



LIFT ARM UP TO TARGET TRICEPS

SQUEEZE

PRESS DOWN IN HEEL



ADD FRONT,  
LATERAL &  
BICEP MOVES



HEEL UP  
OR  
DOWN










NOTICE ANGLE OF ARMS. IT IS IMPORTANT TO HAVE THE HEEL OF THE HANDS SLIGHTLY IN FRONT OF THE SHOULDERS DUE TO MAT ON TRAMP DIPPING DOWN.



THIS IS A VARIATION WHERE YOU CAN  
TAP YOUR THUMB TO YOUR CHEST





THIS MOVE TARGETS  
THE BACK, ABS, AND  
ARMS

BRING THE ELBOW AND  
SHOULDER UP

ROTATE YOUR HIP UP

MOVE BALLS  
OF THE FEET  
TO THE BACK



NEUTRAL SPINE



SHAPE OF LEG

STAYS STILL OR  
MOVE IN OPPOSITE  
DIRECTION FROM  
OTHER LEG



SHAPE OF LEG  
GOES DOWN