



snowbuttersweet

SNOWBOARD INSTRUCTOR, CREATOR,
BODYBUILDER, CODER

ATLAS TRAINING

FOR SNOWBOARDERS

OFF-SEASON STRENGTH TRAINING,
NUTRITION GUIDE,
PERFORMANCE AND
STAMINA TRAININGS



LIFT,
SHRED,
EAT,
REPEAT



BACK MUSCLES & BEST EXERCISES

FOR WOMEN



TRAPEZIUS

Supports posture, neck stability and shoulder positioning. Focus on mid and lower traps.



REAR DELTOIDS

Improves shoulder balance, posture and upper back definition.



RHOMBOIDS & MID-BACK

Retract the shoulder blades, improve posture and add depth to the upper back.



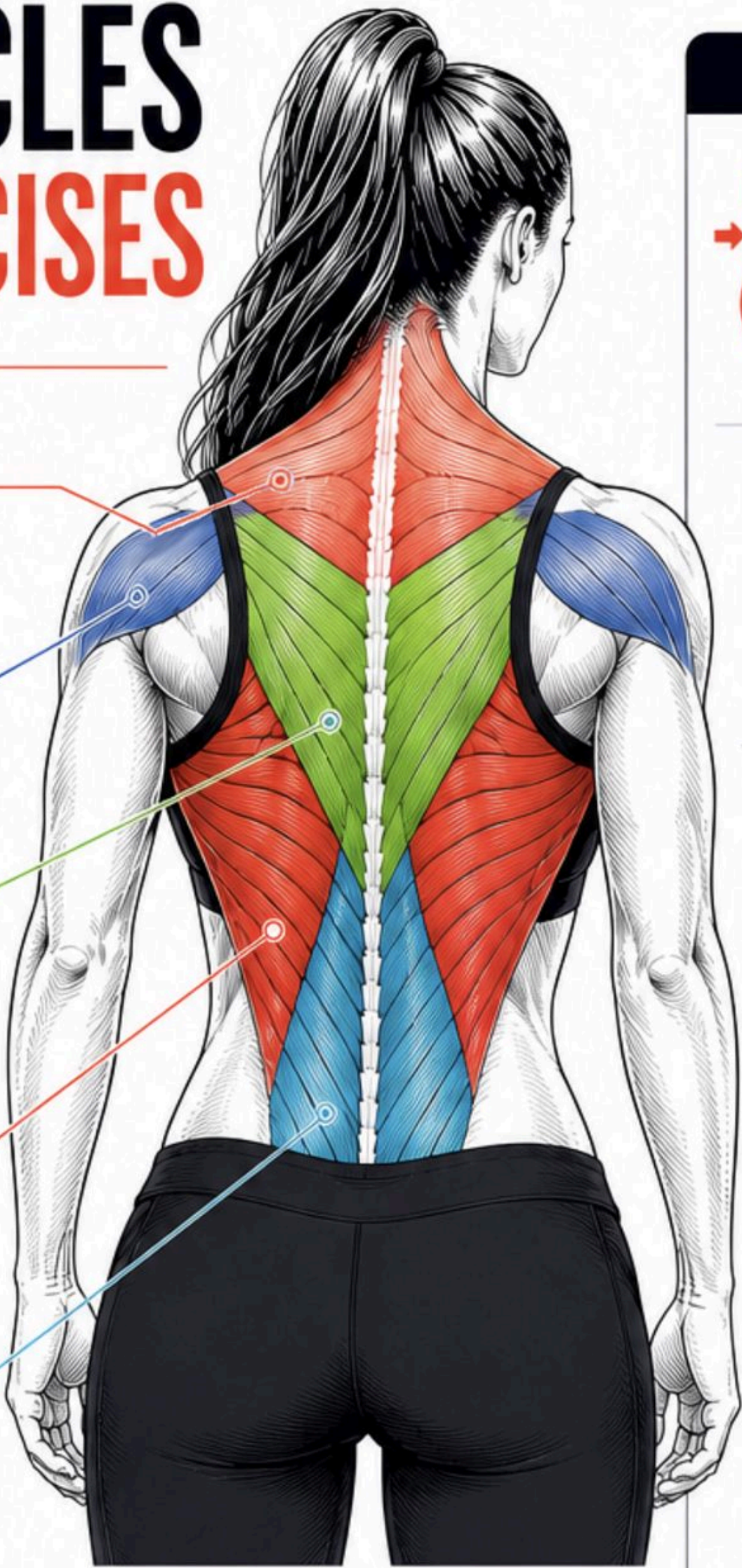
LATISSIMUS DORSI (LATS)

Creates a V-taper silhouette, makes the waist look smaller and the back wider.



ERECTOR SPINAE (LOWER BACK)

Supports the spine, improves core stability and helps in all movement patterns.



KEY BENEFITS



SCULPTS YOUR UPPER BODY

Strengthens and defines your back for a toned and athletic look.



IMPROVES POSTURE

Strengthens the upper back and reduces tension in the neck and shoulders.



PREVENTS INJURIES

A strong back supports the spine, shoulders and improves overall joint health.



ENHANCES PERFORMANCE

Improves strength for lifting, sports and daily activities.



BOOSTS CONFIDENCE

A strong, defined back improves posture and body confidence.

BEST EXERCISES FOR EACH MUSCLE GROUP



LATISSIMUS DORSI (LATS)

- Wide-Grip Lat Pulldown
- Close-Grip Lat Pulldown
- Neutral-Grip Pulldown
- Pull-Ups (Assisted if needed)
- Chin-Ups (Neutral Grip)
- Straight-Arm Pulldown
- Single-Arm Cable Pulldown
- Seated Cable Row (Wide Grip)
- Chest-Supported Row
- T-Bar Row
- Machine Row (Wide Grip)
- Meadows Row
- Pullover (Dumbbell or Cable)
- Dumbbell Pull-In



TRAPEZIUS

- Dumbbell Shrugs
- Barbell Shrugs
- Cable Shrugs
- Face Pulls
- Upright Row (Wide Grip)
- High Pull
- Rack Pulls
- Farmer's Walk
- Trap Bar Shrugs
- Dumbbell High Pull
- Kettlebell Shrug
- Band Pull-Aparts
- Superset: Shrugs + Face Pulls



RHOMBOIDS & MID-BACK

- Seated Cable Row (Neutral Grip)
- Chest-Supported Row
- Single-Arm Cable Row
- Reverse Pec Deck Fly
- Straight-Arm Pulldown
- T-Bar Row (Close Grip)
- Inverted Row (Bodyweight)
- Bent-Over Dumbbell Row
- Meadows Row
- Face Pulls
- Band Pull-Aparts
- Y-T-W Raises (Prone)
- Renegade Row
- Superset: Row + Face Pulls



REAR DELTOIDS

- Reverse Pec Deck Fly
- Face Pulls
- Cable Rear Delt Fly
- Bent-Over Rear Delt Fly
- Single-Arm Rear Delt Row
- Incline Rear Delt Row
- Band Pull-Aparts
- Prone Y Raises
- Prone T Raises
- Prone W Raises
- Dumbbell Reverse Fly
- Cable Face Pull (Wide)
- Superset: Rear Delt Fly + Face Pulls



ERECTOR SPINAE (LOWER BACK)

- Romanian Deadlift
- Stiff-Leg Deadlift
- Good Morning
- Back Extensions
- 45° Hyperextensions
- Bird Dog
- Superman Hold
- Dumbbell Deadlift
- Rack Pulls
- Single-Leg Deadlift
- Kettlebell Swing
- Farmer's Walk
- Superset: RDL + Back Extensions

TRAINING TIPS FOR WOMEN



FOCUS ON MIND-MUSCLE CONNECTION

Control each rep, focus on the stretch and full range of motion.



PROGRESSIVE OVERLOAD

Increase weight or reps gradually to continue challenging your muscles.



TEMPO & CONTROL

Use slow eccentric (3-4 sec) and controlled movements for better results.



CONSISTENCY KEY

Depending on your goals, training format and your muscle recovery rate - train your back 1-2 times per week.



PROTEIN, CARBS & HYDRATION

Eat enough protein and carbohydrates to fuel performance, support muscle recovery and stay well hydrated.



REST & RECOVERY

Get 7-9 hours of sleep to help your muscles repair, grow and stay strong.

★ **REMEMBER:** CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS

LEGS & BEST EXERCISES

FOR WOMEN



QUADRICEPS

The group of four muscles at the front of your thigh. They extend the knee and help with movements like squats, lunges and leg presses.



ADDUCTORS

The group of muscles on the inner thigh. They bring your legs together, help stabilize the pelvis and support balance and control.



HAMSTRINGS

The group of three muscles at the back of your thigh. They bend the knee and extend the hip, supporting power, posture and injury prevention.



CALVES

The muscles at the back of your lower leg. They plantarflex the foot (point your toes) and are key for lower leg shape and strength.

KEY BENEFITS



TONES & SHAPES YOUR LEGS

Builds lean muscle and creates a firm, toned and feminine look.



BOOSTS METABOLISM & FAT LOSS

Strong legs burn more calories and support overall fat loss.



IMPROVES STRENGTH & FUNCTIONALITY

Enhances performance in daily activities, sports and long-term mobility.



SUPPORTS HORMONAL BALANCE

Leg training helps balance hormones and improves mood, energy and overall well-being.



BUILDS CONFIDENCE

Strong, toned legs improve posture, confidence and how you feel in your body.

BEST EXERCISES FOR EACH LEG MUSCLE



QUADRICEPS (STRENGTH & SHAPE)

- Barbell Back Squat
- Goblet Squat
- Leg Press (Wide Stance)
- Bulgarian Split Squat
- Walking Lunge
- Reverse Lunge
- Step-Up (High Box)
- Front Squat
- Hack Squat
- Leg Extension
- Smith Machine Squat



HAMSTRINGS (STRENGTH & TONE)

- Romanian Deadlift
- Dumbbell RDL
- Single-Leg RDL
- Lying Leg Curl
- Seated Leg Curl
- Nordic Hamstring Curl
- Glute-Ham Raise (Assisted)
- Stability Ball Leg Curl
- Cable Pull-Through
- Kettlebell Swing



ADDUCTORS (STABILITY & TONE)

- Cable Hip Adduction
- Machine Hip Adduction
- Side-Lying Leg Lift (Adduction)
- Cossack Squat
- Sumo Squat
- Curtsy Lunge
- Squeeze Squat (Dumbbell)
- Standing Hip Adduction
- Lateral Lunge



CALVES (SHAPE & DEFINITION)

- Standing Calf Raise
- Seated Calf Raise
- Single-Leg Calf Raise
- Donkey Calf Raise
- Smith Machine Calf Raise
- Leg Press Calf Raise
- Jump Rope
- Plyometric Hops
- Step Calf Raise
- Tibialis Raise

TRAINING TIPS FOR WOMEN



MIND-MUSCLE CONNECTION

Focus on feeling your legs working in every rep. Control the movement from start to finish.



