

# Suspension Revolution - Intermediate

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## Outline

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

Here I was at 17...



Here's where I've been...



...and here at 39



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

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

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

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

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

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

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



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

## Testimonials

**Darlene Before:**



**Darlene After:**



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

**Mike Before:**



**Mike After:**



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

Danny Before:



Danny After:



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

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



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

# Dan Long's Kill Mode® Mindset

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

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

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

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

**Watch this Video Now:**

==> [VIDEO: WHAT IS KILL MODE®?](#)

## Legal Disclaimer

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

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

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

### **Muscle Burn Strategy**

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

### **Pain Strategy**

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

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

## When to Do Your Workouts:

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

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

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

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

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

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

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

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

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



# The Workout

## 4 Week Intermediate Course

### Notes:

Recommended Foot Stance: Feet together or on 1 leg (intermediate)  
Recommended Strap Positions: Upper Body: Adjust for appropriate intensity  
Lower Body: 6"– 8" off ground depending on shoe size  
Single Hand Mode: "SHM" – put in "Single Hand Mode" where noted  
L/R Performing exercises on Left *and* Right side  
#° Body Plank Angles (ex: a 90° body angle is vertical)

- Equipment needed: Dumbbell for an 8 – 10 intensity (optional)
- All exercises should be performed for 45 seconds
- Do all four exercises in Circuits #1, #2, and #3 in sequence, then Repeat Circuit #1, #2, and #3, three to four times total
- 30 seconds to 45 seconds *maximum* breaks between each exercise
- This workout should be done in 45 minutes or less

## Workout A – Upper Body/Core/Metabolic

### Circuit 1

1. Wide Grip Bicep Curls 75°
2. Chest Press under Anchor Point 90°
3. Single Arm Bicep Curl w/Hip Drop
4. Suspended Full Body Rotation

### Circuit 2

1. Power Pull w/without Dumbbell L/R
2. Rows – High, 45°, and Low – 1 leg
3. Reverse Triceps Extension
4. Chest Flys under Anchor Point

### Circuit 3

1. Single Leg Reverse T,Y,I Flys
2. Reverse Delt Rows
3. Reverse Triceps Fly
4. Oblique Crunches

## Workout B – Lower Body/Core/Metabolic

### Circuit 1

1. Single Leg Squat Alternating Front to Back - Floating L/R
2. Floating Lunge w/Kick
3. Squat Plyo Jumps Left to Right
4. Side to Side Lunge w/Skip

### Circuit 2

1. Static Hold Lunge L/R
2. Static Hold Squat Hops 90°
3. Jump Lunges
4. Static Hold Lunges L/R with Hop \*SHM

### Circuit 3

1. Double Leg Quad Extensions
2. Hamstring Curls on Hands w/Scissor
3. Supine Runners on Hands
4. Single Leg Hamstring Curl w/Hip Raise \*SHM

## Workout C – Core/Metabolic

### Circuit 1

1. Front Plank on Hands L/R Elbows Down
2. Side Plank L/R with Scissor Feet & Reach Under
3. Reverse Plank on Hands w/Hip Drop
4. Oblique Crunches

### Circuit 2

1. Star Front Plank
2. 90° Knee Kicks
3. Single Leg Crunches w/Push-ups
4. Pikes – Left to Right

### Circuit 3

1. Single Arm/Leg Body Roll-outs
2. Single Leg Body Rotations \*SHM
3. Single Arm Hip Drop L/R \*SHM
4. Jackknife Crunches

## INTERVAL TRAINING

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

Kill Mode® Intensity = 2 minutes

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

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

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

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

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

Total Duration: 20 minutes

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

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

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

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

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## EXERCISE LIBRARY

### Single Hand Mode:



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

## 4 Week Intermediate Course

### Workout A

#### Circuit 1

Wide Grip Bicep Curls 75°



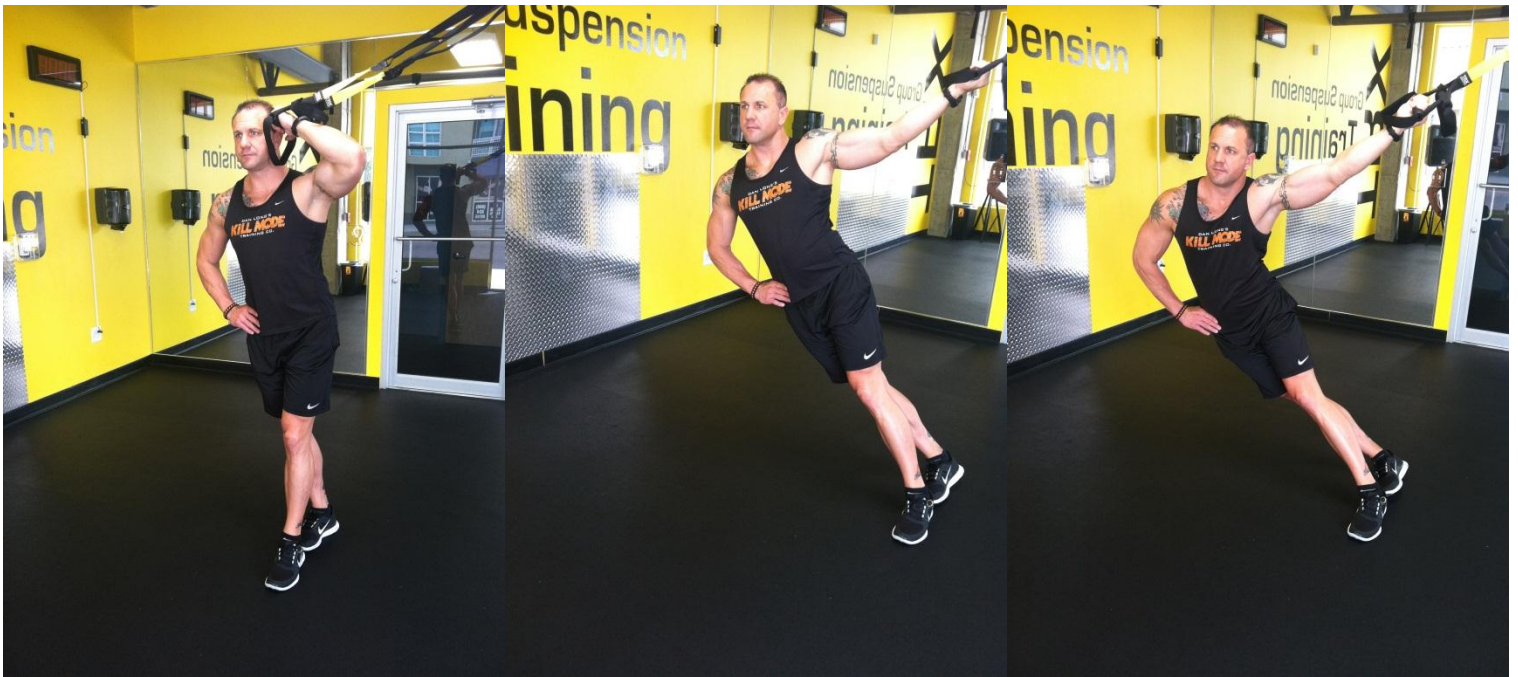
1. Standing with feet close together, holding handles palm up with arms shoulder width apart, facing anchor point, arms extended, and body at a 75° angle, curl arms/hands towards head behind ears and then return to start position.
2. Repeat for desired duration of time.

