



BRING THE GYM TO YOU!

Enjoy this guide to a basic list
of exercises to get you started!



FOR THE FOLLOWING
EXERCISES YOU WILL NEED



DOOR ANCHOR



BANDS



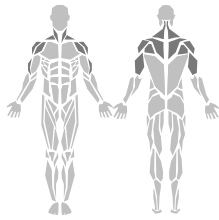
HANDLES



BAR



Click the link below the
images to see the video



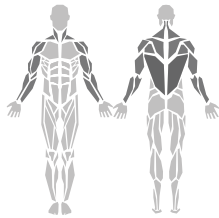
FACE PULLS

Grasp the handle in an overhand grip (palms facing the floor) and hold it with your arms fully extended out in front of you. Pull the handles towards you, keeping your upper arms parallel to the floor, so that the handles go either side of your face. Then return to the starting position, keeping the tension in the cable.

Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=mTUVoGPt3gl>



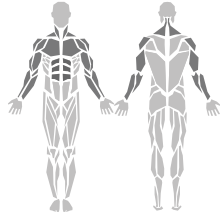
LAT PULLDOWN

Stand with one leg forward leaning to the front and raise both arms putting them next to your ears. Now, send your elbows to the back while pulling your shoulder-blades together and pause. Then return to the starting position, keeping the tension in the cable and repeat.

Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=qdOprWN9zNE>



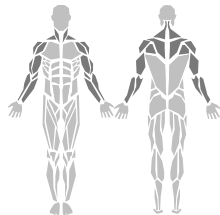
FLY

Hold a handle in each hand and step away from the door while pulling your arms together in front of you. Your torso should have a small forward bend from the waist. With a slight bend on your elbows, extend your arms to the side (straight out at both sides) in a wide arc until you feel a stretch on your chest. Keep in mind that the arms and torso should remain stationary. Return your arms back to the starting position and repeat.

Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=l6xp3PfA4bk>



REAR DELT FLY

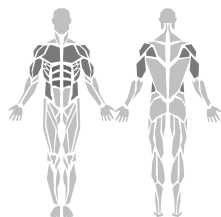
Adjust the handles to the appropriate height by stepping away from the door. Initiate the movement by moving your arms back and outward, keeping your arms straight as you execute the movement. Pause at the end of the motion before returning the handles to the start position.

Add resistance by moving away from the door or adding another set of bands.



https://www.youtube.com/watch?v=_80UOFzUv54

WOODCHOPPER



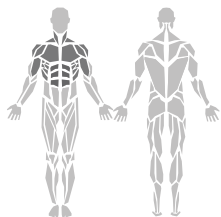
With your feet positioned shoulder width apart grab the handle with both hands and step away from the door. Your arms should still be fully extended. In one motion, pull the handle down and across your body to your front knee while rotating your torso. Keep your back and arms straight and core tight while you pivot your back foot and bend your knees to get a full range of motion. Maintain your stance and straight arms. Return to the neutral position in a slow and controlled manner.

Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=zU5p4NEmzsU>

AB CRUNCH

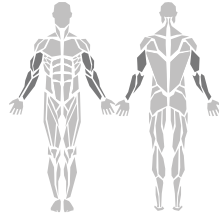


Kneel with your back towards the door, tense your abs, bring your hands to your shoulders while holding the handles and keep your back straight. Next, move your upper body forward to the floor while squeezing your abs.

DO NOT LET your butt get any close to your feet.



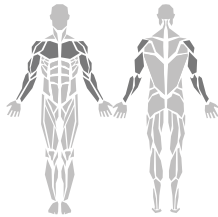
<https://www.youtube.com/watch?v=HX22aoujA8Y>



TRICEP PUSHDOWN

Tuck your elbows in at your sides and position your feet slightly apart. Inhale. Push down the handles until your elbows are fully extended but not yet in the straight, locked position. Keep your elbows close to your body and bend your knees slightly on the pushdown. Resist bending forward. Try to keep your back as straight as possible as you push down. As you exhale, return to the starting point using a controlled movement. Add resistance by moving away from the door or adding more bands.

<https://www.youtube.com/watch?v=I5zuj0oTc8E>

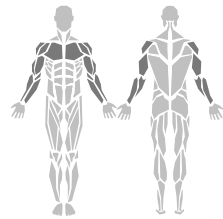


CHEST PRESS

Holding a handle in each hand position the upper arm at a 90 degree angle with the shoulder blades together. This will be your starting position. Keeping the rest of the body stationary, extend through the elbows to press the handles forward, drawing them together in front of you. Pause at the top of the motion, and return to the starting position. Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=RS4TiRYMIT0>

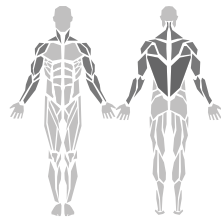


BARBELL PRESS

CHEST PRESS VARIATION USING THE BAR.



