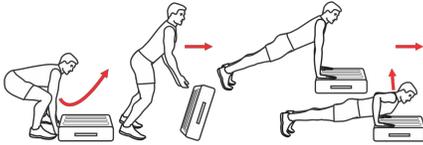


## Virtual Workout Tips Workout 2

## 1 : SCase Turnover &amp; Push-up



- Standing, feet outside your shoulders, place a weighted suitcase in front and near you. Turnover the suitcase taking care to bend your legs and keep your back straight. Thereafter, place your hands on the suitcase to do a push-up (straight back, abs tight). Get up and repeat the sequence.

Week	Sets	rep.
1	1	12

## 2 : SCase Clean



- Standing, feet wider than your shoulders, place a weighted (or not) suitcase in front of you. Hold the suitcase with the handle on your side so that the suitcase is as close to you as possible. While keeping your back straight and your head up, lift the suitcase dynamically on the shoulder opposite to the hand that pulls. Return to the starting position and repeat.

Week	Sets	rep.
1	1	12 - 12

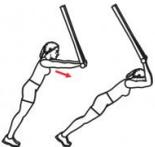
## 3 : Suspension Biceps Curl Elbows High



- On Suspension Product, hold the handles with a supination grip. Bend your elbows while keeping your arms parallel with the Suspension Product. Keep knees slightly bent and abs tight.

Week	Sets	rep.
1	1	12

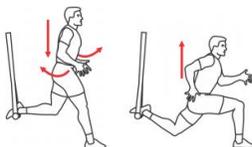
## 4 : Suspension Triceps Extension



- Stand with your feet shoulder width apart, incline your body forward, keep your arms parallel and perpendicular to the ground. Bend your elbows keeping your body straight and push back. Keep your head up, abs tight and back straight.

Week	Sets	rep.
1	1	12

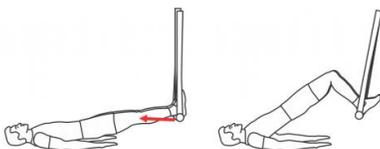
## 5 : Suspension Split Squat



- Keeping your back straight and abs tight, place your back foot in the TRX and the front foot on the floor slightly in front of you. Keeping tension on the back leg, move your back leg behind you until the knee of the front leg is at 90 degrees and the knee above the ankle. Use a runner-style arm movement.

Week	Sets	rep.
1	1	12 - 12

## 6 : Suspension Leg Curl / Hamstrings



- Keep your back straight and abs tight - The ankles on the handles of the Suspension Strap, pull your heels toward your buttocks, keeping your body straight

Week	Sets	rep.
1	1	12