PROGRESSIVE OVERLOAD

Gradually increase weights, reps or intensity to continue making progress.



TEMPO & CONTROL

Use a controlled tempo (2-3 sec down, 1 sec pause, powerful up) for better results.



CONSISTENCY IS KEY

1-2 quality leg workouts per week are enough if you train smart and stay consistent.



NUTRITION & HYDRATION

Eat enough protein and complex carbs to support muscle growth and recovery. Stay well hydrated.



REST & RECOVERY

Get 7-9 hours of sleep to help your muscles repair, grow and become stronger.

★ **REMEMBER:** CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS



CONSISTENCY KEY:

Train through a full range of motion. feel your legs — not your lower back.

CONSISTENCY KEY:

Work in a full range of motion. feel your legs — not your lower back.

GLUTES & BEST EXERCISES

FOR WOMEN



GLUTEUS MAXIMUS

The largest and most powerful glute muscle.

Extends the hip, rotates the thigh outward and shapes the overall curve.



GLUTEUS MEDIUS

Responsible for hip abduction and stability.

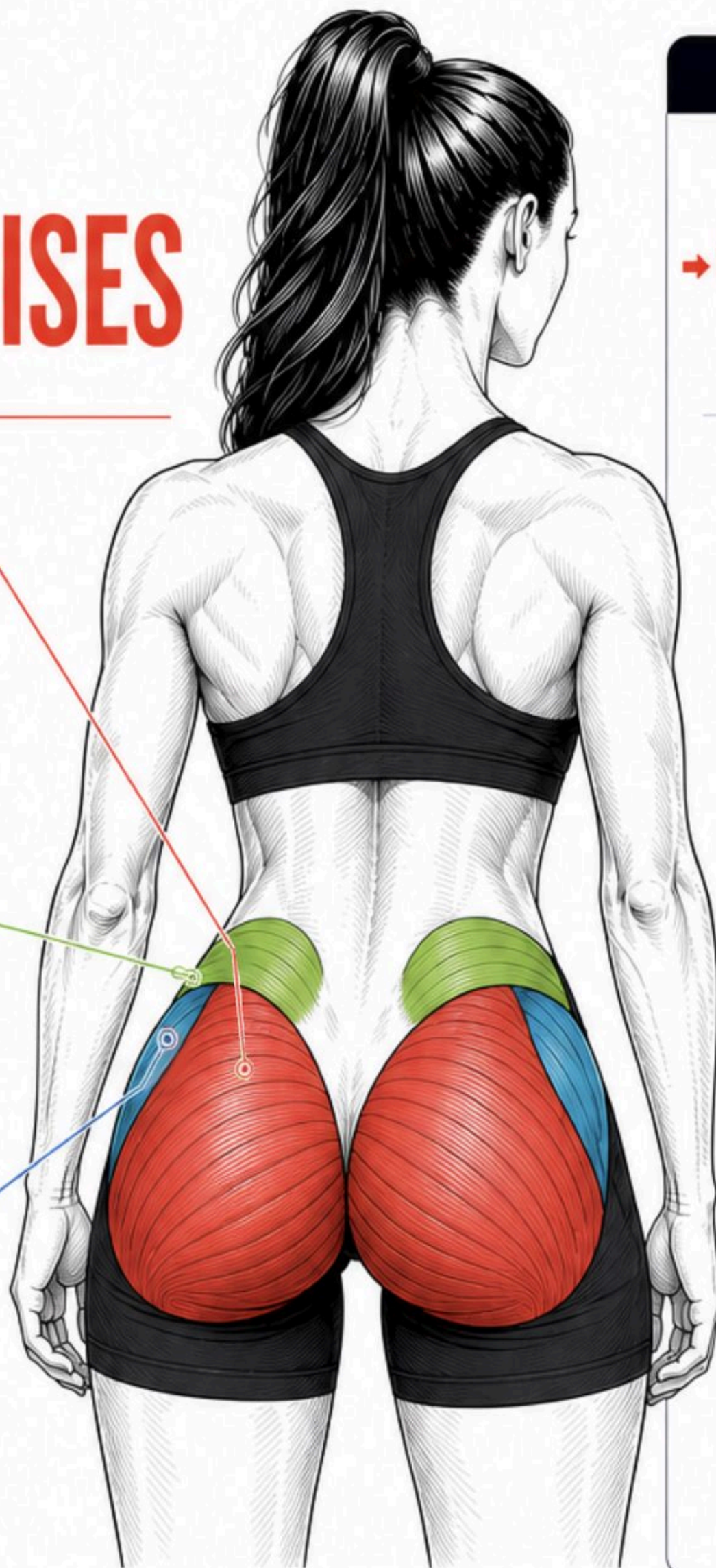
Shapes the upper outer glutes and creates width.



GLUTEUS MINIMUS

Stabilizes the pelvis and supports movement.

Works with the medius to improve balance and prevent injuries.



KEY BENEFITS



BUILDS & LIFTS YOUR GLUTES

Builds round, lifted glutes and improves overall lower body shape.



IMPROVES POSTURE

Strong glutes support the pelvis, lower back and improve posture.



PREVENTS INJURIES

Stronger glutes reduce the risk of lower back, hip, knee and ankle injuries.



ENHANCES PERFORMANCE

Improves strength, power and stability for sports and daily activities.



BOOSTS CONFIDENCE

Strong glutes = better shape, confidence and how you feel.

BEST EXERCISES FOR EACH GLUTE MUSCLE



GLUTEUS MAXIMUS (OVERALL MASS & SHAPE)

- Barbell Hip Thrust
- Barbell Glute Bridge (Heavy)
- Back Squat (Deep)
- Bulgarian Split Squat
- Romanian Deadlift
- Sumo Deadlift
- Step-Ups (High Box)
- Walking Lunge (Weighted)
- Reverse Lunge (Barbell)
- Cable Pull-Through
- 45° Back Extension (Glute Focus)
- Frog Pumps (Weighted)
- Single-Leg Hip Thrust (Heavy)
- Glute Kickback (Cable or Band)



GLUTEUS MEDIUS (UPPER OUTER GLUTES)

- Side-Lying Hip Abduction (Weighted)
- Banded Lateral Walks
- Curtsy Lunge (Heavy)
- Standing Cable Hip Abduction
- Single-Leg Glute Bridge (Abduction Hold)
- Fire Hydrants (Heavy Band)
- Donkey Kicks (Band or Cable)
- Hip Hike (Off Step)
- Side Plank with Hip Abduction
- Lateral Step-Up (High Box)
- Skater Squat (Weighted)
- Monster Walks (Forward/Backward)
- Clamshells (Weighted)



GLUTEUS MINIMUS (STABILITY & DEFINITION)

- Single-Leg Romanian Deadlift
- Single-Leg Hip Thrust
- BOSU Single-Leg Glute Bridge
- Cable Hip Abduction (Low Pulley)
- Balance Lunge (Dumbbell)
- Curtsy Lunge (Bodyweight or Dumbbell)
- Lateral Lunge
- Stability Ball Leg Lift (Side)
- Resistance Band Side Plank Abduction
- Single-Leg Step-Down
- Star Excursion (Reach)
- Y-W Raise (Glute Focus)
- Pilates Leg Circles (Side-Lying)

TRAINING TIPS FOR WOMEN



FOCUS ON MIND-MUSCLE CONNECTION

Squeeze your glutes at the top and control the movement.



PROGRESSIVE OVERLOAD

Increase weight, reps or intensity gradually to keep growing.



TEMPO & CONTROL

Use slower eccentrics (2-3 sec) and full range of motion for better results.



CONSISTENCY IS KEY

The glute muscle requires progressive overload and heavy lifting. 1-2 quality sessions per week are enough — focus on controlled, technical work with heavy weights.



PROTEIN, CARBS & HYDRATION

Eat enough protein and carbohydrates to fuel performance, recovery and growth. Stay well hydrated.



REST & RECOVERY

Get 7-9 hours of sleep to help your muscles repair, grow and become stronger.

★ REMEMBER: CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS

CHEST WORKOUT GUIDE

FOR WOMEN

Training your chest muscles is essential – they impact your posture and overall body proportions. But girls, let's be real: chest workouts won't make your breasts bigger, perkier, or firmer – that's determined by other factors, not exercise. Your breasts are made of glandular and fatty tissue, not muscle. Don't be misled.

Training your chest muscles is essential for building proper proportions and achieving beautiful posture.

CHEST MUSCLES

CLAVICULAR HEAD (UPPER CHEST)

Forms the upper portion of the chest, creating a fuller appearance.

STERNAL HEAD (MIDDLE CHEST)

Adds volume and thickness to the chest, important for strength and overall shape.

COSTAL HEAD (LOWER CHEST)

Forms the lower part of the chest, creating a smooth transition to the abdomen.



WHY IT'S IMPORTANT?

- ✓ Improves posture and helps keep your shoulders back
- ✓ Creates a more balanced, proportional, and feminine physique
- ✓ Strengthens the upper body and makes daily movements easier
- ✓ Supports shoulder joint health and stability

BEST CHEST EXERCISES

DUMBBELL BENCH PRESS

- 3–4 sets
- 10–12 reps
- Builds overall chest strength and volume

BARBELL BENCH PRESS

- 3–4 sets
- 8–12 reps
- Effectively develops strength and shapes the chest

DUMBBELL FLY

- 3–4 sets
- 12–15 reps
- Stretches the chest muscles and improves their shape

PUSH-UPS

- 3–4 sets
- To failure or maximum reps
- Builds endurance and strengthens chest muscles

CABLE CHEST PRESS

- 3–4 sets
- 12–15 reps
- Isolates chest muscles and improves definition

★ **TIP:** Combine chest exercises with back training for balance and better posture.

TIPS FOR EFFECTIVE TRAINING



FOCUS ON FORM

Proper technique is more important than lifting heavy weights.



PROGRESSIVE OVERLOAD

Gradually increase weight, reps, or sets to keep progressing.



TRAIN REGULARLY

Train your chest 1–2 times per week for the best results.



MIND-MUSCLE CONNECTION

Focus on feeling your chest muscles working, not just moving the weight.



FUEL YOUR BODY

Eat enough protein and calories to support muscle growth and recovery.



REST & RECOVER

Get 7–9 hours of sleep and allow your muscles time to repair and grow stronger.

KEY BENEFITS



BETTER SHAPE & PROPORTIONS

Developing your chest muscles enhances your body shape, creates a visually slimmer waist, and adds harmony to your figure.



BETTER POSTURE & HEALTHY BACK

Strong chest muscles help keep your shoulders back, reduce slouching, and relieve strain on your spine.



STRENGTH & FUNCTIONALITY

Chest exercises make daily movements easier: pushing doors, lifting bags, and more.



THE TRUTH ABOUT YOUR BREASTS

Chest workouts won't make your breasts bigger or firmer – that's determined by hormones, fat, and genetics.



CONFIDENCE & WELL-BEING

A strong, healthy body builds confidence, boosts energy, and helps you feel great every day.