<https://www.youtube.com/watch?v=rWxGR8M83ko>



STRAIGHT ARM

Set your feet at shoulder width and keep your elbows locked out the entire time. Draw your shoulder blades back together and down. Draw your ribs down, tuck your tailbone under and brace your core. Step back from the door a bit so that you feel tension on the bands and your arms are fully extended overhead. You should feel a stretch on your lats (the muscles along the sides of your back). Slowly drive your arms down to your sides in an arcing motion with elbows locked out, so your hands end up in line with your hips. Reverse the motion slowly to extend your arms again. Add resistance by moving away from the door or adding another set of bands.



<https://www.youtube.com/watch?v=-5pN869W4Bs>



FOR THE FOLLOWING EXERCISES YOU WILL NEED



BASE



BANDS



HANDLES

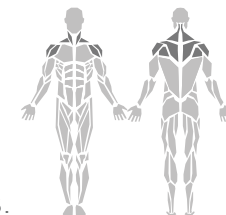


BAR



<https://www.youtube.com/watch?v=h83K0GK-aSE>

SHRUGS

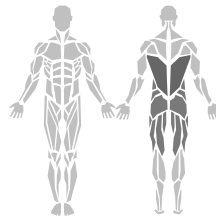


Bands through 2 and 4, hooked on to the handles.

Stand up straight with your feet at shoulder width as you hold the handles. Your hands should be a little wider than shoulder width apart. This will be your starting position. Raise your shoulders up as far as you can go as you breathe out and hold the contraction for a second. Refrain from trying to lift the handles by using your biceps. Slowly return to the starting position as you breathe in. Add resistance by looping through the hooks or adding another set of bands.



<https://www.youtube.com/watch?v=p3PmTkcfLig>



SINGLE LEG DEADLIFT

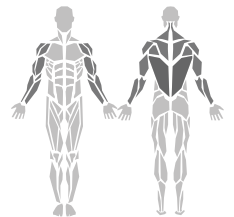
Bands through 2 and 4, hooked on to the handles.

Hold the handles in both hands, hanging to the side. Support yourself standing on one leg. Keeping that knee slightly bent, perform a stiff-legged deadlift by bending at the hip, extending your free leg behind you for balance. Continue lowering the handles until you are parallel to the ground, and then return to the upright position.

Add resistance by playing with the hooks or adding another set of bands.



<https://www.youtube.com/watch?v=9bgD7TsPf7E>



BARBELL ROW

Bands through 1 and 5, hooked on to 3.

Holding the bar (palms facing up), bend your knees slightly and bring your torso forward, by bending at the waist while keeping the back straight. Make sure that you keep the head up. The bar should hang directly in front of you as your arms hang perpendicular to the floor and your torso. Now, while keeping the torso stationary, breathe out and lift the bar to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.

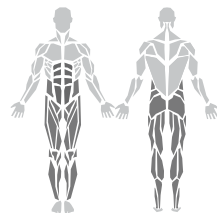
Add resistance by playing with the hooks or adding more bands.



<https://www.youtube.com/watch?v=u6UYOGy7t98>

https://www.youtube.com/watch?v=svl-SQ2_Yx8

SQUAT

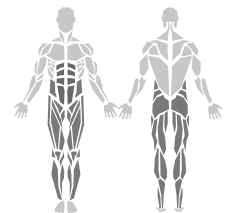


Setting 13, bands through 1 hooked on to 3.

Stand on the base, bar over your shoulders and point your toes slightly outwards. Tense your abs, look straight ahead and stand tall. Pull your shoulders back with your chest out. Sit back making sure to move your butt backward while bending your knees.

Add more resistance by changing the setting to 14 and 15 or adding another set of bands.

FRONT SQUAT



Setting 13, bands through 1 hooked on to 3.

Stand on the base, hold the bar over your chest and point your toes slightly outwards. Tense your abs, look straight ahead and stand tall. Pull your shoulders back with your chest out. Sit back making sure to move your butt backward while bending your knees.

Add more resistance by changing the setting to 14 and 15 or adding another set of bands.

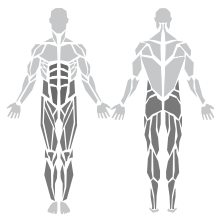


https://www.youtube.com/watch?v=K4Tj_GdGolc

HIGH KNEE LUNGE

Setting 13, bands through 1 hooked on to 3.

