# Challenge Complex Exercise Library

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1. 1 ½ front squats

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to half way standing position
- Return to bottom position before standing up
2. 1 leg RDL

- Hold DB’s at the sides if using.
- Balance on one leg, slightly bent at the knee.
- Keep in a plank like position and simultaneously lift the heel to the ceiling while dropping the nose to the floor.
- Maintain a tight core and keep eyes directly in front, keep ears over shoulders to maintain a neutral spine.
3. **Ab roll out**

- Kneel on a mat with your hands on the barbell.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.
- Maintain shoulder over hip, over knee position and avoid sticking your butt out behind you.
4. Alternating DB rows

- Hold DB’s by the sides, fold at the waist with a flat back.
- Alternate rowing on one side, then the other while maintaining a flat back, slight knee bend.
- Do not round the back, keep ears in line with the shoulders, do not lift the head.
5. BB Or DB bent over row

- Keep ears, shoulders and hips in alignment
- Keep a flat back while holding DB’s at knee level
- Pull the shoulder blades together as you row the DB’s to the ribs and return to the start
- Do NOT round the back, keep a soft knee
6. Bent over rear delt fly

- Hold the DB’s at the sides
- Fold at the waist maintaining a flat back and tight core
- Keep the thumbs pointed downward and little fingers up
- Bring the DB’s to the sides of the body, slight bend in the elbow
- Return to start under control
7. **Bicep curl**

- Hold DB’s at the sides
- Bring the thumb side of the DB to the shoulder
- Keep elbows at the sides
- Return to starting position, fully extending arms
8. Burpee

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)
- Modify – do a burpee walk out: from the plank position, walk one foot out, then
- Walk the other, the walk the feet in, one at a time
- Modify – do a full body extension (eliminate the squat thrust/plank/push up)
9. Burpee hanging leg raise

- Do a regular burpee
- Jump up to pull up bar
- Roll at the hips to bring knees to elbows
10. **Close grip bench on floor**

- Lay on the floor or a bench, bend legs to create pelvic tilt and protect the back
- Place hands on barbell shoulder width apart
- Lower the bar to the chest
- Keep elbows close to the sides
- Extend arms over the chest
11. Close push ups on the floor

- Start in plank position (on knees or in table top position if needed)
- Place hands directly under the shoulders
- Slowly lower the chest to the ground
- Return to plank position
12. **Curtsy lunges**

- Hold DB’s at the side
- Draw one foot to the side and around the opposite foot as if ‘striking a match’
- Drop knee to the floor
- Return to standing
- Repeat on the other side
13. **DB goblet lateral lunge**

- Hold DB in goblet position
- Step out to the side as far as possible and weight outstretched leg
- Drop as low as possible while keeping upright at the waist
- Push off the outside of the foot of the bent leg and return to standing
- Repeat on the opposite side
14. **DB goblet squat**

- Hold the DB’s in the goblet position, high on the chest
- Keep the chin up and the core tight as you ‘sit in a chair’ or squat
- Keep weight on the heels so you can wiggle the toes
- Return to standing
15. **DB lateral raise to narrow squat**

- Hold DB’s at the sides
- Perform a lateral raise, keep thumbs pointing downward and little fingers toward the ceiling as if ‘pouring a cup Of tea’
- Return DB’s to the sides
- Weight the heels and sit back as if sitting in a chair into a squat position
- Keep the chest high and chin up
16. **DB swing**

- Hold the DB, KB or plate with both hands.
- Allow the weight to swing high between the thighs while you sit the bum back.
- Do NOT squat, rather, push the bum back while keeping the abs tight.
- Squeeze the bum and drive the hips forward allowing the weight to swing up to head height.
- Allow momentum to carry the weight.
- Keep the head up, don't drop the chin.

![KB/DB/Plate Swing A](image1)

![KB/DB/Plate Swing A](image2)
17. **Deadlift**

- Hold DB’s or BB in upright position, hold weight at approximately shoulder width
- Lower weight by folding at the waist, bending at the knee and keeping the weight on the heels
- Keep the back flat and core tight
- Return to standing
18. Front squat

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
19.  **Front squat alternating shoulder press**

- Hold DB’s at shoulder height
- Drop into a squat position
- Return to standing
- Push press one DB overhead, lower weight with control
- Repeat squat and push press DB on opposite side
20. **Front squat push press**

- Stand with legs hip width apart
- Bar needs to be held high on the chest, weight is NOT held with the hands
- Elbows held are up high
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Dip (bend legs) and drive the weight over head
- Return to the front rack position to repeat squat
21. **High pull**

- Hold DB’s or BB with palms facing legs
- Keep the back flat, core tight and bend the knees to lower weight to just below the knees
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Raise up onto the toes
- Keep the bar or DB’s close to the chest and raise to shoulder height
- Slowly lower the weights to the start
22. **Incline push up with spider crawl**

- Assume a push up position on an incline plane
- Do a push up
- Bring same elbow to same knee on both sides
- Repeat the push up
23. **Inverted row**

- Find a low bar where you can do an inverted plank.
- Grasp the bar with an overhand, shoulder width grip.
- Raise the chest towards the bar.
- Lower with control.
- To modify, bend the legs push more from the heels.
- To intensify, make the body as plank like as possible.

