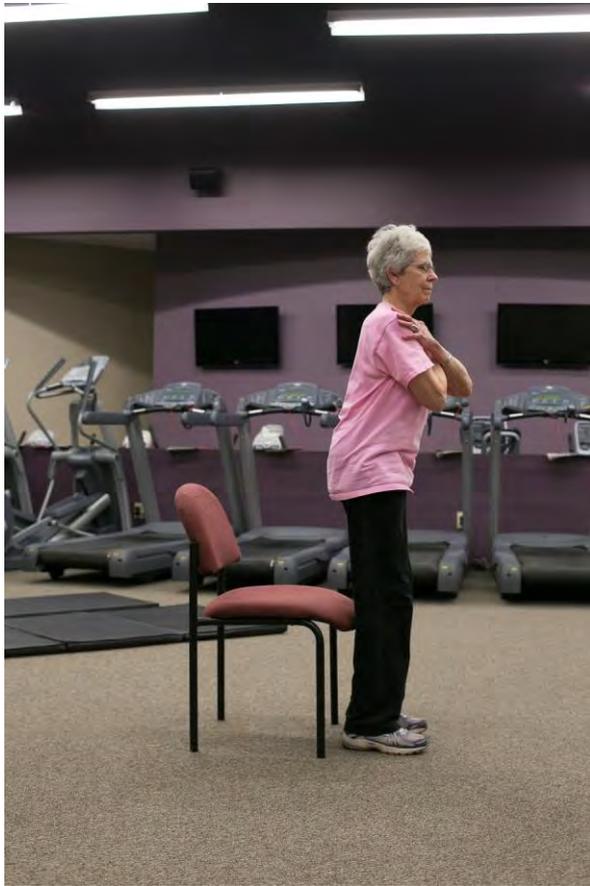
Straight Line Marching



Lunges (wts)



Diagonal Lunges



Chair Stands Arms Crossed



Squats (wts)



Bent Over Row Lunge Stance



Total Body Extensions



Arm Curl Lunge Stance



Side Plank (hold)



Plank with Arm Raise



Reverse Plank (hold)





Hip/Glute Bridge with a March



Leg Curl with a Ball



Leg Curl with Ball





Leg Lift with Ball





Leg Lift with Ball



Abdominal Hold

Intermediate Workout #2

Floor Touches/Reaches

Squats

Bent Over Rows

Downward Diagonal Chops

Pushups (shown modified for Toe/Foot issues)

Plank (shown modified)