Stand with your feet together and put the bar over your shoulders. Step back with your right leg and bend both knees until they make a 90 degree angle. Stand back up and as you do bring your right knee forward and up till it reaches your chest. Without putting your right foot back on the ground bring it back for the next repetition. Repeat this motion and then switch legs. Add more resistance by changing the setting to 14 and 15 or adding another set of bands.

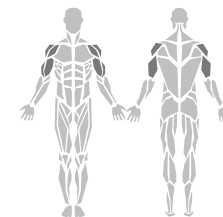


<https://www.youtube.com/watch?v=lnAEb9YD-X0>

OVERHEAD TRICEP EXTENSION

Setting 31, bands through 3 hooked on to 1.

Stand in the middle of the base with your feet about shoulder width apart from each other. Grab the handles and lift them over your head until both arms are fully extended. Keep your upper arms close to your head with elbows tucked in and pointing forward. Lower the resistance slowly behind your head until your forearms touch your biceps. The upper arms should remain stationary and only the forearms should move. Now go back by using the triceps to raise your hands over your head. Add more resistance by changing the setting to 41 and 51 or adding another set of bands.





FOR THE FOLLOWING EXERCISE YOU WILL NEED



BASE



BANDS



LIMB STRAPS



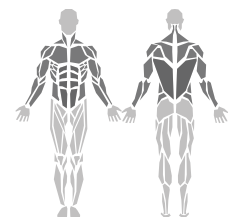
AB WHEEL



<https://www.youtube.com/watch?v=lBQCtw17l3k>

Turn the base sideways and place both bands through 5 hooked on to 1. Then place the straps in the ab wheel handles and hook the other end of the bands to the straps.

Hold the ab wheel with both hands and kneel in the middle of the base. Slowly roll the ab wheel straight forward, stretching your body into a straight position. Go down as far as you can without touching the floor with your body. Breathe in during this portion of the movement. After a pause at the stretched position, start pulling yourself back as you breathe out. Go slowly and keep your abs tight at all times. Add more resistance with another set of bands.



3 DAY

BEGINNER
WORKOUT



DAY 1

Chest and Triceps

Chest Press 3x10
Flys 3x10
Tricep Extensions 3x10
Tricep Pushdown 3x10
Ab Crunches 3x20

DAY 2

Back and Arms

Rows 3x10
Rear Delt Fly 3x20
Woodchopper 3x10
Lat Pulldown 3x10
Straight Arm 3x10

DAY 3

Legs and Shoulders

Squats 3x10
High Knee Lunge (each leg) 3x10
Shrugs 3x20

Remember to warm up before
and stretch after the workout
IS AS IMPORTANT AS TRAINING

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CLUB BODYBOSS
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BRING TRAINERS LIVE TO YOU
no matter where you are!

-  Dashboard
-  Live Broadcast
-  Group Interactive
-  Trainer Sessions
-  On Demand Replays

 Chat



Group Chat

Mariana Betancur
Love your workouts Kelly!
11:01 AM

Mariana Betancur
Trying to keep up
11:01 AM

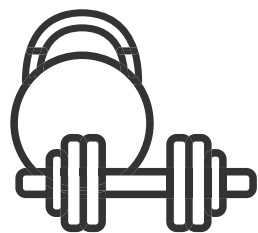
Lauren White
Hi Kelly!
11:01 AM

Type here...



Interact with the trainer
during the workout

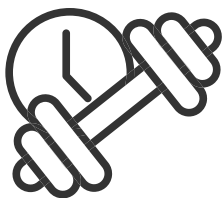




Live Broadcast



Follow both live and recorded workouts



On Demand Replays



CLUB BODYBOSS BRING THE GYM TO YOU

Live Broadcast

Dashboard

Live Broadcast

Group Interactive

Trainer Sessions

On Demand Replays

Support

We will help you meet your fitness goals by bringing the gym to YOU! By taking advantage of our Plus Membership, you will have access to unlimited Group Sessions featuring one of our certified BodyBoss trainers who will guide and motivate you with a live workout. If its 1:1 training you desire, Plus Members can purchase Personal Training Sessions designed specifically to your fitness goals.