## Chest Press under Anchor Point 90°



1. Standing with shoulders under anchor point, straps over shoulders and hands out to your sides, lower your body down into a chest press, and then return to start position.
2. Repeat for desired amount of time.

## Single Arm Bicep Curl w/Hip Drop



1. Put straps in SHM, and stand to side of anchor point with feet in an offset foot position, holding handle with left hand, arm curled by ear as starting position. Straighten your arm so that it's fully extended, and then drop hip, raise hip, and curl back up to starting position.
2. Repeat for desired duration of time.

## Suspended Full Body Rotation

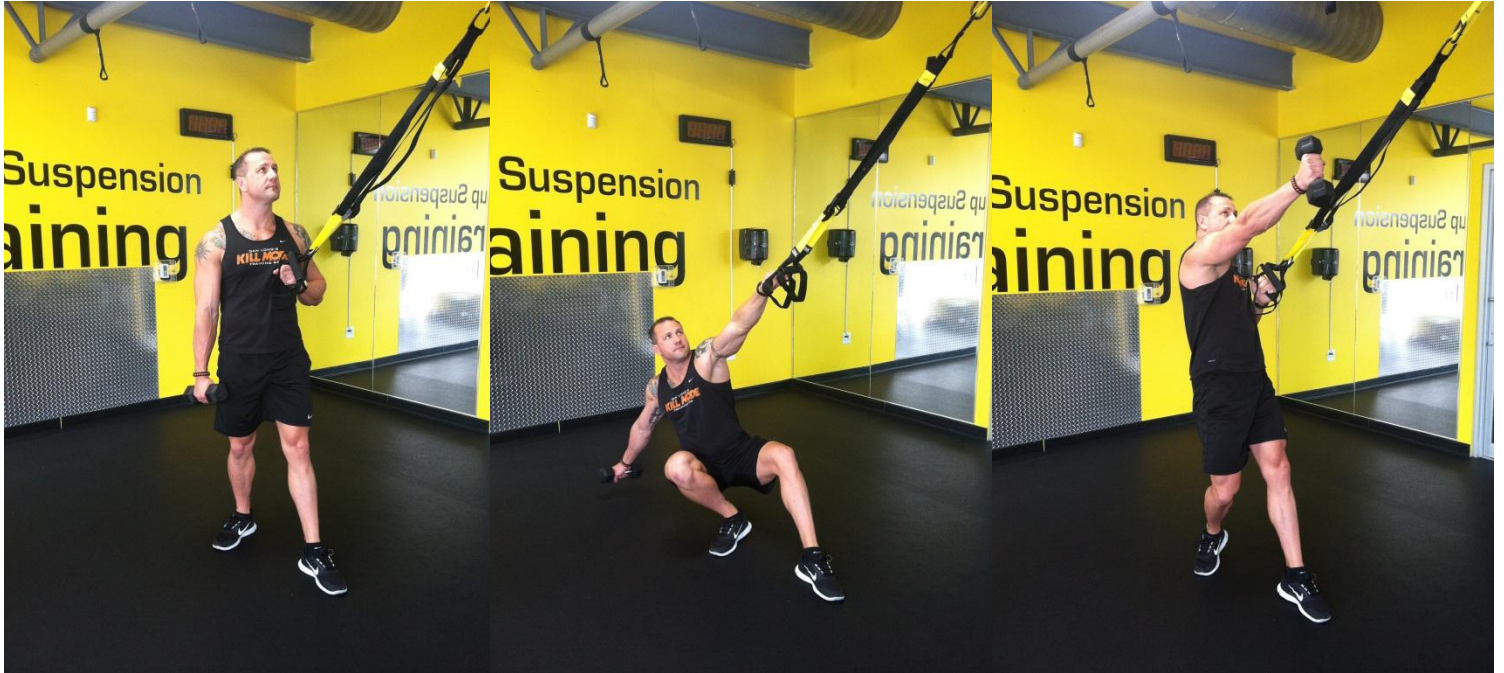


1. Put Straps in SHM. Standing with feet together, facing anchor point, both hands holding handle by your chest, lean back with arms extended straight, and then rotate upper body to right, keeping arms straight, and use your core to pull your body forward almost to a straight standing position, without bending elbows, and then back to center, and then up and rotate to left.
2. Repeat for desired duration of time.