Side Plank with leg lift

Glute/Hip Bridge with leg lift

Mountain Climbers

Standing Cable/Band Chest Press

Lateral/Sideways Lunges

Diagonal Lunges

Kneeling One Arm Overhead Press

Kneeling Two Arm Overhead Press

Step-Ups with Knee Raise

Row, while holding Squat Stance



Floor Touches



Floor Touches



Floor Touches/Reaches



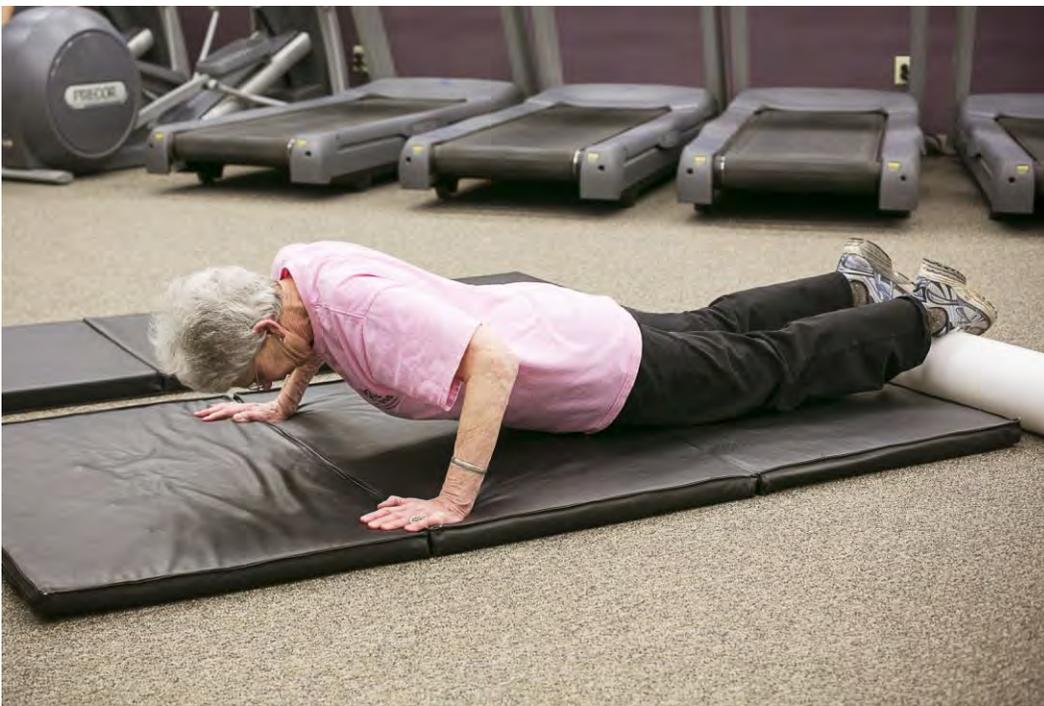
Squats



Bent Over Rows



Downward Diagonal Chops Cable or Band



Pushup on Foam Roller (Modification for Toe/Foot Issues)



Plank on Foam Roller (foot/toe modification)



Side Plank with Leg Lift



Glute/Hip Bridge with Leg Lift



Mountain Climbers



Mountain Climbers on a Bench/Step



Standing Cable Chest Press



Lateral/Sideways Lunges Wts outside



Lateral/Sideways Lunges Wts Inside



Diagonal Lunges Wts Inside

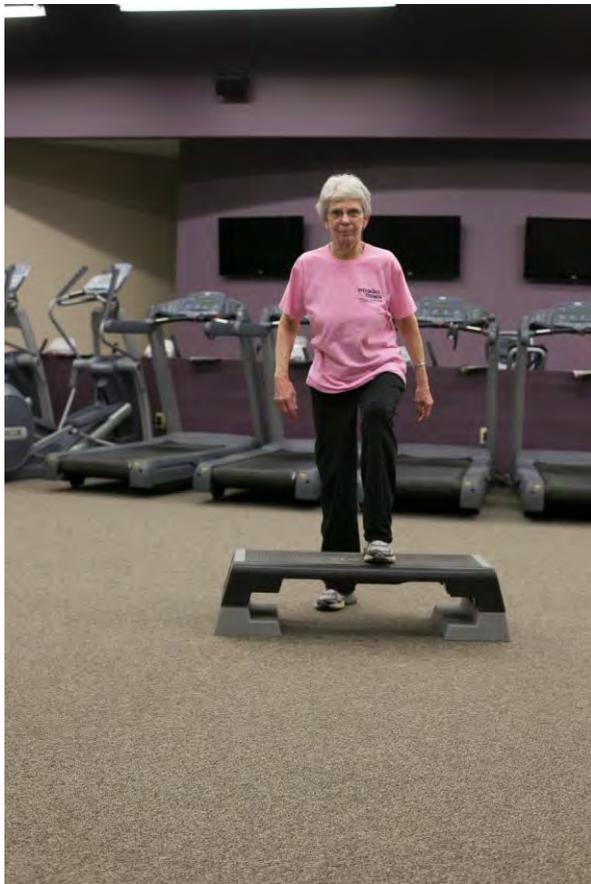


Kneeling One Arm Overhead Press





Kneeling Two Arm Overhead Press





Step-Ups with Knee Raise



Row, while Holding the Squat Stance

Advanced Workout #1

Lunge with an OverHead Press (2 variations)