May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

04:00PM - 04:30PM
Boxing Workout
Jay Neyer
Live Broadcast

BOOK FREE

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Book a trainer's broadcast workout in advance

CLUB BODYBOSS BRING THE GYM TO YOU

Dashboard

Dashboard

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Trainer Sessions

On Demand Replays

Support

Booked Sessions

Name	Type	Trainer Name	Date	Time	Action
Bodyweight Basics	Live Broadcast	Kelly Amshoff	05/14/2019	11:00 AM - 11:30 AM	JOIN
Arms Workout	Live Broadcast	Jay Neyer	05/15/2019	04:00 PM - 04:30 PM	JOIN
Low Body Melt Down	Live Broadcast	Kelly Amshoff	05/16/2019	11:00 AM - 11:30 AM	JOIN
Lower Body Workout	Live Broadcast	Jay Neyer	05/20/2019	04:00 PM - 04:30 PM	JOIN
Jacked!	Live Broadcast	Kelly Amshoff	05/21/2019	11:00 AM - 11:30 AM	JOIN
Killer Core	Live Broadcast	Kelly Amshoff	05/23/2019	11:00 AM - 11:30 AM	JOIN
Tabata Tuesday!	Live Broadcast	Kelly Amshoff	05/28/2019	11:00 AM - 11:30 AM	JOIN
Boss ATTACK!	Live Broadcast	Kelly Amshoff	05/30/2019	11:00 AM - 11:30 AM	JOIN


Workout videos

VIEW ALL





Even if you cannot make the scheduled time,
you'll be able to watch the replay.








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On Demand Replays


Mariana

 Dashboard

 Live Broadcast

 Group Interactive

 Trainer Sessions

 On Demand Replays

Video Topic

Workout Category

Concentration

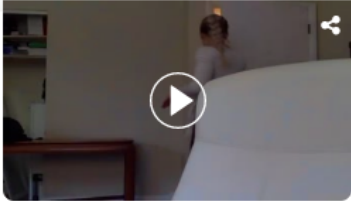
Trainer


All

All


All


Search



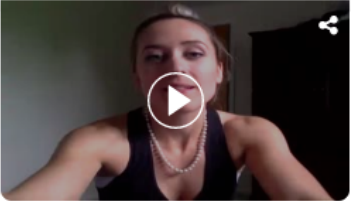
Category : FREE Group Session  Kelly Amshoff


Bodyweight Basics
No equipment needed, but be ready for a full...
[read more](#)




Category : FREE Group Session  Jay Neyer


Boxing Workout
Boxing workout with Jay



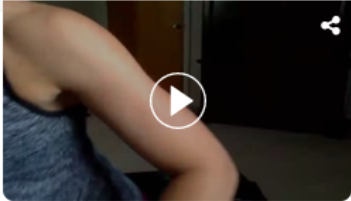
Category : FREE Group Session  Kelly Amshoff


Boss Attack!
Full body Boss workout!



Category : FREE Group Session  Jay Neyer

Door Anchor Workout
Door Anchor workout with Jay



Category : FREE Group Session  Kelly Amshoff

Chat

WORKOUTS ONLY LAST 2 WEEKS BEFORE DISAPPEARING,
help providing you an extra push to do your workouts!

Schedule and book a 1 on 1 session
for a personalized workout.



Trainer Sessions



Mariana



Dashboard



Live Broadcast



Group Interactive



Trainer Sessions



On Demand Replays

We will help you meet your fitness goals by bringing the gym to YOU! By taking advantage of our Plus Membership, you will have access to unlimited Group Sessions featuring one of our certified BodyBoss trainers who will guide and motivate you with a live workout. If its 1:1 training you desire, Plus Members can purchase Personal Training Sessions designed specifically to your fitness goals.



