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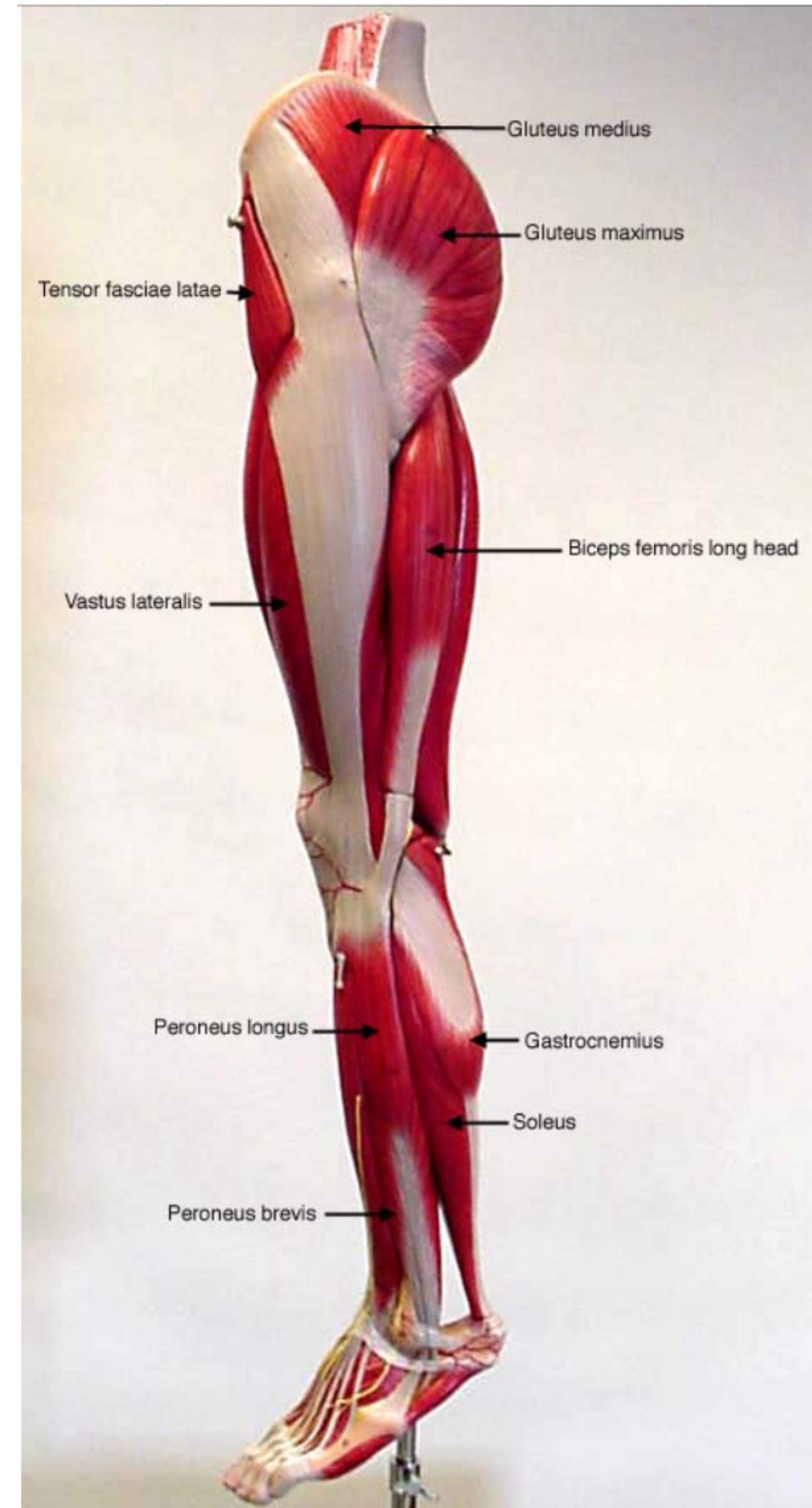