Lunge with a Cable/Band Chest Press

Squat Jumps/Hops

Hop over the Bench/Step

Step-Ups with Overhead Lift

Straight Leg Deadlift

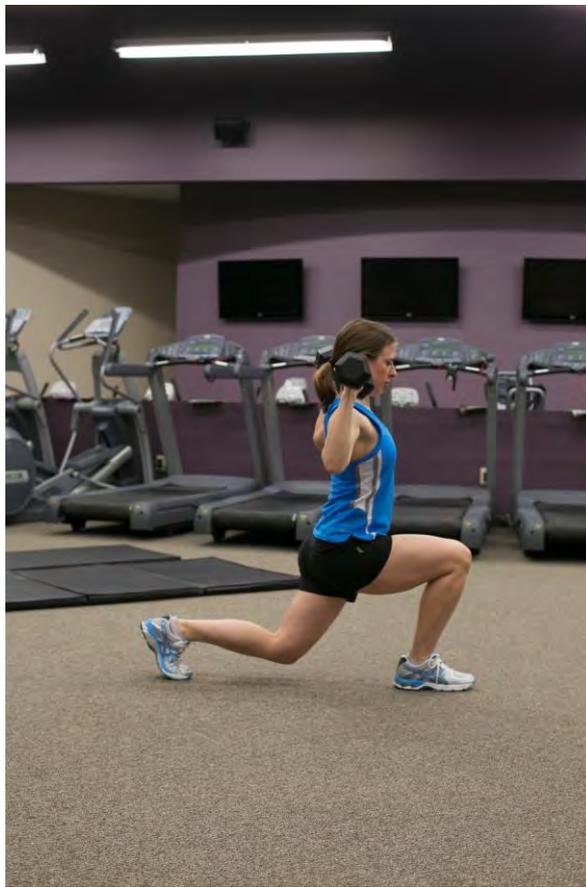
Lunges with Arm Curl and Overhead Press

Bent Over Row Single Arm Lunge Stance

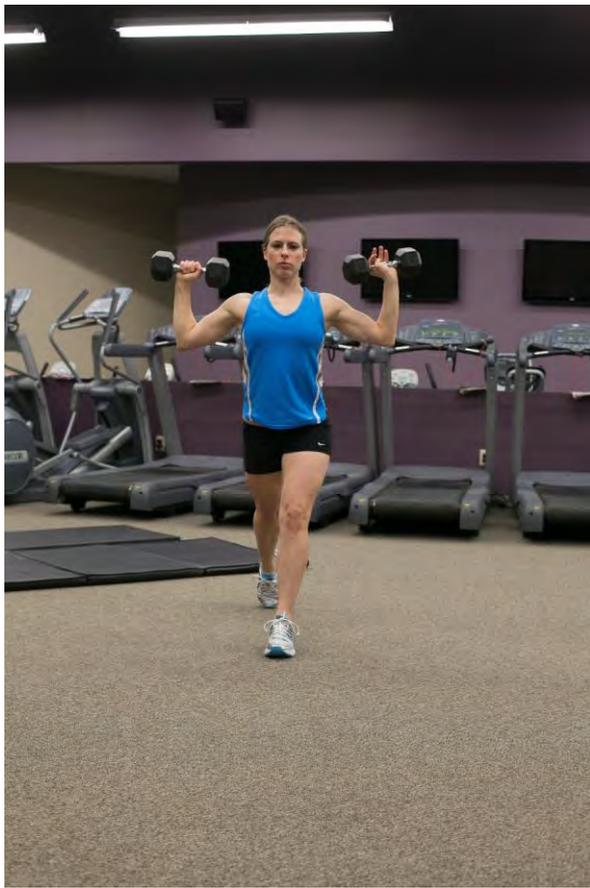
Climbing Pushups

Plank with Alternating Leg Lift

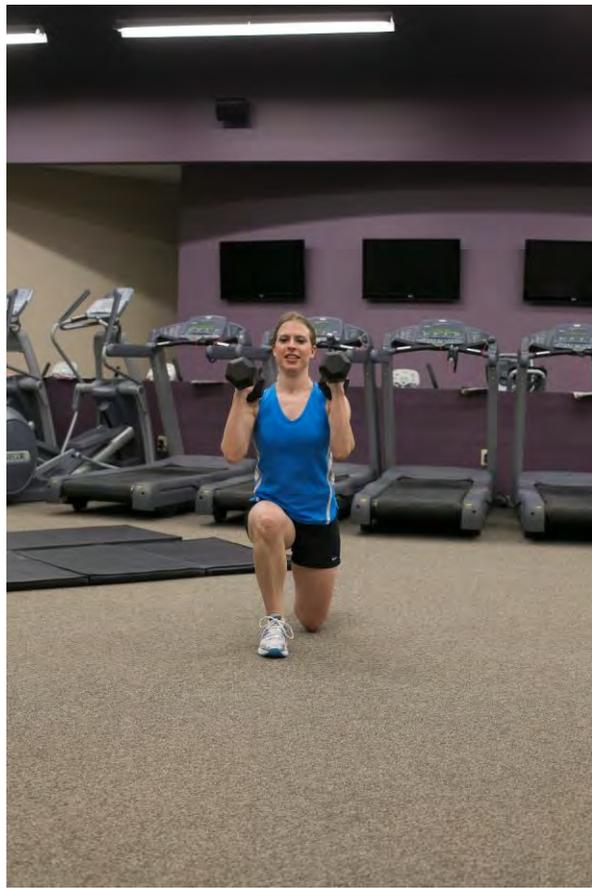
Plank with Alternatin Arm Lift



Lunge with an OverHead Press



Lunge with an OverHead Press



Lunge with an OverHead Press