Kelly Amshoff

Book Now

Message



Jay Neyer

Book Now

Message



Ross Oltorik

Book Now

Message

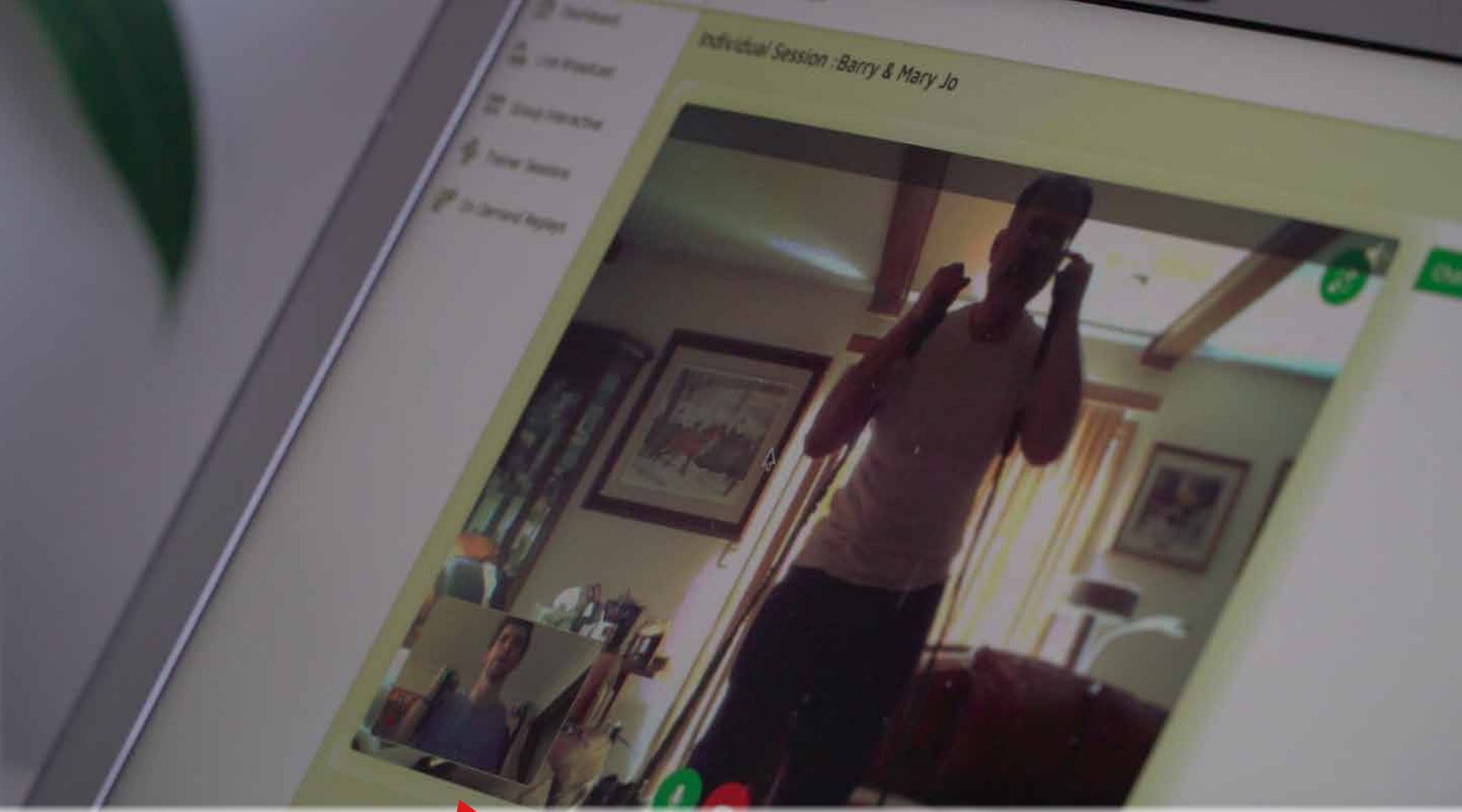


Dennis Oltorik

Book Now

Message

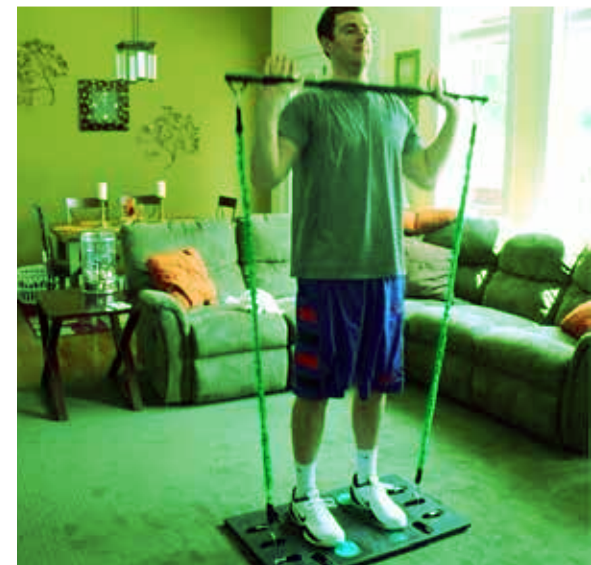
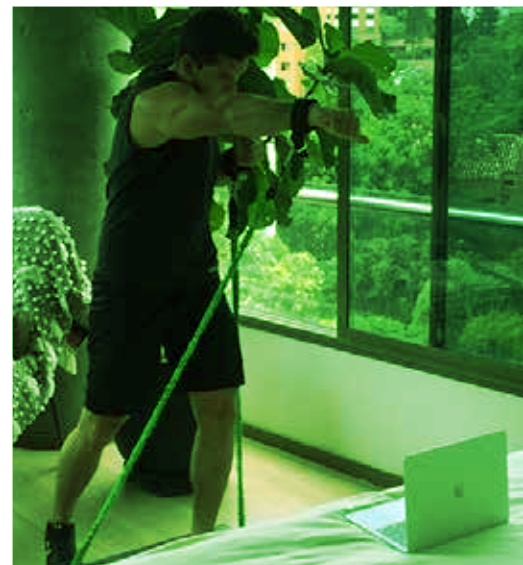
Chat



With an individual session receive real-time
personalized feedback



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BODYBOSS
TOTAL WORKOUT SYSTEM



Different Band Settings
and adding more resistance



The BodyBoss base has 5 different hooks positioned along each side of the base.