![](Position A) ![](Position B)
24. **Plank on elbows with alternate leg lift**

- Get into a plank position with shoulders directly over the elbows
- Keep the shoulders, hips, knees and ankles all in line
- Keep the hips low and alternatively lift each leg
25. **Power Clean (no squat) hang to front squat position**

- Hold BB with palms facing legs
- Keep the back flat, core tight and bend the knees to lower weight to just below the knees
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Drop elbows as you rotate bar into front rack position
- Keep the bar high at the neck, elbows high in front
26. **Prone windshield wiper**

- Hold a bar bell over the chest as if to do a bench press
- Bring knees over hips
- Keep lower back on the bench/floor by actively engaging the core
- Rotate knees from side to side
- Intensify by keeping the legs straight
27. **Pull up**

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.

Position A – Body Weight Pull Up  
Position B – Body Weight Pull Up
28. **Push press**

- Hold the bar at the shoulders
- Dip at the knees and drive the bar over head
- Lower the bar to shoulders with control
29.  **Push press tricep extension**

- Hold the bar at the shoulders
- Dip at the knees and drive the bar over head
- Keep the elbows pointing to the ceiling and close together to lower BB to back of neck
- Extend arms to bring the BB over head
- Lower the BB with control back to shoulders
30. **Push up cross body mountain climber**

- Assume a plank position
- Do a regular push up
- Draw opposite knee to opposite elbow on each side
- Repeat push up
31. **Push up renegade row**

- Keep the abs braced and body in a straight line from knees to shoulders.
- Balance on dumbbells on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Balance on one arm while doing a row with the other.
- Keep hips and shoulders square to the floor.
- Alternate sides.

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**Position A**  
![Position A](image)

**Position B**  
![Position B](image)

**Position C**  
![Position C](image)
32. **Push up shoulder touch**

- Assume a plank position
- Do a regular push up
- Touch opposite hand to opposite shoulder on each side
- Repeat push up
33. RDL – Romanian Dead Lift

- Hold barbell at hips
- Keep the back flat and core tight while lowering barbell to knees or just below
- Return to standing position while maintaining a flat back
- It is acceptable to have a slight bend at the knee
34. Renegade row

- Get into push up position (drop to knees or table top if needed)
- Balance on DB’s if using
- Do full push up (optional)
- Then do one arm pull up (if not using DB’s, raise hand to chest, elbow high in the air)
- Repeat push up and pull up on opposite arm
- A wide stance with the feet helps to maintain level hips
- Modify – Unload, do bodyweight only, eliminate the push up
35. **Reverse lunge**

- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg
36. **Reverse lunge bicep curl**

- Hold DB’s at the sides
- Step back on one leg
- Drop back knee to the floor
- Maintain a 90 degree angle at the knee, hip and ankle
- Step forward onto the heel of the front foot to return to standing
- Perform a bicep curl before repeating on the opposite side
37. **Single push press or thruster**

- Hold the DB at shoulder height
- Extend opposite hand for balance
- Dip at the knee and drive the DB overhead
38. **Sit outs**

- Start in a plank position
- Bring the knees close to the elbows
- Shoot one leg out to the side while dropping the hip to the floor
- Quickly hop to extend leg to the other side
- Maintain fast pace
39. **Spider crawl**

- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs throughout movement
40. **Spiderman push up**

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- Modify – do the push up, then the spider crawl without bringing the elbow to the knee
41. **Squat thrust**

- Drop down into plank position
- Hop the legs in towards the hands
- Hop the legs back into plank position
- Repeat
42. **Overhead Squat**

- Hold DB over head, keep arm straight and tighten core
- Outstretch other hand for balance
- Squat and return to standing
43. **Weighted Burpee**

- Hold a BB or DB in an upright position
- While maintaining a flat back, drop to a plank position and shoot the legs into a plank
- Bring the legs back in towards the chest
- Keep the back flat and return to standing
44. **Weighted burpee to clean n press (no squat)**

- Hold BB with palms facing legs
- Hold a BB or DB in an upright position
- While maintaining a flat back, drop to a plank position and shoot the legs into a plank
- Bring the legs back in towards the chest
- Keep the back flat and return to standing
- Powerfully extend the hips forward and drive the elbows up to the ceiling
- Drop elbows as you rotate bar into front rack position
- Keep the bar high at the neck, elbows high in front
Cool Down

- Hamstring stretch

- Quad stretch
- **Child’s pose**

- **Child’s pose lat stretch**
- Downward facing dog

- Triceps stretch
- **Standing torso stretch**

- **Prone torso stretch**