## Workout A - Intermediate Circuit 2

Power Pull w/without Dumbbell L/R



1. Put straps in SHM, and stand facing anchor point holding handle with left hand by center of your chest, and holding a dumbbell in your right hand. Extend arm straight out as you lower your body toward ground, holding dumbbell out behind you, almost touching the floor. Pull body up with left hand, and raise dumbbell straight up toward strap as high as you can, and return to start.
2. Repeat for desired duration of time, and then repeat with your right hand holding strap; left hand holding dumbbell for desired duration of time.

## Rows – High, 45°, and Low – 1 leg



1. Standing on one leg, facing anchor point, palms down, and lean body back, arms extended out in front as shown, pull arms in/elbows out to side to row high (by ears), then return to start.
2. Next, pull arms in/elbows by side and row by chest/45° and return to start position.
3. Finally, pull arms in and downward by hips for the low row and return to start.
4. Continue this rowing pattern for the desired duration of time.

## Reverse Triceps Extension



1. Standing with feet close together, close to anchor point, with arms 90° by chest, palms up, lower hands down by hips for full extension into a reverse triceps extension and return to start position and repeat.
2. Repeat for desired duration of time.

## Chest Flys under Anchor Point



1. Starting with shoulders under anchor point with feet together, lean body back, holding handles with hands together, extend arms out to your sides, palms facing in, lowering your body into chest fly and then straighten arms and repeat.
2. Continue for desired amount of time.

## Workout A - Intermediate Circuit 3

### Single Leg Reverse T,Y,I Flys



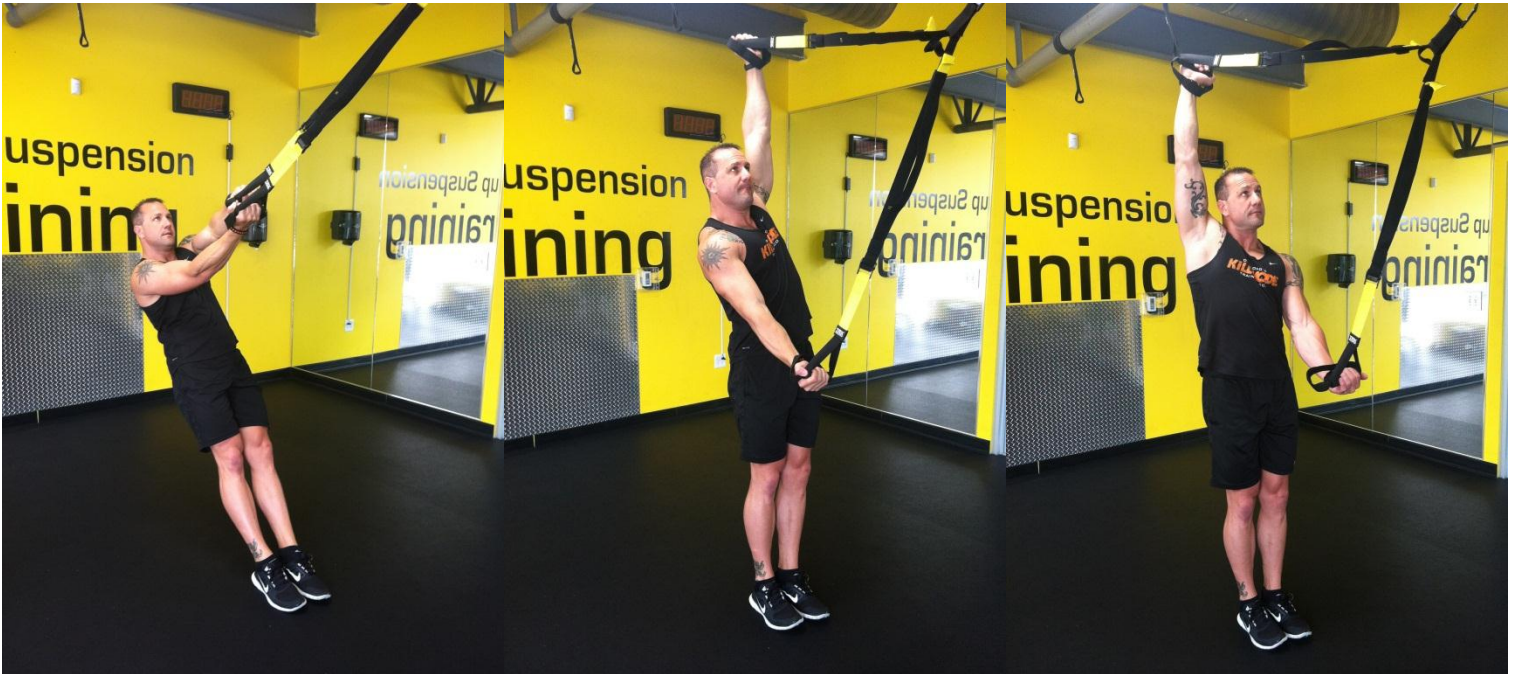
1. Standing to side of anchor point, face anchor point and stand on 1 leg, palms down holding a handle in each hand, and extend arms out to lower your body back at an angle.
2. Open both arms straight out to sides into a T, and back to arms straight in front of you, then open arms out and up into a Y, and back again, and finally into an I and back to starting position. Continue pattern.
3. Repeat for desired duration of time.

## Reverse Delt Rows



- 1 Standing facing anchor point, feet together, holding arms straight out in front of you at shoulder height, with thumbs down holding handles, and lean body back, pull arms in with elbows out to sides of your head and return to start position.
- 2 Repeat for desired duration of time.

## Reverse Triceps Fly



1. Standing with feet together, facing anchor point, lean body back, and holding handles together - Left palm on top with Right palm on bottom at shoulder height.
2. Open arms out with top arm going straight up, and bottom arm going straight down, then close arms, keeping them straight, with Right arm/hand now on top, and Left arm/hand now on bottom, and repeat
3. Continue for desired amount of time.

