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# Buff-Up

Opt phase: **Strength Edurance**

## Seated Ball Inner Thigh Stretch



Sets	1
Reps	N/A
Duration	30 sec
Intensity	N/A

Tempo	N/A
Rest	N/A

### Start

1. Sit on ball with one leg extended and other bent (side lunge).

### Movement

1. Shift weight toward bent leg until stretch is felt in inner thigh.
2. Hold 30 seconds.

## Medicine Ball Rotations



Sets	2
Reps	12
Duration	N/A
Intensity	N/A

Tempo	Medium
Rest	60 sec

### Start

1. Stand with feet straight and shoulder width apart, knees slightly bent.
2. Hold medicine ball with both hands in front of chest, arms fully extended.

### Movement

1. Draw-in belly button, squeeze butt muscles and tuck chin.
2. Rotate side to side, pivoting on back foot, in a repeated controlled motion.
3. Use abdominal and waist muscles to slow and change direction.

## Ball Cobra



Sets	2
Reps	12
Duration	N/A
Intensity	N/A

**Medium** | Rest  
60 sec

**Start**

1. Lie with ball under mid-section; feet pointed toward floor and legs straight.
2. Extend arms in front of ball.

**Movement**

1. Draw-in belly button and squeeze butt muscles.
2. Pinch shoulder blades back and down to bring arms around to side of body.
3. Return arms to front of body.

**Resistance**

**Incline Barbell Bench Press**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Medium	0 sec		

**Start**

1. Lie on incline bench, feet straight and flat on floor.
2. Grasp barbell slightly wider than shoulder-width apart.

**Movement**

1. Slowly lower bar toward chest; do not arch back or jut head forward.
2. Press bar up, fully extending arms.

**Ball Push-Up: Hands on Ball**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Slow	60 sec		

**Start**

1. Begin in push-up position with feet together and toes on floor; hands on ball slightly wider than shoulder-width apart.
2. Maintain straight line between feet, hips and shoulder.
3. Draw-in belly button and squeeze butt muscles.

**Movement**

1. With flat back, slowly lower body toward ball, lowering and squeezing shoulder blades.
2. Push up to starting position - do not jut head forward.

**Bent Over Row**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Medium	0 sec		

**Start**

1. Stand with feet straight, draw-in belly button.

2. Bend at waist until chest is at 45-degree angle to ground.
3. Extend arms and let them hang in front of body with dumbbell in each hand.

**Movement**

1. Row dumbbells, bringing thumbs toward armpits, squeeze shoulder blades together; do not arch back.
2. Return dumbbells to start position.

**Ball Cobra: 1-Arm**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Slow	60 sec		

**Start**

1. Lie with ball under belly; feet pointed down and legs straight.
2. Hold dumbbell in one hand; with arm extended in front of body.

**Movement**

1. Draw-in belly button, squeeze butt muscles and lift chest off ball.
2. Keeping elbow straight, bring one arm around to side of body by pinching shoulder blades back and down.
3. Hold; lower chest to ball while returning arm to ground in front of body.
4. Repeat with same arm.

**Standing Military Press**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Medium	0 sec		

**Start**

1. Stand with feet straight and shoulder-width apart.
2. Hold dumbbells at shoulder level - palms facing out.

**Movement**

1. With arms slightly in front of ears, draw-in belly button and press dumbbells overhead, fully extending both arms.
2. Hold; return dumbbells back to start.

**Standing Shoulder Fly: Alternate-Arm**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Slow	60 sec		

**Start**

1. Stand with feet straight and shoulder-width apart.
2. Draw-in belly button; hold dumbbell in each hand - arms at side of body.

**Movement**

1. Raise one arm up away from side of body, palm down, to shoulder level - do not shrug shoulders or arch back.
2. Hold; return arm to side of body; repeat with other arm.

**Knee Extension Machine**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Medium	0 sec		

**Start**

1. Stand with back towards machine
2. Place foot of working leg in ankle cuff
3. Squeeze glut and thigh of non-working leg for stability. Pull in belly, keep chest up and head level, looking ahead.

**Movement**

1. From a bent knee position, slowly extend the working leg, following an arc motion through the knee until the leg is straight and squeeze the quads (upper leg muscles)
2. Do not use momentum to swing the weight up, arch the low back or tuck the hips at the top.
3. Slowly return to starting position and repeat

**Stability Ball Squat**



Sets	Reps	Duration	Intensity
2	10	N/A	75%
Tempo	Rest		
Slow	60 sec		

**Start**

1. Stand with feet straight and shoulder-width apart.
2. Rest low back against ball placed on wall.
3. Keep feet under or slightly in front of knees.

**Movement**

1. Slowly squat, bending knees and keeping feet straight.
2. Keep chest up; squeeze butt muscles and press through heels to return to start; fully extend legs.