REMEMBER:

Training is not about getting bigger. It's about getting stronger, more confident, and becoming the best version of yourself!



**STRONG YOU –
BEAUTIFUL YOU!**

ARMS & BEST EXERCISES

FOR WOMEN



BICEPS

The biceps are responsible for bending your elbow and lifting movements.



TRICEPS

The triceps extend your elbow and help with pushing movements.



FOREARMS

The forearms help with grip strength and wrist stability.



BRACHIALIS

Located under the biceps, it helps with elbow flexion and adds arm thickness.



BRACHIORADIALIS

Helps with bending the elbow, especially in neutral grip movements.



KEY BENEFITS



TONES & SCULPTS YOUR ARMS

Helps create lean, defined arms and improves overall shape.



BOOSTS METABOLISM

Strong arms support more calories burned during daily activities and workouts.



IMPROVES STRENGTH & FUNCTIONALITY

Stronger arms make everyday tasks easier and improve performance in fitness and sports.



ENHANCES CONFIDENCE

Feeling strong and confident in your arms boosts body image and self-esteem.

BEST EXERCISES FOR EACH ARM MUSCLE



BICEPS

(STRENGTH & SHAPE)

- Dumbbell Bicep Curl
- Hammer Curl
- Incline Dumbbell Curl
- Preacher Curl
- Cable Bicep Curl
- Concentration Curl
- Chin-Up (Assisted)
- Resistance Band Curl



TRICEPS

(STRENGTH & TONE)

- Tricep Pushdown
- Overhead Dumbbell Extension
- Tricep Dips (Bench)
- Close-Grip Push-Up
- Skull Crusher
- Cable Overhead Extension
- Kickback
- Diamond Push-Up



BRACHIALIS

(THICKNESS & STRENGTH)

- Hammer Curl
- Reverse Curl
- Cable Rope Curl
- Zottman Curl
- Chin-Up (Neutral Grip)
- Cross-Body Hammer Curl



BRACHIORADIALIS

(FOREARM STRENGTH)

- Reverse Curl
- Hammer Curl
- Farmer's Walk
- Wrist Curl
- Zottman Curl
- Plate Pinch Carry



FOREARMS

(GRIP & STABILITY)

- Farmer's Walk
- Wrist Curl
- Reverse Wrist Curl
- Plate Pinch
- Towel Pull-Up
- Dead Hang
- Grip Squeeze

TRAINING TIPS FOR WOMEN



FOCUS ON MIND-MUSCLE CONNECTION

Control each rep and squeeze the muscle for better activation and results.



USE MODERATE WEIGHTS

Choose a weight that challenges you in the last 2-3 reps while maintaining good form.



HIGHER REPS, GREAT RESULTS

8-15 reps per set are ideal for toning and building lean muscle.



CONSISTENCY IS KEY

Train your arms 1-2 times per week and stay consistent for visible results.



EAT ENOUGH PROTEIN

Protein supports muscle repair and growth. Aim for 1.2-1.6 g/kg body weight daily.



REST & RECOVER

Give your muscles time to recover with 7-9 hours of quality sleep each night.

★ **REMEMBER:** CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS



STRENGTH & TONE KEY:

Lift with good form, challenge yourself, and celebrate small progress.



CONFIDENCE KEY:

Strong arms, strong you. Believe in your progress and enjoy the journey!

SHOULDERS & BEST EXERCISES

/// FOR WOMEN ///

Well-defined shoulders create a balanced, athletic look, improve posture and upper body strength, and enhance your overall confidence.

ANTERIOR DELTOID (FRONT)



Located on the front of your shoulder. Helps lift your arm forward and is active in pressing movements.

LATERAL DELTOID (SIDE)



Located on the side of your shoulder. Creates shoulder width and helps lift your arm out to the side.

POSTERIOR DELTOID (REAR)



Located on the back of your shoulder. Supports pulling movements and helps with posture and shoulder stability.

/// BEST EXERCISES FOR EACH DELTOID HEAD ///

ANTERIOR DELTOID (FRONT)

- Dumbbell Front Raise
- Barbell Overhead Press
- Arnold Press
- Landmine Press
- Plate Raise

LATERAL DELTOID (SIDE)

- Dumbbell Lateral Raise
- Cable Lateral Raise
- Lean-Away Lateral Raise
- Upright Row (Wide Grip)
- Machine Lateral Raise

POSTERIOR DELTOID (REAR)

- Reverse Pec Deck Fly
- Bent-Over Rear Delt Fly
- Face Pull
- Cable Rear Delt Row
- Band Pull-Apart

/// TRAINING TIPS FOR WOMEN ///



FOCUS ON MIND-MUSCLE CONNECTION

Control each rep and feel your delts working for better activation and results.



USE MODERATE WEIGHTS

Choose a weight that challenges you in the 10–15 rep range with good form.



HIGHER REPS, GREAT RESULTS

Aim for 12–20 reps per set to tone, define and sculpt your shoulders.



CONSISTENCY IS KEY

Train your shoulders 1–2 times per week and stay consistent for visible progress.



FUEL YOUR PROGRESS

Eat enough protein and healthy fats to support muscle recovery and hormonal balance.



REST & RECOVER

Get 7–9 hours of sleep and allow your muscles time to repair and grow stronger.

★ **REMEMBER:** CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS

KEY BENEFITS



SHOULDER TONE & SHAPE

Builds well-defined, toned shoulders and a balanced upper body shape.



BOOSTS STRENGTH & FUNCTION

Stronger shoulders improve daily movements, posture and workout performance.



PREVENTS INJURY & SUPPORTS POSTURE

Strong delts support shoulder stability, reduce injury risk and improve overall posture.



ENHANCES CONFIDENCE & FEMININE SHAPE

Defined shoulders create a strong, athletic look while maintaining a feminine silhouette.



STRENGTH & TONE KEY:

Strong shoulders support your posture, enhance your shape and help you feel confident in every outfit you wear.



CONFIDENCE KEY:

You don't need bulky shoulders to be strong. Train smart, stay consistent and love the strong, empowered woman you become!

ABS WORKOUT GUIDE

FOR WOMEN

Strong abs are more than just about looks. They support your spine, improve posture, protect your lower back, boost performance, and help you feel confident every day.

Consistency, smart training, and proper nutrition are the key to a strong and toned core.

ABDOMINAL MUSCLES

RECTUS ABDOMINIS (UPPER & LOWER ABS)

The "six-pack" muscle. Runs vertically along the front of the abdomen. Responsible for flexing the spine and bringing the ribcage toward the pelvis.

EXTERNAL OBLIQUES

Located on the sides of the abdomen. Help rotate and bend the torso, and support lateral flexion.

TENSOR FASCIAE LATAE

A small stabilizing muscle on the sides of the hips that helps with posture and hip movement.

INTERNAL OBLIQUES

Lie beneath the external obliques. Help rotate the torso in the opposite direction and compress the abdomen.

TRANSVERSE ABDOMINIS

The deepest abdominal muscle layer. Acts like a natural corset, stabilizing the core and protecting the spine.

LOWER ABDOMINALS

The lower part of the rectus abdominis. Helps stabilize the pelvis and supports lower abdominal movements.



IMPORTANT TO KNOW

- ☑ You can't spot reduce fat. A visible six-pack comes from overall body fat reduction.
- ☑ Nutrition is key! You can't out-train a poor diet.
- ☑ Train your abs 2-4 times per week for the best results.
- ☑ Combine core training with strength training and cardio.

BEST ABS EXERCISES

UPPER ABS (Rectus Abdominis)	LOWER ABS (Lower Rectus Abdominis)	SIDE ABS (External & Internal Obliques)	DEEP CORE (Transverse Abdominis)	FULL CORE (All Muscle Groups)
- Crunches - Reverse Crunches - Leg Raises - Cable Crunches	- Leg Raises - Reverse Crunches - Scissor Kicks - Flutter Kicks	- Russian Twists - Side Plank - Woodchoppers - Side Bends	- Plank - Dead Bug - Hollow Hold - Ab Wheel Rollouts	- Mountain Climbers - V-Ups - Bicycle Crunches - Burpees



TIP: Focus on controlled movements and mind-muscle connection. Quality over quantity!

TIPS FOR BEST RESULTS



BE CONSISTENT

Train your abs 2-4 times per week. Consistency brings results.



EAT SMART

Focus on whole foods, lean protein, healthy fats, and fiber.



TRAIN FULL BODY

Strong abs are built in the gym, but revealed in the kitchen.



STAY HYDRATED

Proper hydration supports digestion, recovery, and performance.



GET ENOUGH SLEEP

Rest is essential for muscle recovery and hormone balance.

KEY BENEFITS



STRONG CORE & BETTER POSTURE

Strong abs support your spine, improve posture, and reduce lower back pain.



TONED WAISTLINE & FLATTER STOMACH

A strong core helps create a tighter waist and a more defined midsection.



BETTER PERFORMANCE & STABILITY

A strong core improves balance, stability, and power in all your workouts and daily activities.



INJURY PREVENTION & BACK SUPPORT

Strong abs reduce the risk of injury and help protect your lower back.



BOOSTS CONFIDENCE & BODY AWARENESS

A strong core builds confidence and helps you feel in control of your body.

THE TRUTH ABOUT ABS



WHAT WORKS

- Strength training
- Proper nutrition
- Consistency
- Patience
- Enough sleep



WHAT DOESN'T WORK

- 1000 crunches a day
- Crash diets
- Spot reduction
- Skipping rest days
- Unrealistic expectations

Strong abs are built, not bought!



REMEMBER:

There's no shortcut. Stay patient, stay consistent, and trust the process. You're stronger than you think!



**STRONG CORE.
STRONG YOU.**

BACK MUSCLES & BEST EXERCISES

FOR MEN



TRAPEZIUS

Supports posture, neck stability and shoulder positioning. Focus on mid and lower traps.



REAR DELTOIDS

Improves shoulder balance, posture and upper back definition.



RHOMBOIDS & MID-BACK

Retract the shoulder blades, improve posture and add depth to the upper back.



LATISSIMUS DORSI (LATS)

Creates a wide V-taper, adds thickness and width to the back.



ERECTOR SPINAE (LOWER BACK)

Supports the spine, improves core stability and helps in all movement patterns.



KEY BENEFITS



BUILDS A WIDER, STRONGER BACK

Increases upper body width and thickness for an impressive V-taper.



IMPROVES POSTURE

Strengthens the upper back, reduces slouching and improves spinal alignment.



PREVENTS INJURIES

A strong back supports the spine, shoulders and improves overall joint health.



ENHANCES STRENGTH

Improves pulling power and performance in sports and daily activities.



BOOSTS TESTOSTERONE

Heavy back training supports hormone health and overall well-being.