We encourage you to play with the bands and the different settings, so you can find what feels comfortable according to your height and fitness level.

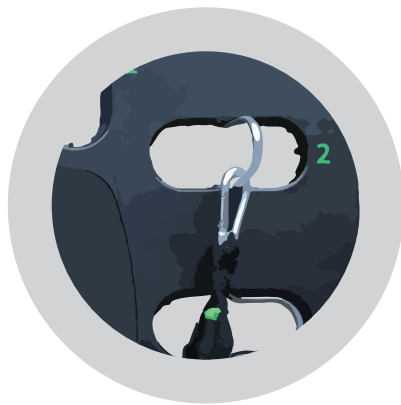
During our workouts we will always provide a suggested setting for each exercise, but feel free to make whatever adjustment you need, whether that's lowering or increasing the resistance.



Clipping onto a **single digit** setting is the easiest resistance you can get. This means settings 1 to 5.



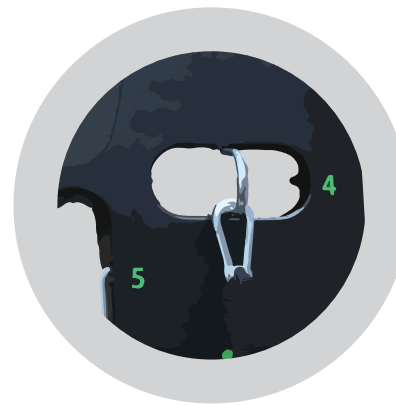
Setting 1



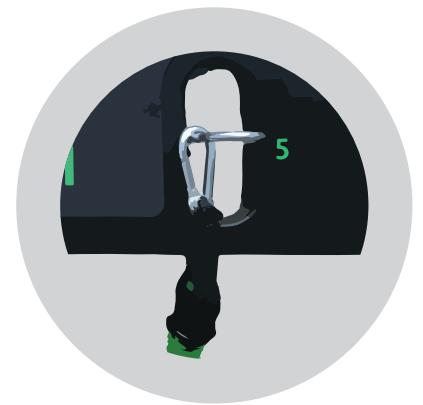
Setting 2



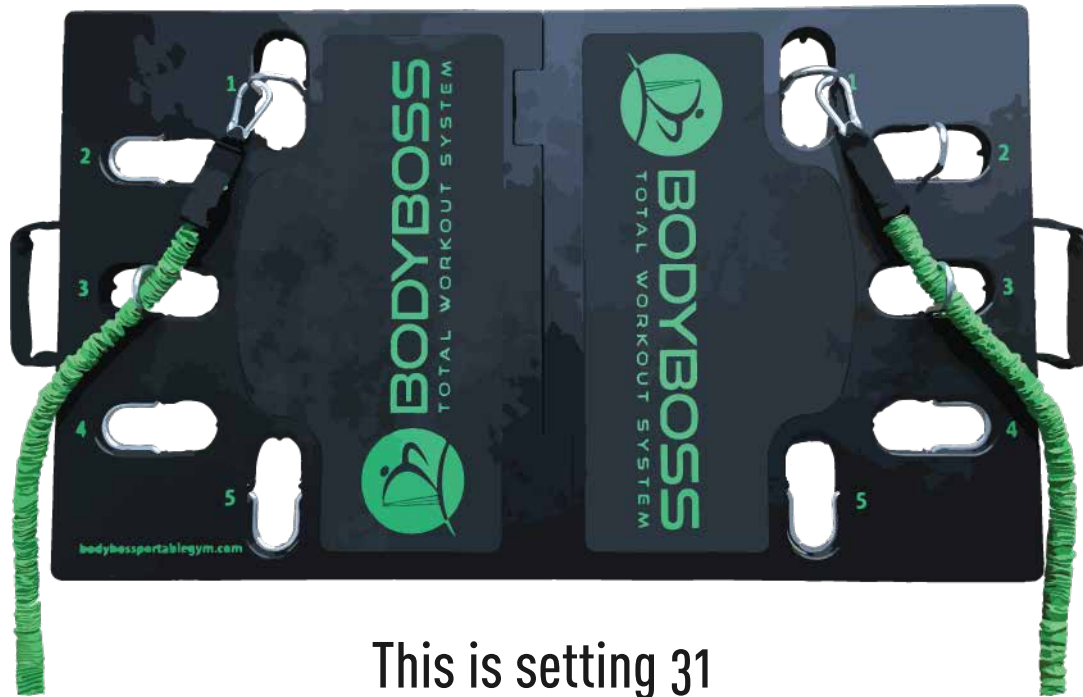
Setting 3



Setting 4

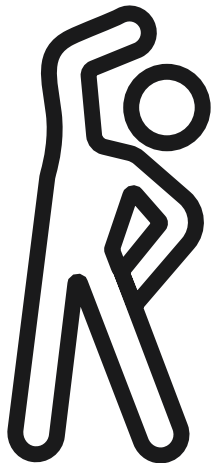


Setting 5



This is setting 31

When using more than one hook, please note that the first digit is the one you put the band through and the last digit is the one that you hook onto.