Lunge with a Cable/Band Chest Press



Lunge with a Cable/Band Chest Press



Squat Jumps/Hops





Squat Jumps/Hops

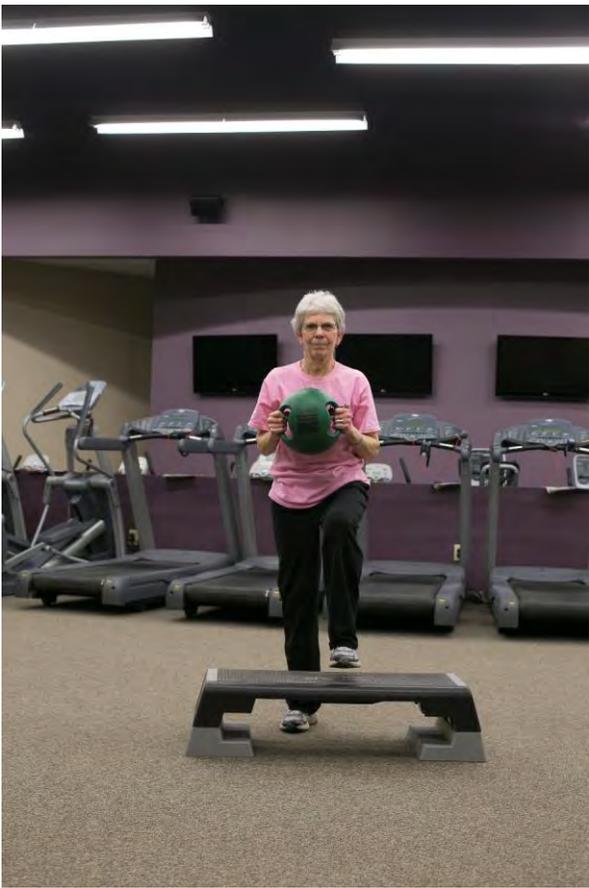




Hop over the Bench/Step



Hop over the Bench/Step



Step-Ups with Overhead Lift



Straight Leg Deadlift



Straight Leg Deadlift



Lunges with Arm Curl and Overhead Press



Bent Over Row Single Arm Lunge Stance



Climbing Pushups



Climbing Pushups



Plank with Alternating Leg Lift



Plank with Alternating Leg Lift

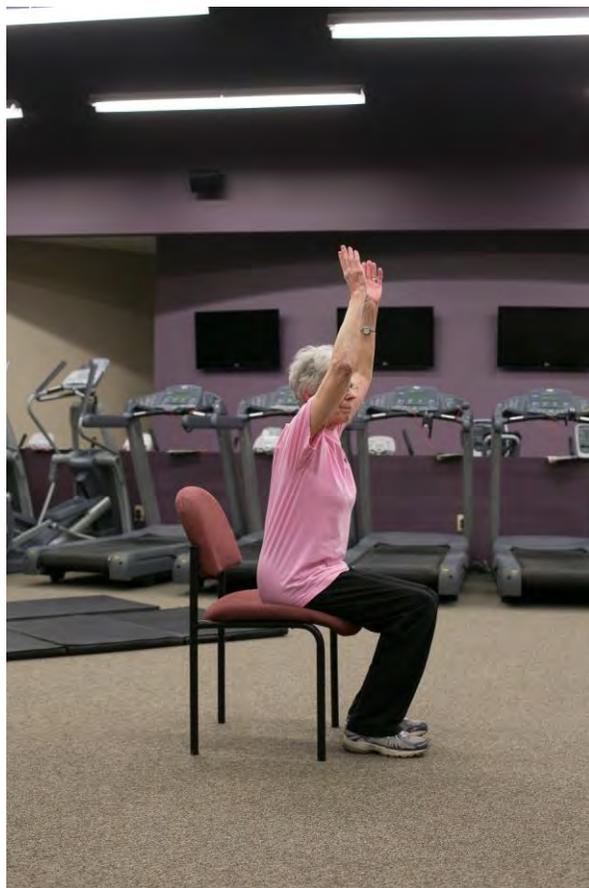