BEST EXERCISES FOR EACH MUSCLE GROUP



LATISSIMUS DORSI (LATS)

- Pull-Ups (Weighted if possible)
- Wide-Grip Pull-Ups
- Close-Grip Pull-Ups
- Neutral-Grip Pull-Ups
- Lat Pulldown (Wide Grip)
- Lat Pulldown (Close Grip)
- Single-Arm Cable Pulldown
- Straight-Arm Pulldown
- T-Bar Row
- Pendlay Row
- Meadows Row
- Chest-Supported Row
- Dumbbell Pull-In



TRAPEZIUS

- Barbell Shrugs
- Dumbbell Shrugs
- Farmer's Walk
- Rack Pulls
- Trap Bar Shrugs
- Behind-the-Back Shrugs
- Kettlebell Shrugs
- Isometric Holds (Shrug Lockout)
- Overhead Carry



RHOMBOIDS & MID-BACK

- Seated Cable Row (Neutral Grip)
- Chest-Supported Row
- Single-Arm Dumbbell Row
- Reverse Pec Deck Fly
- T-Bar Row (Close Grip)
- Meadows Row
- Inverted Row (Bodyweight)
- Face Pulls
- Band Pull-Aparts
- Y-T-W Raises (Prone)
- Renegade Row
- Seal Row



REAR DELTOIDS

- Face Pulls
- Reverse Pec Deck Fly
- Cable Rear Delt Fly
- Bent-Over Rear Delt Fly
- Dumbbell Reverse Fly
- Incline Rear Delt Row
- Prone Y Raises
- Prone T Raises
- Prone W Raises
- Band Pull-Aparts (High)
- TRX Y Raises



ERECTOR SPINAE (LOWER BACK)

- Deadlifts (Conventional)
- Romanian Deadlift
- Rack Pulls
- Good Mornings
- Back Extensions
- 45° Hyperextensions
- Superman Hold
- Glute-Ham Raise
- Kettlebell Deadlift
- Suitcase Carry

TRAINING TIPS FOR MEN



FOCUS ON MIND-MUSCLE CONNECTION

Control each rep, focus on full stretch and powerful contraction.



PROGRESSIVE OVERLOAD

Add weight or reps gradually to continue challenging your muscles.



TEMPO & CONTROL

Use slow eccentrics (2-3 sec) and controlled movements for better results.



CONSISTENCY IS KEY

Train your back 1-2 times per week depending on your goals, workout format and muscle recovery speed.



PROTEIN, CARBS & HYDRATION

Eat enough protein and carbohydrates to fuel performance, recovery and growth.



REST & RECOVERY

Get 7-9 hours of sleep to help your muscles repair, grow and stay strong.

★ REMEMBER: CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS

LEGS & BEST EXERCISES

FOR MEN

KEY BENEFITS



TONES & SHAPES YOUR LEGS

Builds lean muscle and creates a strong, athletic look.



BOOSTS METABOLISM & FAT LOSS

Strong legs burn more calories and support overall fat loss.



IMPROVES STRENGTH & PERFORMANCE

Enhances performance in daily activities, sports and heavy compound lifts.



BUILDS CONFIDENCE

Strong, well-developed legs improve posture, confidence and how you feel in your body.

QUADRICEPS

The group of four muscles at the front of your thigh. They extend the knee and help with movements like squats, lunges and leg presses.

ADDUCTORS

The group of muscles on the inner thigh. They bring your legs together, help stabilize the pelvis and support balance and control.

HAMSTRINGS

The group of three muscles at the back of your thigh. They bend the knee and extend the hip, supporting power, posture and injury prevention.

CALVES

The muscles at the back of your lower leg. They plantarflex the foot (point your toes) and are key for lower leg shape and strength.

BEST EXERCISES FOR EACH LEG MUSCLE

QUADRICEPS

(STRENGTH & MASS)

- Barbell Back Squat
- Front Squat
- Leg Press (High Foot Position)
- Hack Squat
- Bulgarian Split Squat
- Walking Lunge
- Reverse Lunge
- Step-Up (Dumbbells)
- Leg Extension
- Sissy Squat

HAMSTRINGS

(STRENGTH & SIZE)

- Romanian Deadlift
- Deadlift (Conventional)
- Stiff-Leg Deadlift
- Lying Leg Curl
- Seated Leg Curl
- Nordic Hamstring Curl
- Glute-Ham Raise
- Single-Leg RDL
- Hip Thrust
- Good Morning

ADDUCTORS

(STRENGTH & STABILITY)

- Cable Hip Adduction
- Machine Hip Adduction
- Side-Lying Leg Adduction
- Cossack Squat
- Sumo Squat
- Wide Stance Leg Press
- Copenhagen Adduction
- Sliding Adductor Lunge
- Squeeze Squat (Plate)
- Skater Squat

CALVES

(STRENGTH & DEFINITION)

- Standing Calf Raise
- Seated Calf Raise
- Donkey Calf Raise
- Single-Leg Calf Raise
- Smith Machine Calf Raise
- Leg Press Calf Raise
- Jump Rope
- Plyometric Hops
- Step Calf Raise
- Tibialis Raise

TRAINING TIPS FOR MEN



FOCUS ON PROGRESSIVE OVERLOAD

Increase weight, reps or intensity over time to continuously challenge your muscles.



TRAIN HEAVY & INTENSE

Use compound exercises, heavy weights and low-moderate reps (6–12) for muscle growth and strength.



PRIORITIZE COMPOUND MOVEMENTS

Squats, deadlifts and lunges build the most muscle and boost testosterone naturally.



RECOVERY IS CRUCIAL

Get enough sleep, take deload weeks and allow muscles to recover and grow.



EAT TO GROW

Eat in a calorie surplus with high protein (1.6–2.2 g/kg body weight), carbs and healthy fats.



STAY CONSISTENT

Train legs 1–2 times per week with focus and intensity. Consistency = results.

★ **REMEMBER:** CONSISTENCY + SHARD TRAINING + NUTRITION + RECOVERY = RESULTS



STRENGTH & PERFORMANCE KEY:

Train heavy, focus on compound lifts and push your limits to build strength and power.

GROWTH & RECOVERY KEY:

Eat big, sleep well and recover hard to build muscle and come back stronger.

GLUTES & BEST EXERCISES

FOR MEN



GLUTEUS MAXIMUS

The largest and most powerful glute muscle.

Extends the hip, drives power and strength, and contributes to a stronger, more athletic physique.



GLUTEUS MEDIUS

Responsible for hip abduction and pelvic stability.

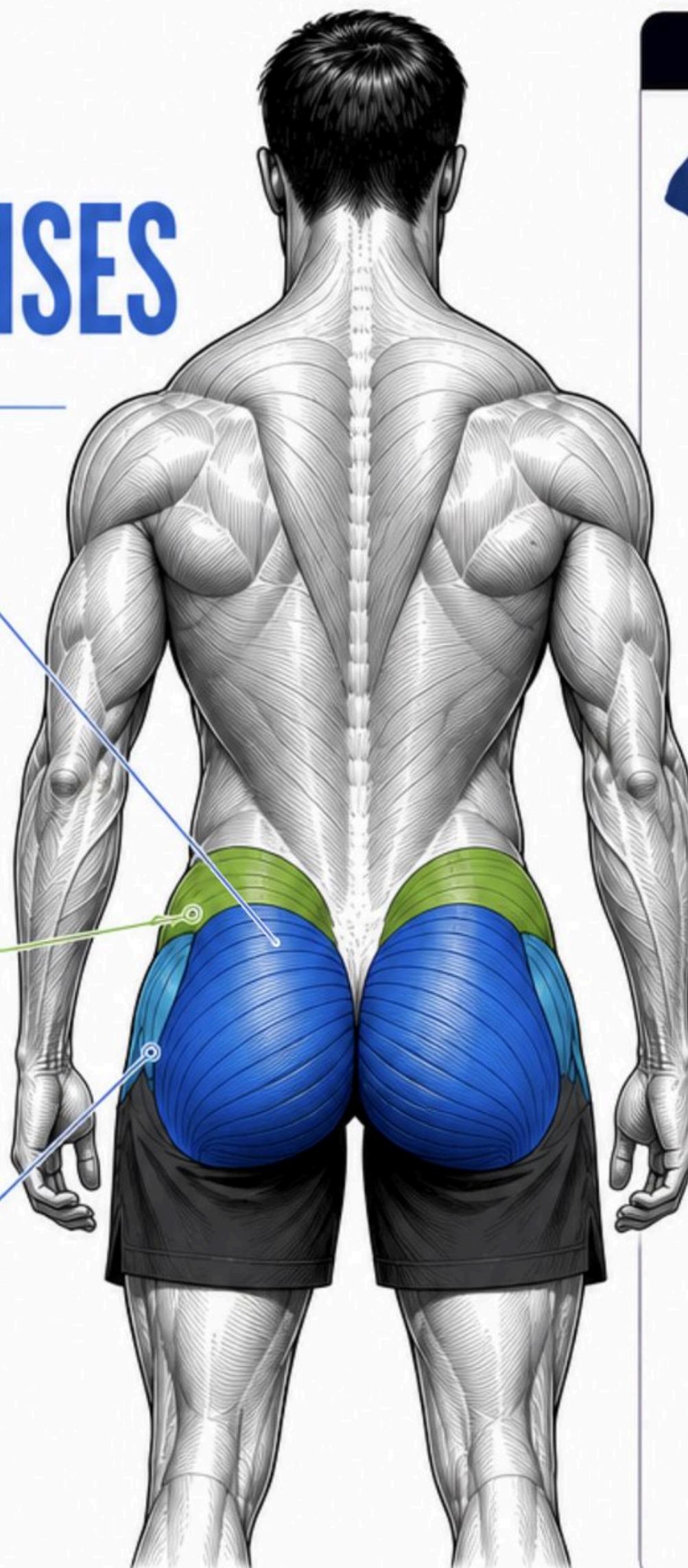
Shapes the upper outer glutes and improves hip control.



GLUTEUS MINIMUS

Stabilizes the pelvis and supports movement.

Works with the medius to improve balance, hip stability and prevent injuries.



KEY BENEFITS



BUILDS STRENGTH & POWER

Strong glutes improve explosiveness, athletic performance and overall lower body strength.



IMPROVES POSTURE & HIP HEALTH

Balanced glutes support the pelvis, reduce lower back strain and improve movement quality.



PREVENTS INJURIES

Strong glutes reduce the risk of hamstring, knee and lower back injuries.



ENHANCES PERFORMANCE

Stronger glutes mean better squats, deadlifts, sprints and jumps.



SUPPORTS MUSCLE GROWTH

Well-developed glutes contribute to a more balanced, powerful and masculine physique.