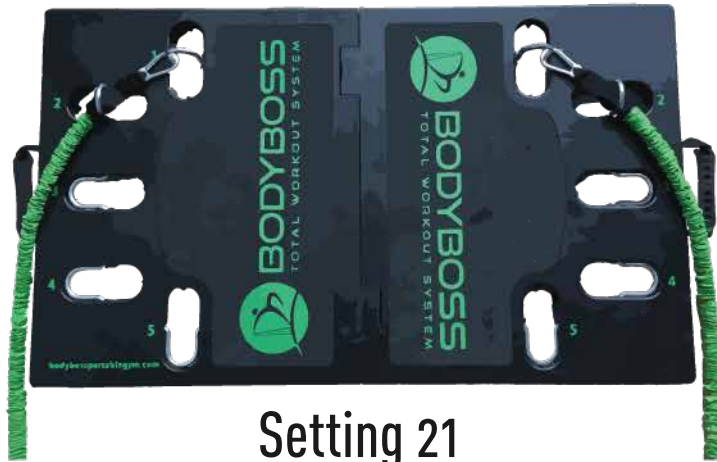


When you start using 2 digit settings, it means that you are increasing the resistance.

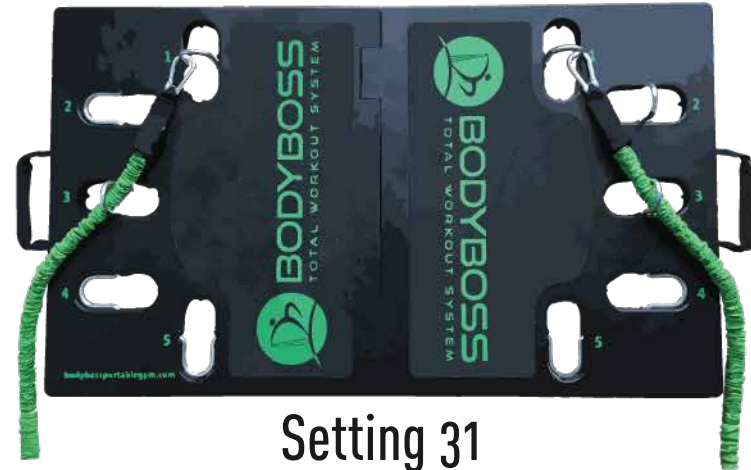
This also means that the higher the number you put the bands through (in relation to the number you are hooking onto) the more resistance you are adding to the bands*.

*** See the next slide.**

So for example when you are hooked onto 1, setting 21 is the one with less resistance and setting 51 is the hardest, with settings 31 and 41 in between.



Setting 21



Setting 31



Setting 41



Setting 51



Other ways of adding **more resistance**

Using another set of bands



Setting 31

This is by far one of the best ways of adding a lot of resistance to your workout. No matter what setting you're using, by doubling the bands you double the total amount of resistance.

Halvening the band



Setting 3

This means putting the bands through one (or two) hooks and clipping both ends to either the straps, the handles or the bar depending on the exercise you're doing.

Playing with different settings



Setting 531

As we said before we encourage you to find what is best for you. If you feel the previous ways of adding resistance are way to hard, but a 2 digit setting still to easy, try putting the bands through two hooks and clipping onto a third.

Some settings using the base **sideways**

Note that these are perfect for floor work, mainly abs and glutes



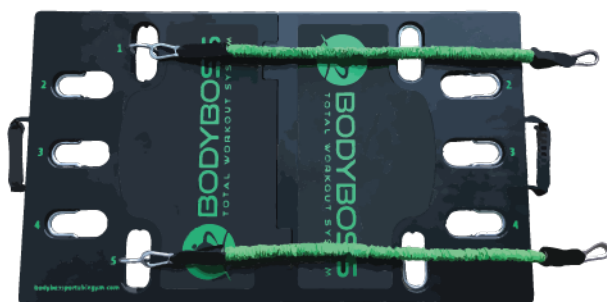
Clipping the band onto 1 and 5 in the same side of the base: You slip underneath the band and will have more resistance for exercises like planks and mountain climbers.