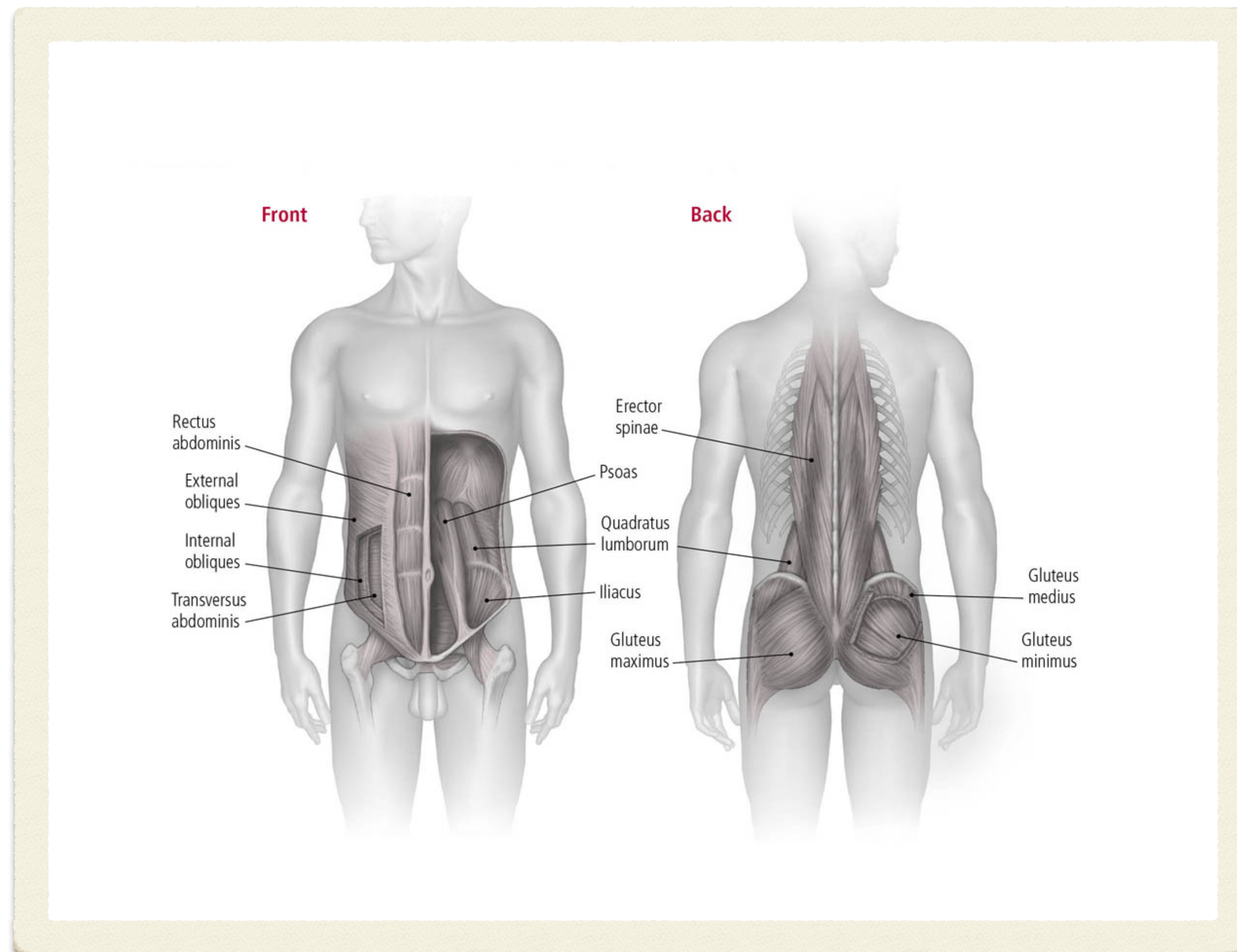
Jeff Howard

Butt Blaster & More

- I. INTRODUCTION
 - 1. Jeff's Background with Virgin Active, Equinox and Golden Door Spa
 - 2. Our Purpose Today:
 - 3. Who this class is for; Personnel trainers, Group exercise instructors, mind body teacher
 - 4. Where the class came from:
 - a., Chicago Crunch
 - b. WHAT PERCENTAGE
 - 5. HOW IT WORKS
 - 6. Strength training
 - 7. THINKING OUTSIDE OF THE BOX
 - 8. The people whom come to our classes.