BEST EXERCISES FOR EACH GLUTE MUSCLE



GLUTEUS MAXIMUS (MASS & STRENGTH)

- Barbell Hip Thrust (Heavy)
- Barbell Glute Bridge
- Back Squat (Deep)
- Romanian Deadlift
- Conventional Deadlift
- Bulgarian Split Squat
- Walking Lunge (Weighted)
- Step-Ups (High Box, Weighted)
- Reverse Lunge (Barbell)
- Deficit Deadlift
- Kettlebell Swing
- Landmine Hip Thrust
- Sumo Deadlift
- Glute Kickback (Cable or Band)



GLUTEUS MEDIUS (SHAPE & STABILITY)

- Banded Lateral Walks
- Side-Lying Hip Abduction (Weighted)
- Standing Cable Hip Abduction
- Single-Leg Glute Bridge (Abduction Hold)
- Curtsy Lunge (Dumbbell)
- Copenhagen Plank (Hip Abduction)
- Lateral Lunge
- Monster Walks (Band)
- Clamshells (Band)
- Fire Hydrants (Band)
- Single-Leg Romanian Deadlift
- Skater Squat



GLUTEUS MINIMUS (STABILITY & CONTROL)

- Single-Leg Romanian Deadlift
- Single-Leg Hip Thrust
- Cable Hip Abduction (Low Pulley)
- Step-Down (Controlled)
- Bosu Single-Leg Glute Bridge
- Y-W Raise (Glute Focus)
- Side Plank with Hip Abduction
- Single-Leg Box Squat
- Pallof Press with Hip Abduction
- Lateral Step-Up (High Box)
- Cossack Squat
- Band Resisted Clamshell

TRAINING TIPS FOR MEN



FOCUS ON MIND-MUSCLE CONNECTION

Focus on full hip extension and squeeze your glutes at the top of each rep.



PROGRESSIVE OVERLOAD

Increase the load steadily. Your glutes need heavy weights to grow.



TEMPO & CONTROL

Use controlled tempo (2-3 sec down, 1 sec pause, powerful up) for better activation.



CONSISTENCY IS KEY

Glute training can be included in other muscle group workouts and doesn't have to be a separate session for men, but don't neglect them.



NUTRITION & HYDRATION

Eat enough protein and carbohydrates to support muscle growth and recovery. Stay well hydrated.



REST & RECOVERY

Get 7-9 hours of sleep to help your muscles repair, grow and become stronger.

★ REMEMBER: CONSISTENCY + SMART TRAINING + NUTRITION + RECOVERY = RESULTS

CHEST WORKOUT GUIDE

FOR MEN

Training your chest is essential for more than just looks. A strong chest improves posture, boosts upper body strength, supports performance in pressing movements, and helps build a balanced, athletic physique.

Progress comes from training smart, eating right, and staying consistent.

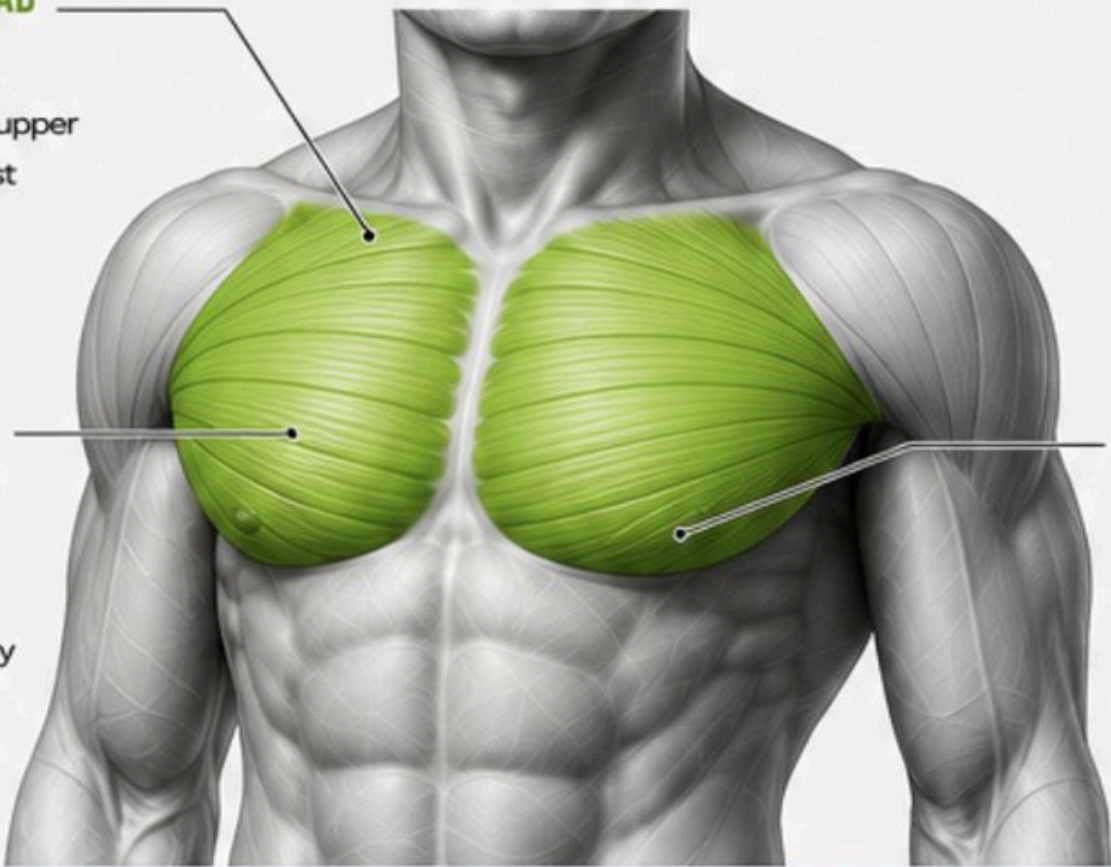
CHEST MUSCLES

CLAVICULAR HEAD (UPPER CHEST)

Helps create the upper shelf of your chest and adds fullness from the top.

STERNAL HEAD (MIDDLE CHEST)

Adds thickness and volume to the chest. The key area for overall size and strength.



COSTAL HEAD (LOWER CHEST)

Defines the lower part of your chest and creates a fuller, more complete look.



WHY CHEST TRAINING IS ESSENTIAL

- ✓ Improves posture and chest appearance
- ✓ Increases upper body strength and pressing power
- ✓ Supports muscle growth and hormone production
- ✓ Enhances athletic performance and daily function
- ✓ Builds confidence and body symmetry

BEST CHEST EXERCISES

BARBELL BENCH PRESS

- 3–5 sets
- 4–8 reps
- Best overall mass and strength builder.

INCLINE DUMBBELL BENCH PRESS

- 3–4 sets
- 8–12 reps
- Targets upper chest for thickness and shape.

DUMBBELL FLY

- 3–4 sets
- 10–15 reps
- Stretches and isolates chest muscles.

DIPS

- 3–4 sets
- 6–12 reps
- Great for lower chest and overall mass.

CABLE CHEST PRESS

- 3–4 sets
- 10–15 reps
- Constant tension for better muscle activation.



TIP:

Use a mix of compound and isolation exercises. Focus on progressive overload by increasing weight, reps, or sets over time.

TRAINING PRINCIPLES FOR MAXIMUM GROWTH



PROGRESSIVE OVERLOAD

Add more weight, reps, or sets over time to keep your muscles growing.



TRAIN WITH INTENSITY

Stay close to muscle failure (1–2 reps left) for best results.



MIND-MUSCLE CONNECTION

Focus on squeezing your chest in every rep. Quality over quantity.



NUTRITION MATTERS

Eat enough protein and calories to fuel growth and recovery.



REST & RECOVERY

Muscles grow while you rest. Aim for 7–9 hours of sleep.

KEY BENEFITS



BUILD A STRONG, ATHLETIC CHEST

Develop thickness, width and shape for a powerful and well-proportioned upper body.



IMPROVE STRENGTH & PERFORMANCE

A strong chest helps you press more weight and perform better in bench press, push-ups, and sports.



BETTER POSTURE & SHOULDER HEALTH

Stronger chest muscles balance your upper body, pull your shoulders back, and reduce the risk of injury.



SUPPORT HORMONE & MUSCLE GROWTH

Compound chest exercises stimulate testosterone production and muscle growth.



BUILD CONFIDENCE

A well-developed chest boosts your physique and your mindset.

THE TRUTH ABOUT CHEST GROWTH



You won't get a bigger chest just from training.

Muscle growth happens with consistent training, progressive overload, proper nutrition, and recovery.



You can't target fat loss in your chest.

Lower body fat overall to reveal your chest muscles.



REMEMBER:

Consistency, hard work, and patience build a strong chest. Train smart. Eat right. Recover. Repeat.



**STRONG CHEST.
STRONG YOU.**

ARMS & BEST EXERCISES

FOR MEN



BICEPS

The biceps are responsible for elbow flexion and supination of the forearm.



TRICEPS

The triceps extend the elbow and are crucial for pushing movements and overall arm size.



FOREARMS

The forearms play a key role in grip strength and wrist stability.



BRACHIALIS

Located under the biceps, it adds thickness to your arms and enhances elbow flexion.



BRACHIORADIALIS

Helps with elbow flexion, especially in neutral grip movements.

KEY BENEFITS



BUILDS BIGGER, STRONGER ARMS

Targets key muscles to increase size, strength and overall arm development.



BOOSTS METABOLISM & PERFORMANCE

Stronger arms improve pushing, pulling and lifting performance in all workouts.



IMPROVES STRENGTH & FUNCTIONALITY

Enhances everyday strength, athletic performance and work capacity.



BUILDS CONFIDENCE & PRESENCE

Well-developed arms improve your physique and boost confidence inside and outside the gym.

BEST EXERCISES FOR EACH ARM MUSCLE



BICEPS

(STRENGTH & PEAK)

- Barbell Curl
- Dumbbell Curl
- Incline Dumbbell Curl
- Hammer Curl
- Preacher Curl
- Concentration Curl
- Cable Bicep Curl
- Chin-Up (Supinated Grip)



TRICEPS

(STRENGTH & MASS)

- Close-Grip Bench Press
- Skull Crusher
- Tricep Pushdown
- Overhead Dumbbell Extension
- Dips (Chest Lean)
- Cable Rope Pushdown
- Reverse Grip Pushdown
- JM Press



BRACHIALIS

(THICKNESS & SIZE)

- Hammer Curl
- Reverse Curl
- Cross-Body Hammer Curl
- Zottman Curl
- Drag Curl
- Concentration Hammer Curl
- Neutral Grip Chin-Up
- Rope Hammer Curl



BRACHIORADIALIS

(FOREARM STRENGTH)

- Reverse Curl
- Hammer Curl
- Zottman Curl
- Wrist Curl
- Farmer's Walk
- Plate Pinch Carry
- Towel Pull-Up
- Sledgehammer Curl



FOREARMS

(GRIP & STRENGTH)

- Farmer's Walk
- Dead Hang
- Wrist Curl
- Reverse Wrist Curl
- Plate Pinch
- Towel Pull-Up
- Gripper Squeeze
- Barbell Rollout

TRAINING TIPS FOR MEN



TRAIN HEAVY & PROGRESSIVE

Use challenging weights and focus on progressive overload to build size and strength.



FOCUS ON COMPOUND LIFTS

Big compound motions like chin-ups, rows and close-grip bench press build overall arm mass.



PRIORITIZE VOLUME

10–20 hard sets per week for arms are effective for hypertrophy.