## Oblique Crunches

alternate view:



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



## Workout B - Intermediate Circuit 1

### Single Leg Squat Alternating Front to Back - Floating L/R



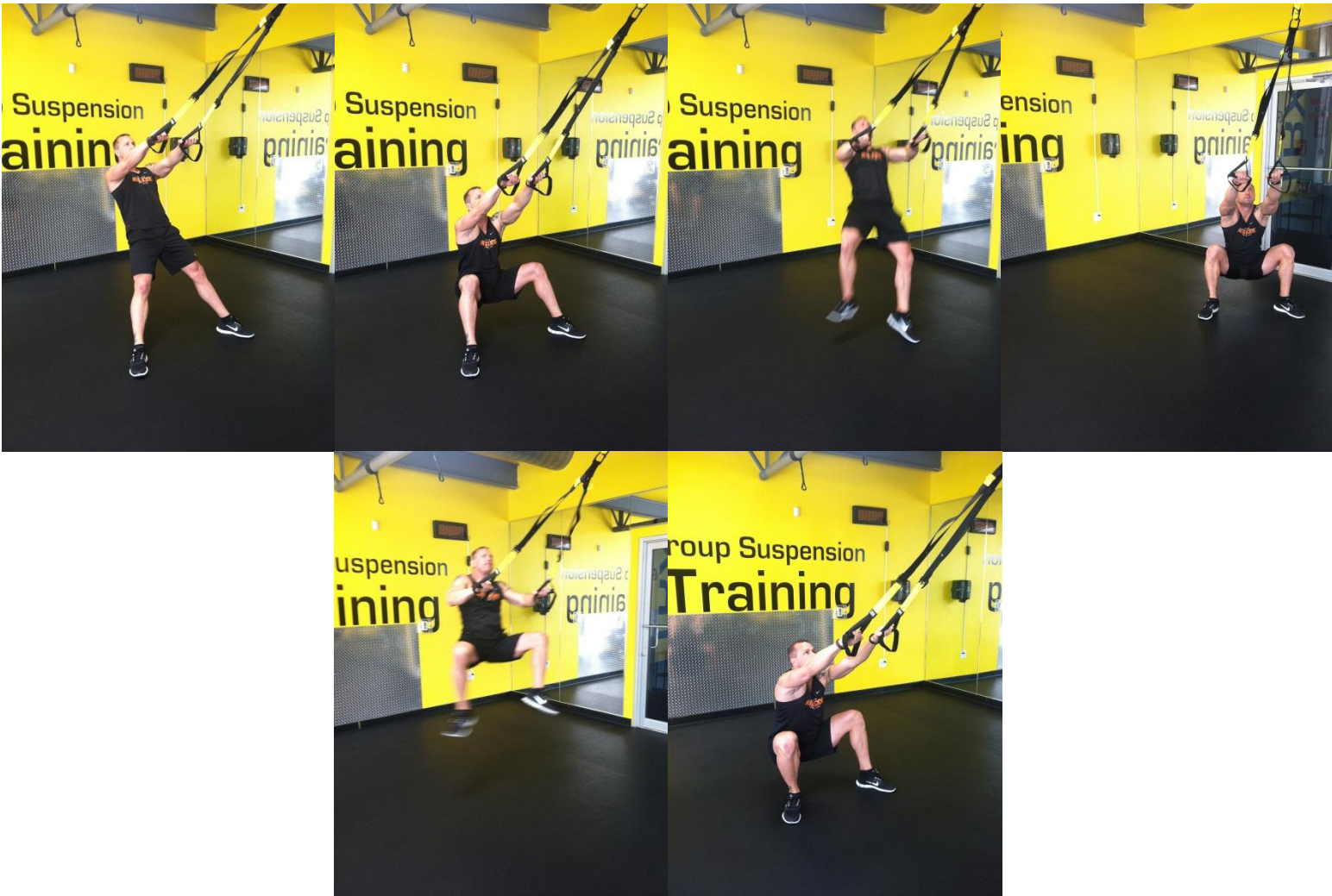
1. Standing on Left leg with right leg in air in front of you, facing anchor point, palms facing in, and lean body back, arms extended out in front as shown, lower body down into a single leg squat, and come up, bend your right knee up in front of you and then behind you and squat, repeating lunge from front to back. Repeat for desired amount of time and repeat with your Right leg.
2. Complete exercises on Right leg for desired duration of time.

## Floating Lunge w/Kick



1. Standing on Left leg with right knee bent 90° in front of you, facing anchor point, palms facing in, lower body down into a single leg squat, bringing right leg behind you, and immediately kicking your right leg forward as high as you can. Repeat for desired amount of time and repeat, standing on your Right leg, with your Left leg bent 90° in front of you.
2. Complete exercises on Right leg for desired duration of time.

## Squat Plyo Jumps Left to Right



1. Standing in wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, lean body back, squat down and hop up and to the left, squat down, and hop up and to the left again, and then squat down and hop up to the right, and then squat down again, and hop up to the right. Repeat this pattern.
2. Continue for desired amount of time.

