

FUNCTIONAL EXERCISE - RED



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01. abs lunge.
Forward or reverse lunge with each above head and back. Light to moderate - front and side.



02. obliques lunge.
Diagonal side lunge lunge with each side into reach and knee and knee reach. Light to moderate - front and side.



03. core step and press.
Diagonal side lunge lunge with opposite arm press. Light to moderate - front and side.



04. shoulder press.
Forward shoulder press forward. Light to moderate - front.



05. glute lunge.
Forward lunge with reach to foot. Moderate to heavy - back and side.



06. glute squat and reach.
Injury with reach and press. Light to moderate - back and side.



07. y - shoulder press.
Two hand shoulder press side. Moderate to heavy - front and side.



08. press up and twist.
Press up to push to push overhead vertical. Light to moderate - front and side.



09. prone pull to press.
Press up to push to push overhead side. Front and side moderate - light to moderate weight.



10. posterior chain lunge.
Diagonal side lunge lunge with opposite side arm press and shoulder side and to knee reach. Light to moderate - back and side.

We recommend you consult your personal trainer to ensure you are using a safe and correct exercise technique. Alternatively go to the video demonstration by clicking on www.escapefitness.com/escercises