MIND-MUSCLE CONNECTION

Control every rep and squeeze the muscles at the top of each movement.



EAT TO GROW

Eat in a calorie surplus and consume enough protein (1.6–2.2 g/kg body weight) to support muscle growth.



REST & RECOVER

Get 7–9 hours of sleep and allow your muscles time to recover and grow stronger.

★ **REMEMBER: CONSISTENCY + HARD TRAINING + NUTRITION + RECOVERY = RESULTS**



STRENGTH & PERFORMANCE KEY:

Strong arms improve your lifts, athletic performance and overall upper body power.



CONFIDENCE KEY:

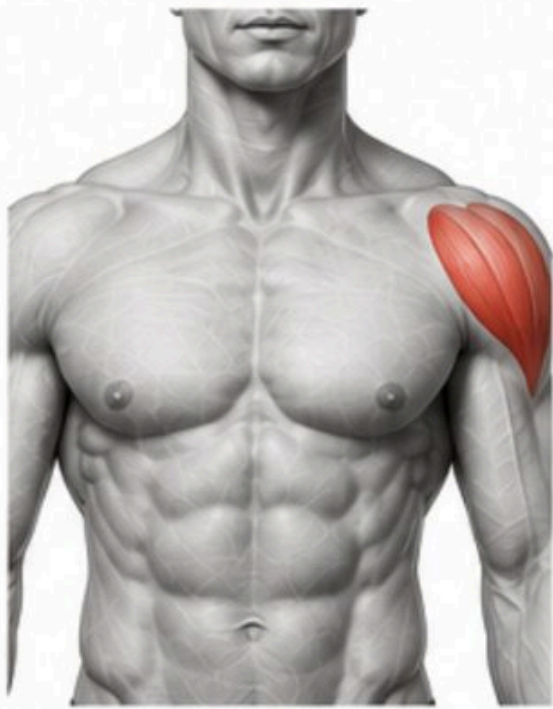
Build strong arms, build confidence. Your work ethic shows in your results.

SHOULDERS & BEST EXERCISES

FOR MEN

Well-defined shoulders create a strong, athletic look, improve upper body strength and posture, and enhance overall performance.

ANTERIOR DELTOID (FRONT)



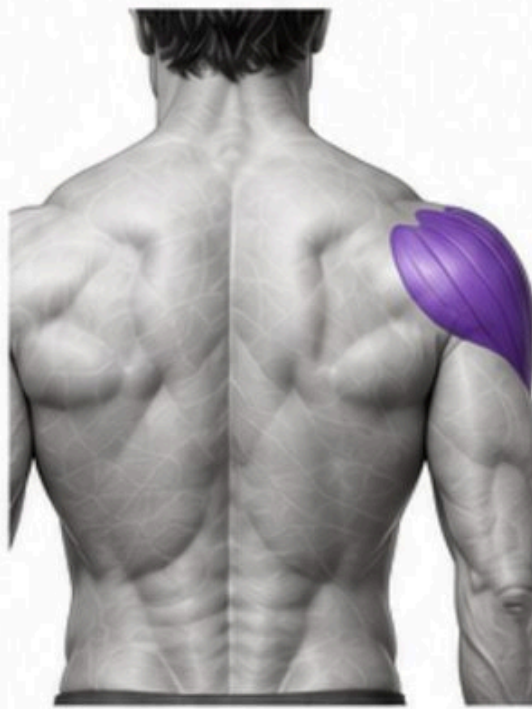
Located on the front of your shoulder. Helps lift your arm forward and is active in pressing movements.

LATERAL DELTOID (SIDE)



Located on the side of your shoulder. Creates shoulder width and helps lift your arm out to the side.

POSTERIOR DELTOID (REAR)



Located on the back of your shoulder. Supports pulling movements and helps with posture and shoulder stability.

BEST EXERCISES FOR EACH DELTOID HEAD

ANTERIOR DELTOID (FRONT)

- Barbell Overhead Press
- Dumbbell Front Raise
- Arnold Press
- Machine Shoulder Press
- Landmine Press

LATERAL DELTOID (SIDE)

- Dumbbell Lateral Raise
- Cable Lateral Raise
- Lean-Away Lateral Raise
- Upright Row (Wide Grip)
- Machine Lateral Raise

POSTERIOR DELTOID (REAR)

- Reverse Pec Deck Fly
- Bent-Over Rear Delt Fly
- Face Pull
- Cable Rear Delt Row
- Rear Delt Row (Chest-Supported)

TRAINING TIPS FOR MEN



FOCUS ON COMPOUND LIFTS

Build a strong foundation with presses and pulls that engage your shoulders.



PROGRESSIVE OVERLOAD

Gradually increase weight, reps, or sets to keep your muscles growing.



TRAIN WITH INTENSITY

Aim for 8–15 reps per set depending on your goal: strength or hypertrophy.



CONSISTENCY IS KEY

Train your shoulders 1–2 times per week and stay consistent for the best results.



FUEL YOUR BODY

Eat enough protein and calories to support muscle growth and recovery.



REST & RECOVER

Get 7–9 hours of sleep and allow your muscles time to repair and grow stronger.

★ **REMEMBER:** CONSISTENCY + HARD WORK + PROPER NUTRITION + RECOVERY = RESULTS



STRENGTH & SIZE KEY:

Lift heavy, focus on compound movements and progressive overload to build stronger, bigger shoulders.



PERFORMANCE KEY:

Strong shoulders improve your lifts, protect your joints and help you perform at your best in and out of the gym.

KEY BENEFITS



SHOULDER SIZE & SHAPE

Builds wide, strong shoulders for a more athletic and powerful physique.



BOOSTS STRENGTH & PERFORMANCE

Stronger shoulders improve pressing, pulling, and overhead movements in and out of the gym.



PREVENTS INJURY & SUPPORTS POSTURE

Strong delts stabilize your shoulder joint, reduce injury risk and improve posture.



ENHANCES UPPER BODY BALANCE

Well-developed delts create better upper body proportions and functional strength.

ABS WORKOUT GUIDE

FOR MEN

A strong core is the foundation of a strong body. Well-developed abs improve performance, protect your spine, enhance strength in all lifts, and help you stay lean year-round.

Train smart. Eat right. Stay consistent.
That's how you build a strong, defined core.

ALL ABDOMINAL MUSCLES

RECTUS ABDOMINIS (UPPER & LOWER ABS)

The "six-pack" muscle. Runs vertically along the front of the abdomen. Responsible for spinal flexion and bringing the ribcage toward the pelvis.

EXTERNAL OBLIQUES

Located on the sides of the abdomen. Help rotate and bend the torso and support lateral flexion.

TRANSVERSE ABDOMINIS

The deepest core muscle. Acts like a natural weight belt. Stabilizes the spine and compresses the abdomen.

INTERNAL OBLIQUES

Lie beneath the external obliques. Help rotate the torso in the opposite direction and compress the abdomen.

LOWER ABDOMINALS

The lower part of the rectus abdominis. Important for pelvic stability and core control in compound lifts and athletic movements.

KEY BENEFITS



STRONGER CORE & BETTER PERFORMANCE

A strong core improves power, balance, and transfer of strength in all exercises and sports.



LEANER PHYSIQUE & DEFINED ABS

Lower body fat and a strong core reveal your abs and create a sharp, athletic look.



MORE STRENGTH IN COMPOUND LIFTS

A stable core increases force output in squats, deadlifts, presses, and pull-ups.



INJURY PREVENTION & SPINAL HEALTH

Strong abs support your spine, improve posture, and reduce the risk of lower back pain.



BETTER POSTURE & DAILY FUNCTION

A strong core helps you maintain good posture and perform everyday movements with ease.

THE TRUTH ABOUT ABS

WHAT WORKS

- Progressive overload
- Compound lifts
- Direct ab training
- Proper nutrition
- Consistency & recovery

WHAT DOESN'T WORK

- 1000 crunches a day
- Training abs every day
- Spot reduction
- Skipping rest days
- Poor nutrition

Abs are built in the gym, revealed in the kitchen.

IMPORTANT TO KNOW

- You can't spot reduce fat. A visible six-pack comes from overall low body fat.
- Nutrition is key! You can't out-train a poor diet.
- Train your abs 2-4 times per week for the best results.
- Combine compound lifts, direct ab work, and cardio.
- Focus on quality reps, full range of motion, and mind-muscle connection.

BEST ABS EXERCISES

UPPER ABS

(Rectus Abdominis)

- Crunches
- Cable Crunches
- Reverse Crunches
- Hanging Knee Raises
- Ab Wheel Rollouts (Partial)

LOWER ABS

(Lower Rectus Abdominis)

- Leg Raises
- Hanging Leg Raises
- Reverse Crunches
- Decline Sit-ups
- Ab Wheel Rollouts

OBLIQUES

(External & Internal)

- Russian Twists
- Cable Woodchoppers
- Dumbbell Side Bends
- Hanging Side Leg Raises
- Landmine Twists

DEEP CORE

(Transverse Abdominis)

- Plank
- Side Plank
- Hollow Hold
- Dead Bug
- Pallof Press

TOTAL CORE

(All Muscle Groups)

- Hanging Leg Raises
- Toes to Bar
- Mountain Climbers
- Burpees
- Ab Wheel Rollouts



TIP:

Focus on controlled movements, full range of motion, and mind-muscle connection. Quality over quantity.

TRAINING PRINCIPLES FOR MEN



PROGRESSIVE OVERLOAD

Gradually increase weight, reps, or sets to keep challenging your core.



COMPOUND FIRST

Build core strength through compound lifts like squats, deadlifts, presses, and pull-ups.



DIRECT AB TRAINING

Add targeted ab exercises 2-4 times per week to hit all areas of your core.



CONSISTENCY

Train regularly and stay patient. Visible results take time.



RECOVER & GROW

Allow your core to recover with proper sleep, nutrition, and rest days.



REMEMBER:

There's no shortcut. Stay consistent, train smart, eat well, and results will follow.



STRONG CORE. STRONG BODY. STRONG MIND.

TRAINING PROGRESSION & PERIODIZATION



Muscles grow when they are gradually challenged with increasing loads.



TRAINING PROGRESSION –

a gradual increase in stimulus for muscles. There are 4 main ways:

1 Increase the working weights

2 Increase the number of repetitions

3 Increase the number of sets

4 Decrease rest time between sets



Choose 1–2 methods and apply them progressively from workout to workout.

MY RECOMMENDATION FOR PROGRESS



Choose a weight you can perform with good control and proper technique for **3 sets of 10 reps**.



Gradually increase reps until you can perform **15–20 reps** comfortably. Then increase the weight so you return to around **10 reps**.



You can also progress by adding an extra set over time.

PERIODIZATION – a planned variation of training loads to promote strength and muscle growth and prevent plateaus.