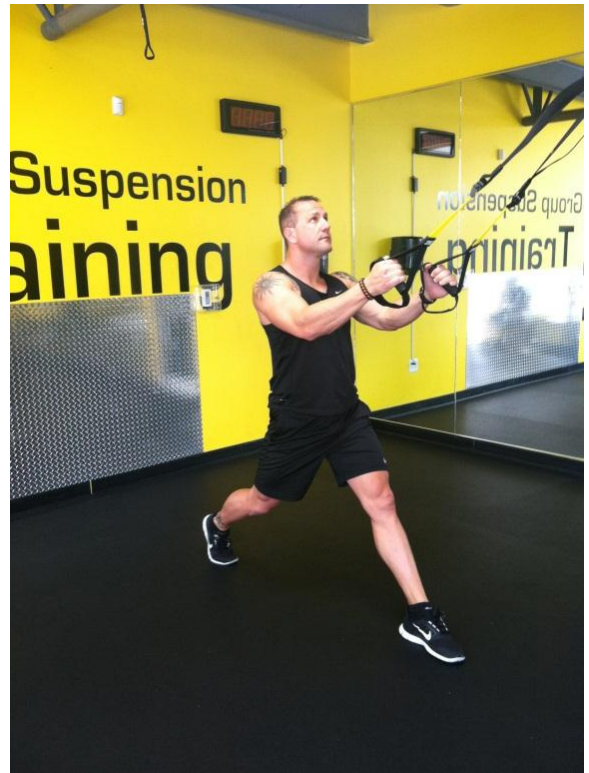
## Workout B - Intermediate Circuit 2

### Side to Side Lunge w/Skip



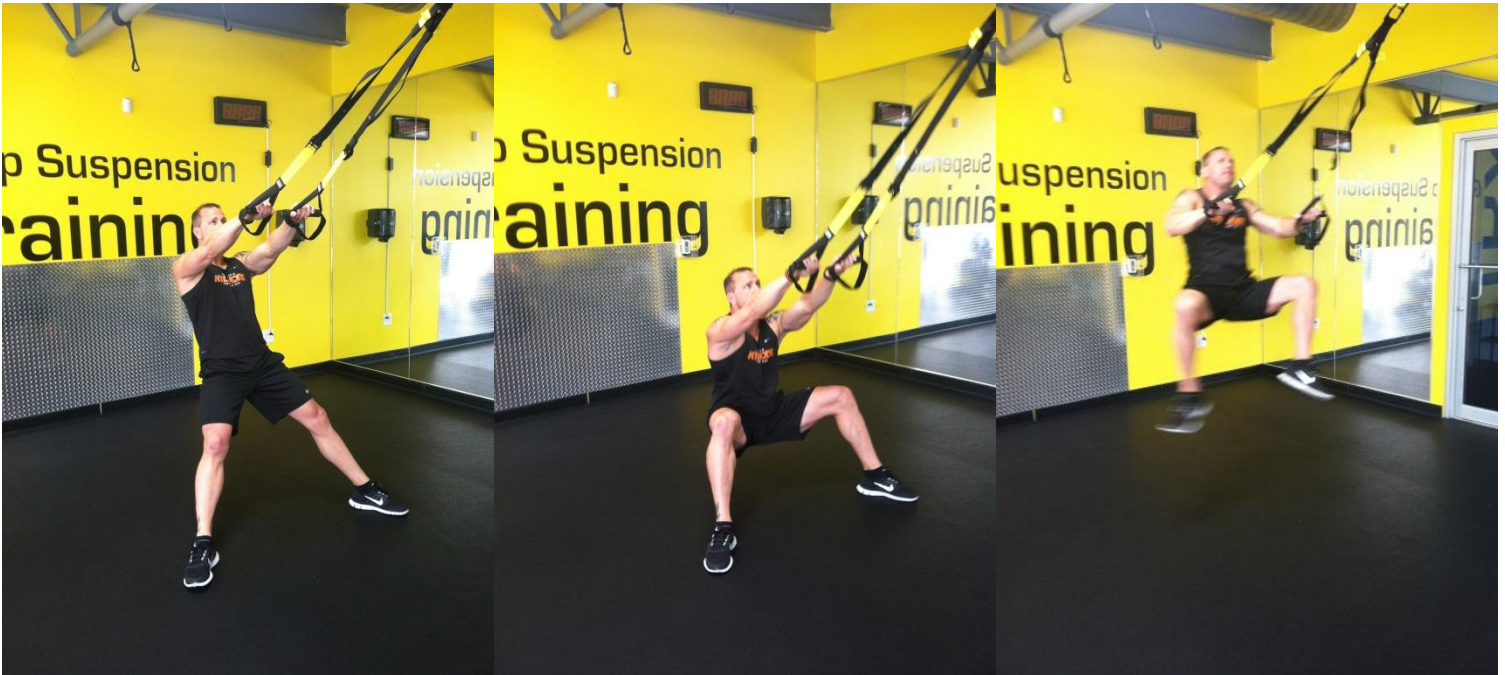
1. Facing anchor point with hands together, side lunge out to your right side and push off with right leg into a skip, landing in a lunge on your left leg.
2. Continue from side to side for desired duration.