Setting 2 - 4

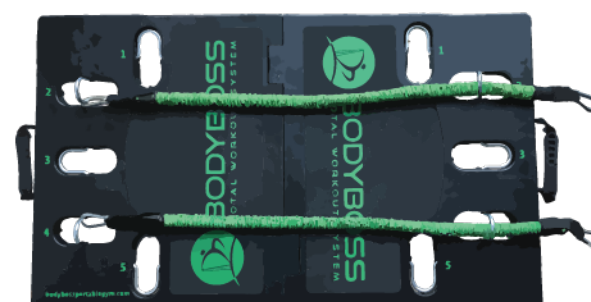
One band clipped onto 2 and the other band clipped onto 4 in the same side of the base.

Clip the straps onto the other end of the band. This setting is ideal for ab exercises like Flutter Kicks, Heel Tops, Single Leg Lowers and glute exercises like Kickbacks, Circles and A-line Planks.



Setting 1 - 5

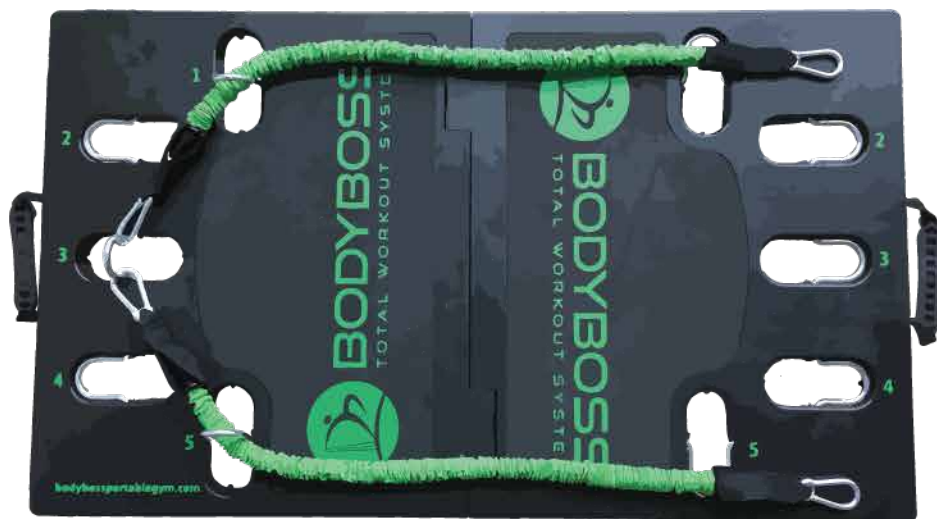
An easier version of this setting is clipping one band onto 1 and the other onto 5 in the same side of the base.



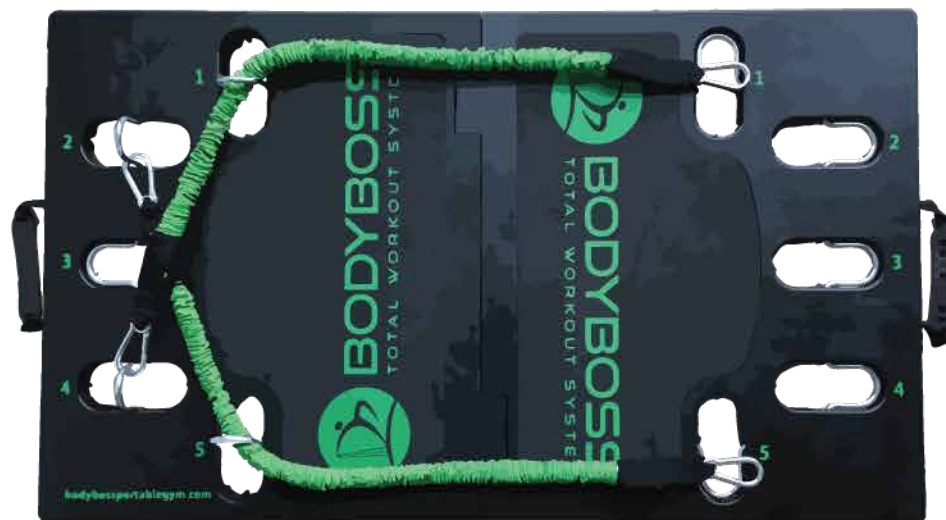
Setting 22 - 44

To increase the tension and add more resistance put the bands through another hook.

Setting 13 - 53



Setting 14 - 52



Bands through 2 & 4 hooked onto the attachments



Bands through 1 & 5 hooked onto the attachments