1. ACCUMULATION (4–6 WEEKS)

- ✓ Goal: volume and technique
- ✓ Reps: 8–15
- ✓ Intensity: 60–70% of 1RM*
- ✓ Sets: 3–4
- ✓ Rest: 60–90 sec



2. INTENSIFICATION (3–4 WEEKS)

- ✓ Goal: strength and progression
- ✓ Reps: 6–10
- ✓ Intensity: 70–85% of 1RM*
- ✓ Sets: 3–5
- ✓ Rest: 90–120 sec



3. DELOAD (1 WEEK)

- ✓ Goal: recovery
- ✓ Reps: 10–15
- ✓ Intensity: 50–60% of 1RM*
- ✓ Sets: 2–3
- ✓ Rest: 60 sec

*1RM = your maximum weight for 1 repetition.

HOW TO IMPLEMENT PROGRESSION:



Keep a training log.



Try to improve a little every week.



When you hit the top of a rep range – increase the weight.



Track your technique and quality of execution.

REMEMBER:

- ✓ Progression + effort lead to results.
- ✓ You need a system, consistency, and patience.
- ✓ Plateaus are normal. Periodization helps you keep moving forward.



CONSISTENCY TODAY – STRONGER TOMORROW!

You've got this!



CHOOSE EXERCISES THAT WORK FOR YOU.

TRAIN SMART BASED ON YOUR ANTHROPOMETRY

Every woman is built differently. Your proportions affect leverage, range of motion and the way your muscles work. Choosing the right exercises helps you get better results, reduce injury risk and train more efficiently.

KEY TAKEAWAYS



Leverage matters.
Your structure affects what exercises are most effective.



Adjust exercise selection,
technique and focus to get the most out of your training.



There is no "perfect" body.
Train what you have and maximize your potential.

TYPE A: LONG FEMUR (LONG THIGHS) + SHORT TORSO

You may have: longer legs, relatively shorter torso



SHORT TORSO

LONG FEMUR (LONG THIGHS)

WHAT THIS MEANS

- More hip hinge range
- Longer distance in squats and lunges
- Harder to stay upright in some movements
- Glutes and hamstrings are often dominant

MOST EFFECTIVE FOR

- Glutes
- Hamstrings
- Lower body strength
- Power from the hips

FOCUS

- Hip hinge patterns
- Glute activation
- Posterior chain strength
- Stability and balance

BEST EXERCISES

GLUTES & HAMSTRINGS (HIP HINGE DOMINANT)

- Hip Thrust / Glute Bridge
- Romanian Deadlift (RDL)
- Single-Leg RDL
- Glute-Ham Raise (GHR)
- Bulgarian Split Squat

QUADS (MORE RANGE)

- Front Squat
- Walking Lunge
- Step-Ups (high box)
- Leg Press (feet higher on platform)
- Reverse Lunge

TECHNIQUE TIPS

- ✓ Slightly more forward lean in hinges
- ✓ Use higher boxes for step-ups
- ✓ Control the bottom position
- ✓ Focus on glute contraction

AVOID / BE CAREFUL

- Excessive upper body upright in hinges
- Too low box height in step-ups
- Letting knees collapse inward

TYPE B: LONG TORSO + SHORT FEMUR (SHORT THIGHS)

You may have: longer torso, shorter legs



LONG TORSO

SHORT FEMUR (SHORT THIGHS)

WHAT THIS MEANS

- Less range in hip hinge
- Easier to stay upright
- Quads may be more dominant
- More upper body leverage in lifts

MOST EFFECTIVE FOR

- Quads
- Upper body strength
- Stability
- Core strength

FOCUS

- Upright positions
- Quad activation
- Full range in squats and presses
- Core stability

BEST EXERCISES

QUADS (SQUAT DOMINANT)

- Back Squat (higher bar or front squat)
- Leg Press (feet lower on platform)
- Walking Lunge
- Goblet Squat
- Hack Squat

GLUTES & HAMSTRINGS

- Hip Hinge (Sumo or Trap Bar Deadlift)
- Glute Bridge / Hip Thrust
- Reverse Lunge
- Step-Ups (lower box)
- Cable Pull-Through

TECHNIQUE TIPS

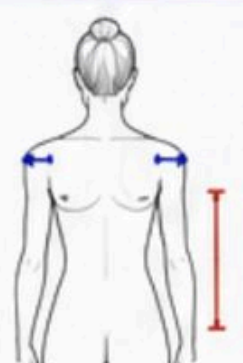
- ✓ Keep torso more upright
- ✓ Use full range in squats and presses
- ✓ Control tempo and depth
- ✓ Drive through mid-foot in squats

AVOID / BE CAREFUL

- Excessive forward lean in squats
- Rounding the lower back in hinges
- Overstriding in lunges

UPPER BODY ANTHROPOMETRY MATTERS TOO

UPPER BODY TYPE 1: LONG ARMS + NARROW SHOULDERS



WHAT THIS MEANS

- Harder lockout in pressing movements
- More range of motion in pulls
- Scapular control is key

MOST EFFECTIVE FOR

- Back (width)
- Biceps
- Posterior delts

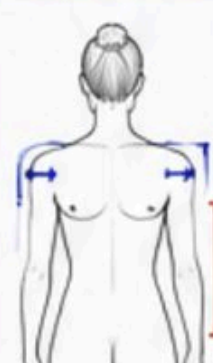
BEST EXERCISES

- Pull-Ups / Assisted Pull-Ups
- Chest-Supported Row
- Lat Pulldown (wide or neutral grip)
- Face Pulls
- Incline Dumbbell Press

TECHNIQUE TIPS

- ✓ Use neutral grip when possible
- ✓ Control the stretch in pulls
- ✓ Focus on scapular retraction
- ✓ Don't chase heavy loads
- ✓ Con't chase heavy in pulls

UPPER BODY TYPE 2: SHORT ARMS + WIDE SHOULDERS



WHAT THIS MEANS

- Easier to press heavy loads
- Slightly shorter range in pulls
- Delts and chest may dominate

MOST EFFECTIVE FOR

- Chest
- Shoulders
- Triceps

BEST EXERCISES

- Bench Press / Dumbbell Press
- Overhead Press
- Dips
- Seated Cable Row
- Lateral Raise

TECHNIQUE TIPS

- ✓ Control the eccentric
- ✓ Balance with pulling movements
- ✓ Don't overuse pressing volume
- ✓ Use full range of motion
- ✓ Balance with pulling movements

GOOD EXERCISES FOR ALL UPPER BODY TYPES

- Push-Ups / Variations
- Single-Arm Dumbbell Row
- Landmine Press
- Cable Row
- Face Pulls
- Lateral Raise
- Banded Pull-Aparts

FOCUS ON

- Quality over ego
- Full range of motion
- Mind-muscle connection
- Balance push/pull ratio

HOW LEVERAGE AFFECTS YOUR TRAINING

MOVEMENT PATTERN	TYPE A (LONG FEMUR + SHORT TORSO)	TYPE B (LONG TORSO + SHORT FEMUR)
Squats	More forward lean, more hip hinge bias, more glute/hamstring	More upright, more quad focus
Deadlifts / Hinges	Greater leverage for glutes and hamstrings	Use sumo or trap bar for better leverage
Lunges	Longer step = more glute, shorter step = more quad	Shorter step = more quad, easier balance
Upper Body Press	Harder lockout, less leverage	Easier to press heavier
Upper Body Pull	More range of motion	Slightly shorter range

GENERAL PRINCIPLES (APPLY TO EVERY BODY)



Compound movements first (squats, hinges, presses, pulls).



Progressive overload is the key to growth.



Train all muscle groups for balance and injury prevention.



Nutrition, sleep and recovery are part of your results.



Listen to your body and adjust as needed.

REMEMBER

- ★ You can't change your structure.
- 🎯 You can choose what works best.
- 🕒 Be patient and consistent.
- 🔥 Small steps lead to big changes.
- ★ Trust the process.
- ★ You've got this!

BUILD MUSCLE. STAY STRONG. STAY ON THE BOARD.

Building and maintaining muscle is essential for strength, stamina, injury resilience and performance on the mountain. Strong in the gym = confident on the snow.



More Strength for powerful riding and landings.



More Stamina for longer days and better recovery.



Less Injury Risk for a resilient body that lasts.



Better Performance for more control, confidence and flow.

COMBINE YOUR TRAINING

For best results, combine strength training with:



Strength Training (hypertrophy, foundational)



Explosive Power (jumps, plyometrics)



Endurance (aerobic capacity)



Mobility & Flexibility (range of motion)



Snowboard-Specific Drills (balance, control, carving, landings)

GYM FOR PROGRESS. SNOW FOR EXPRESSION.

IN THE GYM

We build strength.
We develop skills.
We fix weaknesses.
We prepare our body.



ON THE SNOW

We apply what we trained.
We ride with control.
We see the results.



STRONG BODY. STRONG MIND. BETTER RIDING.

PUT IN THE WORK IN THE GYM. APPLY IT ON THE SNOW. ENJOY THE RIDE.



CHOOSE EXERCISES THAT WORK FOR YOUR BODY.

TRAIN SMART BASED ON YOUR ANTHROPOMETRY

Every man is built differently. Your proportions affect leverage, range of motion and the way your muscles work. Choosing the right exercises helps you get better results, build strength, reduce injury risk and train more efficiently.

KEY TAKEAWAYS



Leverage matters.
Your structure affects what exercises are most effective.



Adjust exercise selection,
technique and focus to get the most out of your training.



There is no "perfect" body.
Train what you have and maximize your potential.

TYPE A: LONG FEMUR (LONG LEGS) + SHORT TORSO

You may have: longer legs, relatively shorter torso



WHAT THIS MEANS

- More hip hinge range
- Longer distance in squats and lunges
- Harder to stay upright in some movements
- Hamstrings and glutes often dominant

MOST EFFECTIVE FOR

- Glutes
- Hamstrings
- Lower body strength
- Power from the hips

FOCUS

- Hip hinge patterns
- Posterior chain
- Glute activation
- Stability & balance

BEST EXERCISES

GLUTES & HAMSTRINGS

- Hip Thrust / Glute Bridge
- Romanian Deadlift
- Single-Leg RDL
- Bulgarian Split Squat
- Glute-Ham Raise

QUADS (MORE RANGE)

- Front Squat
- Walking Lunge
- Step-Ups (high box)
- Leg Press (feet higher)
- Reverse Lunge

TECHNIQUE TIPS

- ✓ Slightly more forward lean in hinges
- ✓ Use higher boxes for step-ups
- ✓ Control the bottom position
- ✓ Focus on glute contraction

AVOID / BE CAREFUL

- Excessive upper body upright in hinges
- Too low box height in step-ups
- Letting knees collapse inward

TYPE B: LONG TORSO + SHORT FEMUR (SHORT LEGS)

You may have: longer torso, shorter legs



WHAT THIS MEANS

- Less range in hip hinge
- Easier to stay upright
- Quads may be more dominant
- More upper body leverage in lifts

MOST EFFECTIVE FOR

- Quads
- Upper body strength
- Stability
- Core strength

FOCUS

- Upright positions
- Quad activation
- Full range in squats
- Core stability

BEST EXERCISES

QUADS (SQUAT DOMINANT)