Plank with Alternating Arm Lift

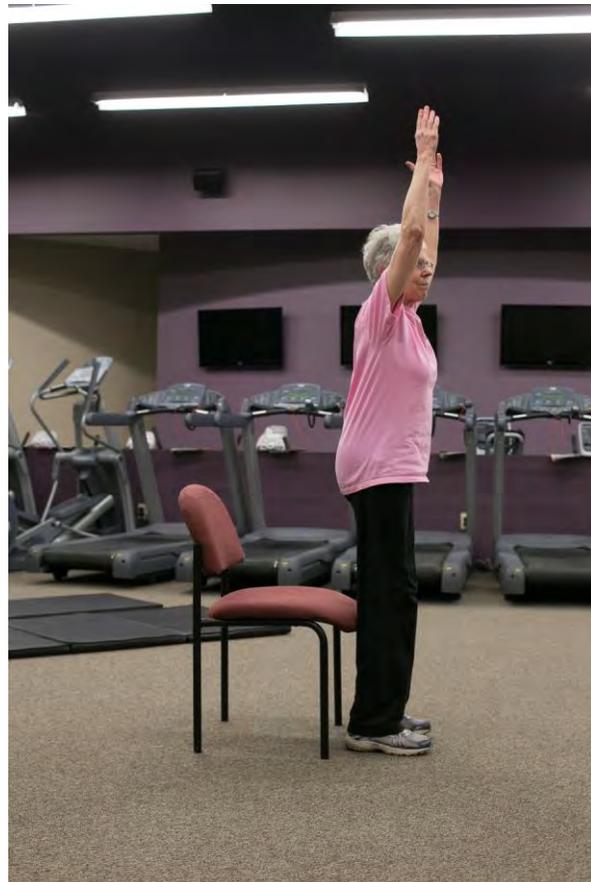


Plank with Alternating Arm Lift

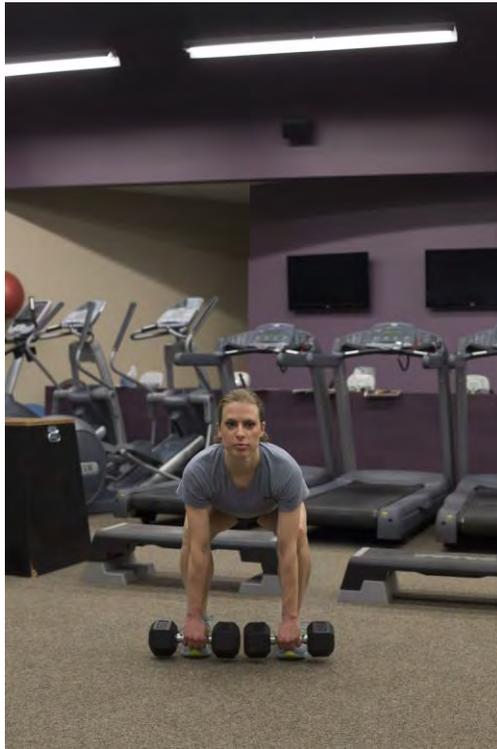
Advanced Workout #2
Chair Stands Arms Overhead
Dumbbell Deadlifts
Lateral Lunge with Overhead Press
Get-Ups with Dumbbells or wt
Get Ups with no wt
Burpress
Burpress with wts
Squat Jumps
Step-Ups with Overhead lift and Knee Raise
Squat with Overhead Press
Standing Chest Press Reciprocating
Lateral Lunge with Crossover Reach and finish with Knee Raise
Bird Dog