## Static Hold Lunge L/R



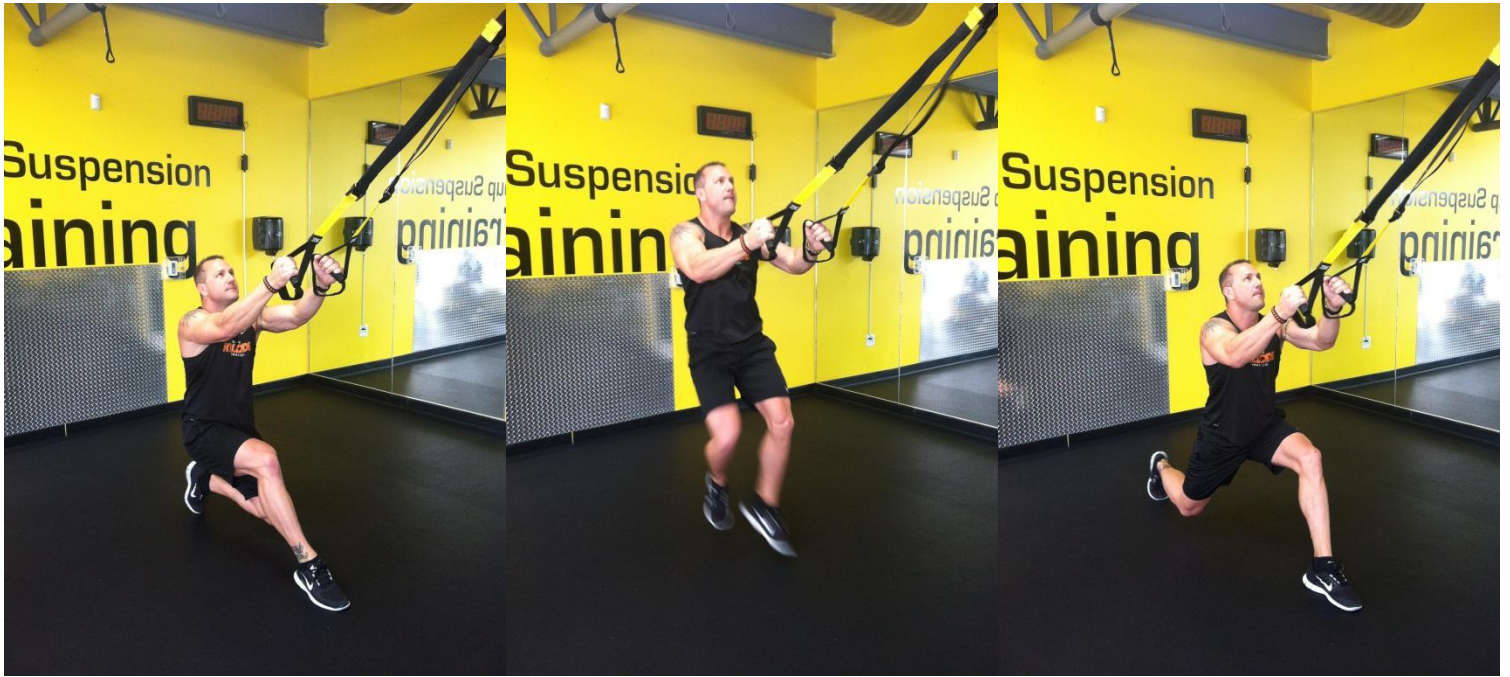
1. Facing anchor point, holding handles with palms facing in, feet in lunge position, left leg forward, come up and then back down, repeating for desired amount of time, and repeat with right leg forward for desired amount of time.

## Static Hold Squat Hops 90°



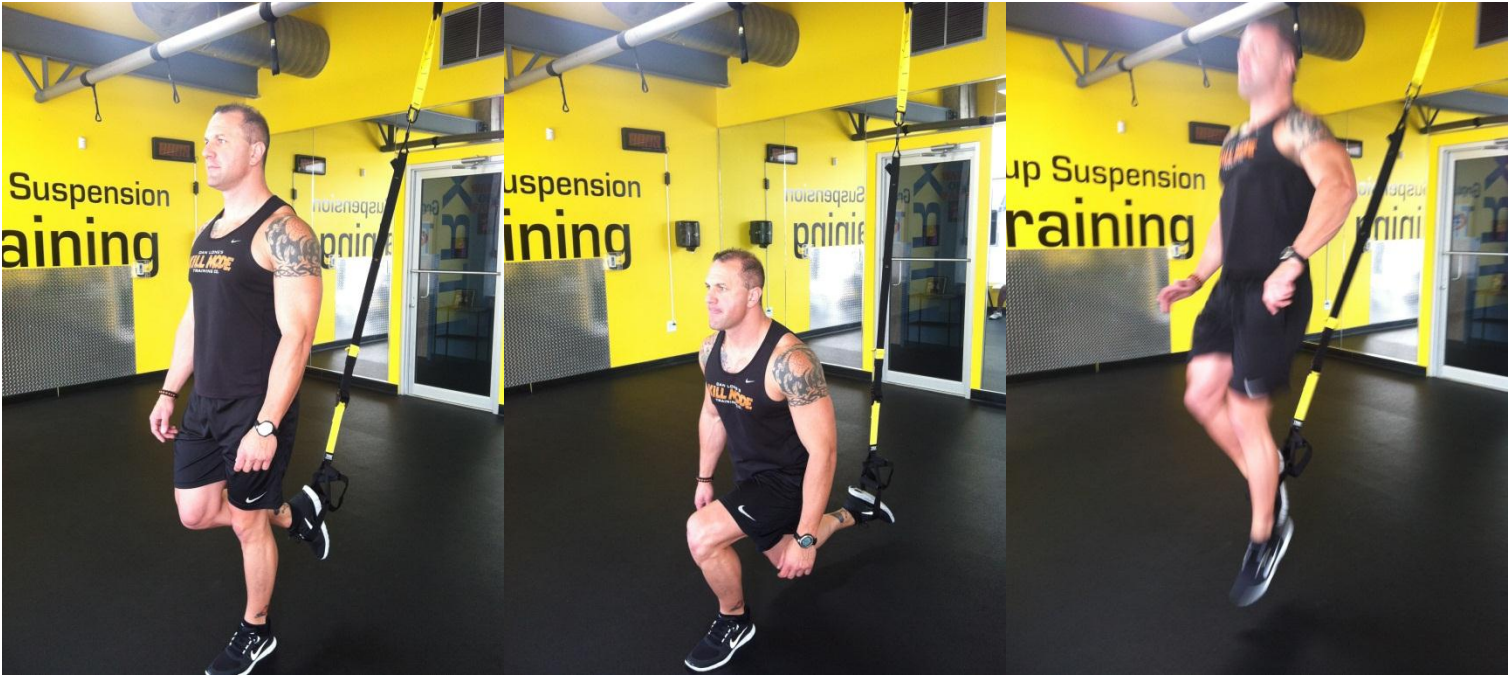
1. Standing with feet in a wide foot stance, facing anchor point, holding handles with palms facing down, squat down and hop up and down, staying in the low squat position
2. Repeat for desired amount of time.

## Jump Lunges



1. Standing facing anchor point, hands holding handles with palms facing in, and feet in an offset foot position, lunge down and jump up into an alternating jump lunge where back foot is now foot that's forward, and repeat.
2. Continue for desired amount of time.

## Static Hold Lunges L/R with Hop \*SHM



1. Facing away from anchor point with straps in SHM, place Right foot in foot cradle, and lunge. Stand up and hop. Repeat for desired amount of time, and repeat with Left leg.
2. Continue for desired amount of time.