What are we
working with





Muscles we are approaching today

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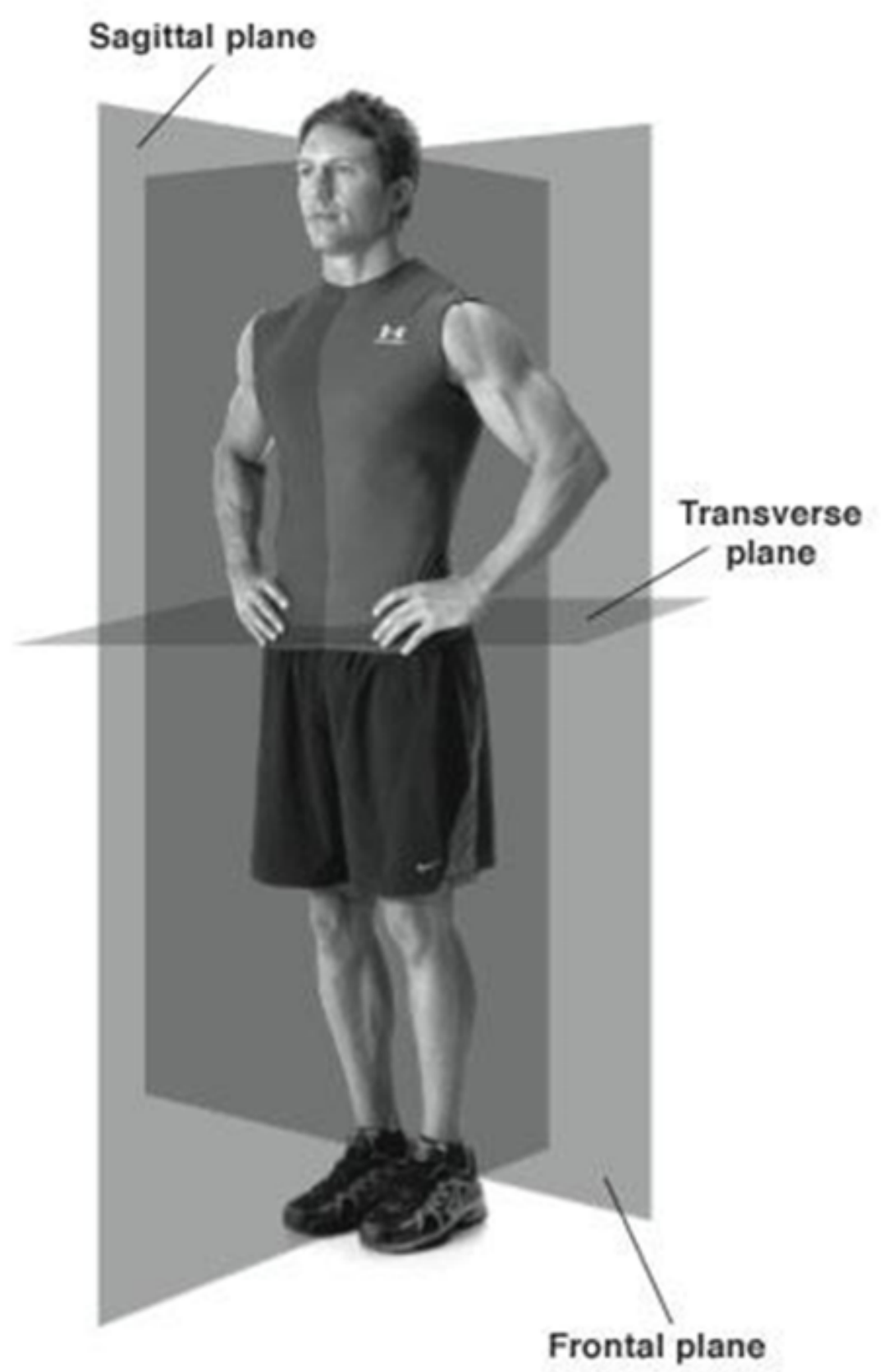
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What are we Working?

- Anterior Abdominal
 - Transverse Abdominus
 - External and Internal Obliques
 - Rectus Abdominus

- Posterior Back
 - Erector Spinae Group
 - Gluteus Minimus
 - Gluteus Maximus
 - Gluteus Medius

Work out

- Warm -up
- Lunge and the dynamics
- Lunges- “scootch”
- Loaded lunge alt front alt back
- Brazil- arms
- Lunge upper movement
- Assisted under toe
- Squats
- Single leg
- Combo lunge squat to pleas
- Dead lift
- Pleas
- Loops
- Bridge
- Butterfly
- Side work
- Dead lift -lunge dead lift -lunge
-
-

- Assisted squat

- Hold

- Toes up

- Kneel assisted

- Kneel arms

- Kneel help up

- Arm over head

- No help

- Plea

- Heals

- Lunge bar under toe

- Dead lift up right row

- Lift and drop

- Drop and lift

- Tricep

- Bicep row

- Chest

- Fly single arm

- Abs

- 100's

- Extend down

- Obliques

THANK-YOU

* FINDMRJEFF@YAHOO.COM

* JDHFIT

* JEFFREY HOWARD