Chair Stands Arms Overhead



Chair Stands Arms Overhead



Dumbbell Deadlifts



Dumbbell Deadlifts



Lateral Lunge with Overhead Press



Lateral Lunge with Overhead Press



Get-Ups with Dumbbells or wt



Get-Ups with Dumbbells or wt



Get Ups with no wt



Get Ups with no wt



Burpess





Burpess



Burpess with wts



Burpess with wts





Squat Jumps





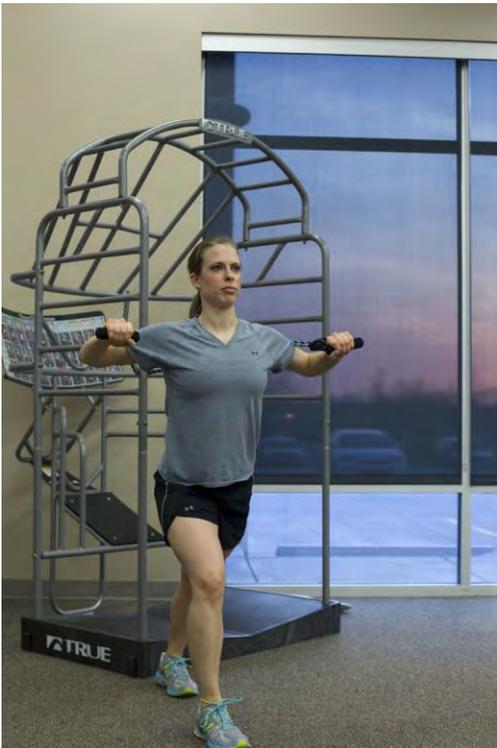
Step-Ups with Overhead lift and Knee Raise