## Workout B - Intermediate Circuit 3

### Double Leg Quad Extensions



1. On knees facing down and away from anchor point, put feet in foot cradles, and use hands for support. Straighten legs to lift knees off ground to extend quads, then lower knees to 45°, and repeat for desired amount of time.

## Hamstring Curls on Hands w/Scissor



1. Sitting on ground, place heels in handles facing anchor point, and lift body up on hands into a reverse plank, and curl knees/legs into chest and then go back out. Immediately scissor legs apart, and together, and then repeat from curling knees into chest.
2. Repeat for desired amount of time.

## Supine Runners on Hands



1. Sitting on ground, place heels in handles facing anchor point, and lift body up on hands into a reverse plank, and curl left knee up to chest, and then right, alternating quickly.
2. Repeat for desired amount of time.

## Single Leg Hamstring Curl w/Hip Raise \*SHM



1. Put straps in SHM, and lie on ground, facing anchor point, and put Right heel in foot cradle, and other foot next to it. Curl Right leg in and raise hips off floor and extend left leg straight up as far as you can, and return to start position, and repeat for desired amount of time.
2. Repeat with Left heel in foot cradle, curling left leg in, and raising hips, and Right Leg straight in air and down.
3. Continue for desired amount of time.

## Workout C – Intermediate Circuit 1

### Front Plank on Hands L/R Elbows Down



1. Facing away from anchor point, put feet in foot cradles, facing down in front plank position. Bend left arm to get down on left elbow, then with right elbow, and back on your hand and repeat.
2. Continue for desired amount of time.

## Side Plank L/R with Scissor Feet & Reach Under



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

## Reverse Plank on Hands w/Hip Drop



1. Lying on back, with heels in handles, put hands flat on floor, and raise body straight into Reverse Plank position, then lower hips just above the ground and lift back to start position.
2. Repeat for desired amount of time.

## Oblique Crunches

alternate view:



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



## Workout C - Intermediate Circuit 2

### Star Front Plank



1. Facing the ground on knees, put feet in foot cradles, and place hands out to your sides as far out as you can, as shown.
2. Raise your knees/body off ground into Star Plank position and hold for desired amount of time.

## 90° Knee Kicks



1. Place straps in SHM, and place Right foot in foot cradles, and lift body into front plank position. Bend Left Knee (leg not suspended) in, and twist torso and lead Left knee under body and to your right and then back down and immediately out and up to your right as high as you can. Return bended knee underneath body and repeat for desired amount of time. Switch legs, placing Left foot in foot cradles, and repeat.
2. Continue for desired amount of time.

## Single Leg Crunches w/Push-ups



1. With straps still in SHM, and place Right foot in foot cradles, and lift body into front plank position. Left leg should be off to side of suspended leg, where comfortable.
2. Perform a push-up and then a crunch, bringing both legs into midsection. Return to start position and repeat.
3. Continue for desired amount of time.

## Pikes - Left to Right



1. Starting in Front Plank Position on hands, raise hips up, keeping legs straight and over to your left and then back down.
2. Raise hips up, keeping legs straight and over to your right, and return to start position.
3. Repeat exercise from left to right for desired amount of time.

## Workout C - Intermediate Circuit 3

### Single Arm/Leg Body Roll-outs



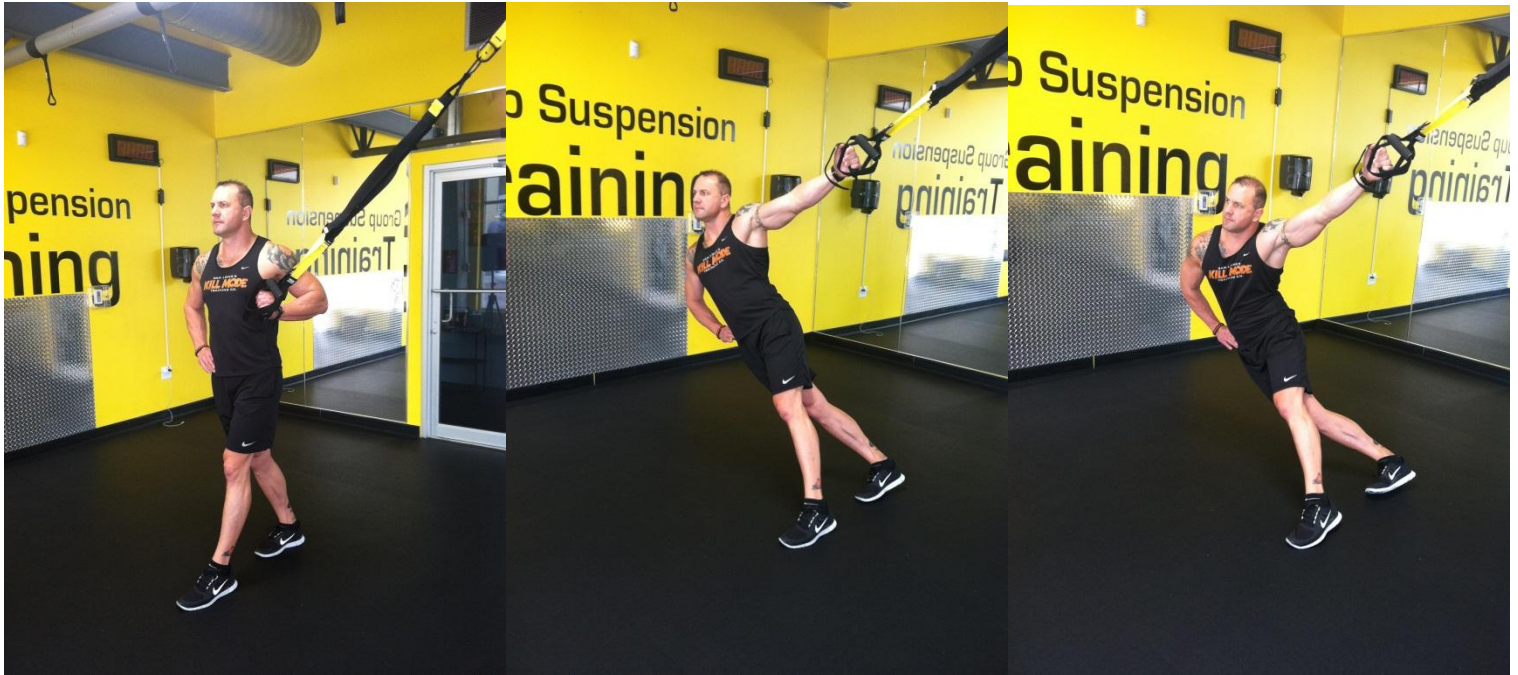
1. Put straps in SHM, and hold straps over shoulder with Right arm, placing left hand on hip, with feet together, facing away from anchor point. Raise Right arm holding straps and Right leg up until body has rolled out with right arm straight out above head. Return to start position and repeat for desired amount of time for right side.
2. Switch to Left arm holding straps, raising Left arm and Left leg, and repeat exercise for duration of time on left side.

## Single Leg Body Rotations \*SHM



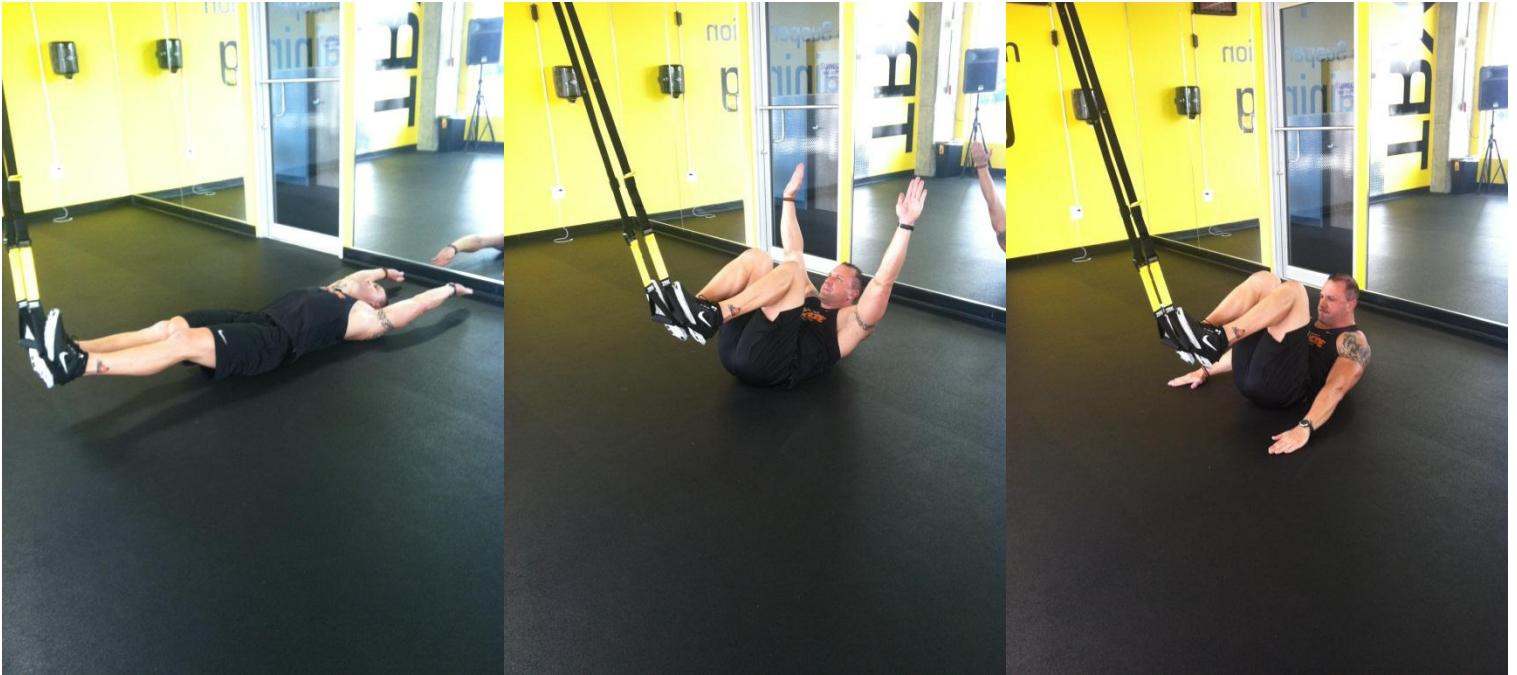
1. Place straps in SHM, and lean back, with Left leg off ground, facing anchor point. Pull arms down and to your left, and return to start position. Repeat for desired amount of time on left side.
2. Switch legs, holding Right leg off ground, facing anchor point, and pull arms down and to your right, and return to start position and repeat for desired amount of time.

## Single Arm Hip Drop L/R \*SHM



1. Facing away from anchor point with straps off to side in SHM, feet in offset foot position, hold handle in Left hand, by your ribs, and then lean body out to right side, extending arm straight out. Drop right hip down and then straighten body back out and return to start position. Repeat for desired amount of time on Left side.
2. Repeat on your right side, facing away from anchor point, straps off to side in SHM, feet in offset foot position, holding handle in Right hand by your ribs. Lean your body out to left side, and then drop your left hip down and then straighten body back out and return to start position.
3. Repeat for desired amount of time on Right side.

## Jackknife Crunches



1. Place both heels in handles, facing ceiling and lie flat, with arms up over head and floor. At same time, raise your arms up toward ceiling, while crunching and pulling knees into chest, and touch hands on ground past glutes, as shown, and return to start position.
2. Repeat for desired amount of time.



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