Squats with Overhead Press



Squat with Overhead Press



Standing Chest Press Reciprocating



Standing Chest Press Reciprocating



Lateral Lunge with Crossover Reach and finish with Knee Raise



Bird Dog

Bonus Exercises

Giant Step Ups

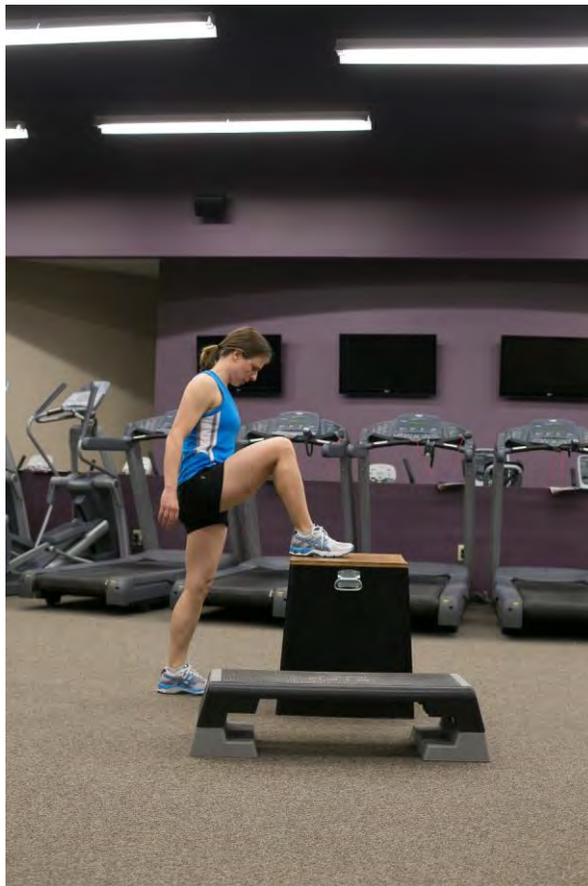
One Arm Single Leg Deadlift

Box Jumps

Marching

Standing Cable Press

Standing Cable Row/Pull



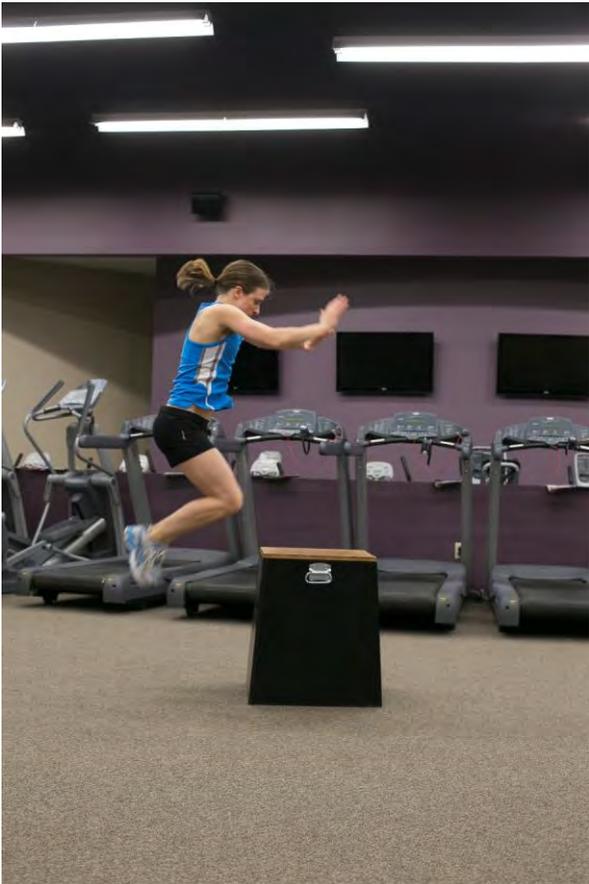
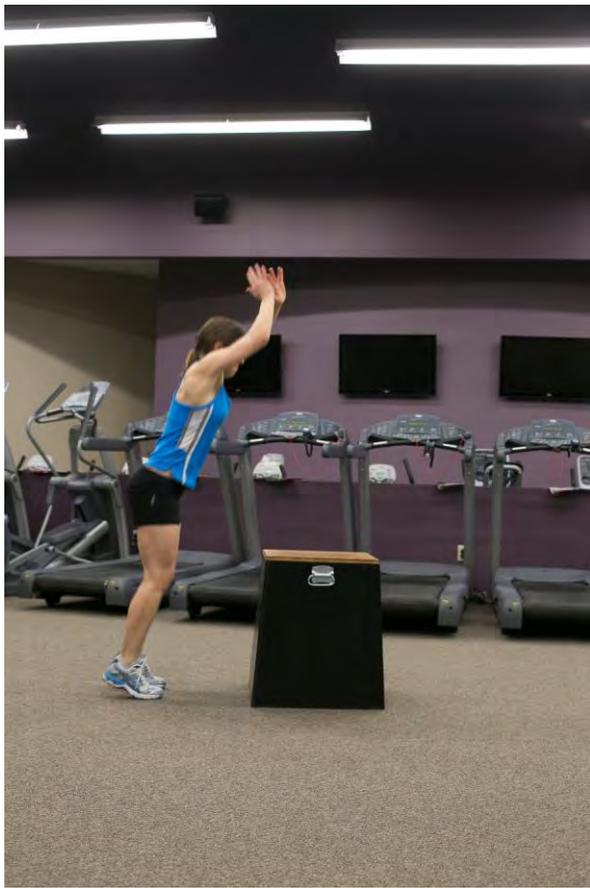
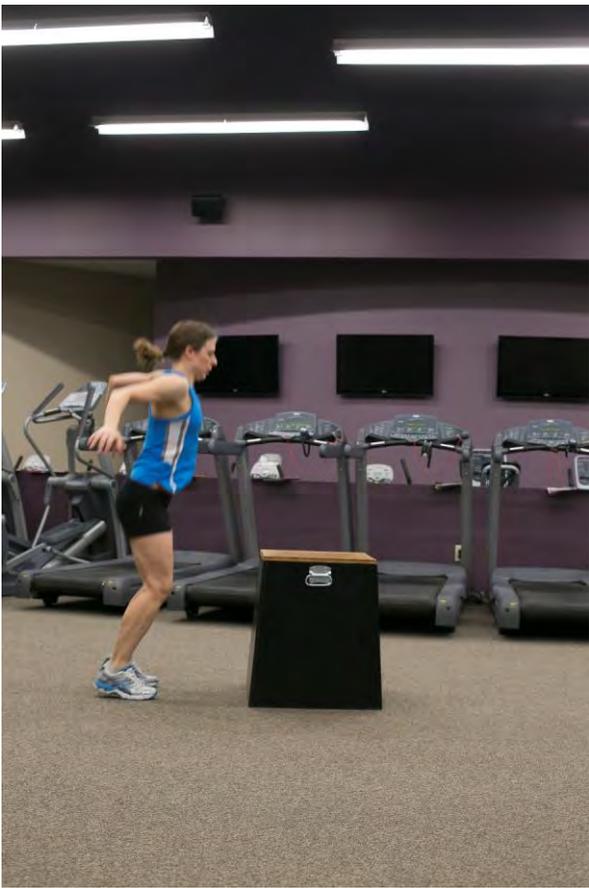
Giant Step Ups



One Arm Single Leg Deadlift



One Arm Single Leg Deadlift on Bosu



Box Jumps





Marching



Standing Cable Press



Stanind Row with Split Stance