- Back Squat (higher bar)
- Leg Press (feet lower)
- Walking Lunge
- Goblet Squat
- Hack Squat

GLUTES & HAMSTRINGS

- Hip Hinge (Sumo or Trap Bar)
- Glute Bridge / Hip Thrust
- Reverse Lunge
- Step-Ups (lower box)
- Cable Pull-Through

TECHNIQUE TIPS

- ✓ Keep torso more upright
- ✓ Use full range in squats and presses
- ✓ Control tempo and depth
- ✓ Drive through mid-foot in squats

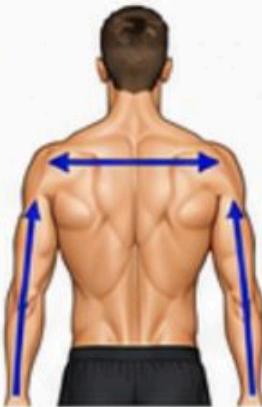
AVOID / BE CAREFUL

- Excessive forward lean in squats
- Rounding the lower back in hinges
- Overstriding in lunges

UPPER BODY ANTHROPOMETRY FOR MEN: YOUR STRUCTURE MATTERS

TYPE 1: LONG ARMS + NARROW SHOULDERS

You may have: longer arms, less leverage in pressing & pulling



WHAT THIS MEANS

- Harder lockout in pressing
- More range of motion in pulls
- Scapular control is key

MOST EFFECTIVE FOR

- Back (width)
- Biceps
- Posterior delts

BEST EXERCISES

- Pull-Ups / Assisted Pull-Ups
- Chest-Supported Row
- Lat Pulldown (wide or neutral)
- Incline Dumbbell Press
- Face Pulls

TECHNIQUE TIPS

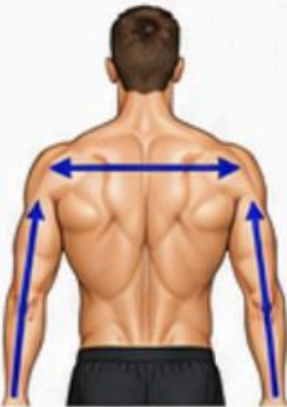
- ✓ Use neutral grip when possible
- ✓ Focus on scapular retraction
- ✓ Control the stretch in pulls
- ✓ Don't chase heavy loads

FOCUS AREAS

- Upper Back
- Lats (Width)
- Rear Delts
- Scapular Control

TYPE 2: SHORT ARMS + WIDE SHOULDERS

You may have: shorter arms, more leverage in pressing



WHAT THIS MEANS

- Easier to press heavy loads
- Slightly shorter range in pulls
- Delts and chest may dominate

MOST EFFECTIVE FOR

- Chest
- Shoulders
- Triceps

BEST EXERCISES

- Bench Press / Dumbbell Press
- Overhead Press
- Dips
- Seated Cable Row
- Lateral Raise

TECHNIQUE TIPS

- ✓ Control the eccentric
- ✓ Don't overuse pressing volume
- ✓ Balance with pulling movements
- ✓ Use full range of motion

FOCUS AREAS

- Chest (Upper & Mid)
- Shoulders
- Triceps
- Posture & Scapula

GOOD EXERCISES FOR ALL UPPER BODY TYPES

- Pull-Ups / Variations
- Single-Arm Dumbbell Row
- Landmine Press
- Cable Row
- Face Pulls
- Lateral Raise
- Banded Pull-Aparts

FOCUS ON

- Quality over ego
- Full range of motion
- Mind-muscle connection
- Balance push/pull ratio

HOW LEVERAGE AFFECTS YOUR TRAINING

MOVEMENT PATTERN	TYPE A (LONG LEGS + SHORT TORSO)	TYPE B (LONG TORSO + SHORT LEGS)
Squats	More forward lean, more hip hinge	More upright, more quad focus
Deadlifts / Hinges	Greater leverage for glutes and hamstrings	Use sumo or trap bar for better leverage
Lunges	Longer step = more glute, shorter step = more quad	Shorter step = more quad, easier balance
Upper Body Press	Harder lockout, less leverage	Easier to press heavier
Upper Body Pull	More range of motion	Slightly shorter range

GENERAL PRINCIPLES (APPLY TO EVERY BODY)



Compound movements first (squats, presses, pulls, hinges).



Progressive overload is the key to growth.



Train all muscle groups for balance and injury prevention.



Nutrition, sleep and recovery are part of your results.



Listen to your body and adjust as needed.

REMEMBER



You can't change your structure.



You can choose what works best.



Be patient and consistent.



Small steps lead to big changes.



Trust the process.



You've got this!

BUILD MUSCLE. STAY STRONG.

Building and maintaining muscle is essential for strength, power, performance and health. Strong in the gym = strong on the snow.



MORE STRENGTH
for powerful riding
and landings



MORE STAMINA
for longer days
and better recovery



LESS INJURY RISK
for a resilient
body that lasts.



BETTER PERFORMANCE
for more control,
confidence and flow.

COMBINE YOUR TRAINING

For best results, combine strength training with:



Explosive Power (jumps, plyometrics)



Endurance (aerobic capacity)



Mobility & Flexibility (range of motion)



Snowboard-Specific Drills
(balance, control, edging)

GYM FOR PROGRESS. SNOW FOR EXPRESSION.

IN THE GYM

We build strength.
We develop skills.
We fix weaknesses.
We prepare our body.



ON THE SNOW

We apply what
we trained.
We ride with control.
We see the results.



FINAL THOUGHT



Your body is unique.
Your training should be too.
Train smart. Be consistent.
Stay disciplined.
Enjoy the ride.



STRONG BODY. STRONG MIND. BETTER RIDING.
PUT IN THE WORK IN THE GYM. APPLY IT ON THE SNOW. ENJOY THE RIDE.



SPLIT WORKOUT PROGRAM

A BALANCED PLAN FOR STRENGTH, MUSCLE & PERFORMANCE



BALANCED
Trains all major muscle groups effectively.



OPTIMAL VOLUME
Right amount of sets and reps for muscle growth.



RECOVERY
Allows enough time for muscles to rest and grow.



PROGRESS
Follow the plan, track your progress, get stronger.

WORKOUT 1 LEGS

- 1 LEG EXTENSION (SEATED)**
3 sets of 15 reps
- 2 ROMANIAN DEADLIFT**
3 sets of 10 reps
- 3 LEG CURL (LYING OR SEATED)**
3 sets of 15 reps
- 4 GLUTE BRIDGE**
3 sets of 12 reps
- 5 HIP ABDUCTION (SEATED)**
3 sets of 15 reps
- 6 AB CRUNCH (MACHINE)**
3 sets of 20 reps

FOCUS:
QUADRICEPS, HAMSTRINGS,
GLUTES, HIP ABDUCTORS, CORE

WORKOUT 2 BACK + ARMS

- 1 PULL-UPS (ASSISTED MACHINE)**
3 sets of 10–12 reps
- 2 LAT PULLDOWN (NARROW GRIP)**
3 sets of 12 reps
- 3 ONE-ARM DUMBBELL ROW**
3 sets of 12 reps
- 4 CABLE ROW (LOW PULLEY)**
3 sets of 15 reps
- 5 HAMMER CURL**
4 sets of 15 reps
- 6 ROPE PUSHDOWN**
3 sets of 15 reps

FOCUS:
BACK (LATS, MID, LOWER), BICEPS,
TRICEPS, REAR ARMS

WORKOUT 3 CHEST + SHOULDERS

- 1 INCLINE DUMBBELL PRESS**
4 sets of 10 reps
- 2 PEC DECK FLY**
3 sets of 15 reps
- 3 PLATE FRONT RAISE WITH TWIST**
3 sets of 8 reps (each side)
- 4 STANDING PLATE PRESS**
3 sets of 15 reps
- 5 DUMBBELL LATERAL RAISE**
3 sets of 15 reps
- 6 ROPE REAR DELT PULL**
3 sets of 15 reps

FOCUS:
CHEST, SHOULDERS (FRONT, SIDE,
REAR), UPPER BODY SHAPE

HOW OFTEN TO TRAIN?

Optimal option – 3 workouts per week (following this split).

MON LEGS	TUE REST	WED BACK + ARMS	THU REST	FRI CHEST + SHOULDERS	SAT REST	SUN REST
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PROGRESSION PRINCIPLES

- ✓ Try to increase the weight or reps in each exercise over time.
- ✓ When you can perform the top number of reps easily, increase the weight.
- ✓ Keep a training log and track your progress.
- ✓ Progress = stronger muscles and better results!

RECOMMENDATIONS

- Warm-up:** 5–10 minutes before every workout.
- Rest between sets:** 60–90 seconds for isolation exercises, 90–120 seconds for compound exercises.
- Form first:** Focus on proper technique for maximum results and injury prevention.
- Nutrition:** Eat enough protein and maintain a calorie balance to support your goals.
- Hydration & Sleep:** Drink enough water and sleep 7–9 hours per night.

IMPORTANT TO REMEMBER

- Everyone is different – adjust the program to your needs.
- Listen to your body and don't train through pain.
- Consistency is more important than motivation.
- Rest is part of progress.



TRAIN SMART. STAY CONSISTENT. ACHIEVE RESULTS!
YOUR BODY – YOUR PROJECT. MAKE IT THE BEST VERSION OF YOURSELF!

2-DAY FULL BODY WORKOUT PROGRAM

FOR WOMEN & MEN



EFFICIENT

2 full body workouts per week for maximum results with minimal time commitment.



BALANCED

Targets all major muscle groups in each session for balanced strength and muscle development.



SIMPLE & EFFECTIVE

Easy to follow, perfect for busy schedules and sustainable long-term progress.



PROGRESSIVE

Progressive overload drives continuous improvement and stronger results.

FOR WOMEN

WORKOUT A

Full Body Strength & Tone

EXERCISE	SETS	REPS	REST
1 Squat (Goblet or Barbell)	3-4	10-12	60-90 sec
2 Romanian Deadlift	3-4	10-12	60-90 sec
3 Push-Up (Knee or Standard)	3	8-12	60-90 sec
4 Seated Cable Row	3-4	10-12	60-90 sec
5 Dumbbell Shoulder Press	3	10-12	60-90 sec
6 Glute Bridge / Hip Thrust	3	12-15	60-90 sec
7 Dumbbell Lateral Raise	3	12-15	45-60 sec
8 Plank	3	30-60 sec	45-60 sec

WORKOUT B

Full Body Strength & Shape

EXERCISE	SETS	REPS	REST
1 Lunges (Dumbbell or Barbell)	3-4	10-12	60-90 sec
2 Hip Hinge (RDL or Good Morning)	3-4	10-12	60-90 sec
3 Dumbbell Bench Press	3-4	8-12	60-90 sec
4 Lat Pulldown or Assisted Pull-Up	3-4	8-12	60-90 sec
5 Bulgarian Split Squat	3	10-12	60-90 sec
6 Face Pull	3	12-15	45-60 sec
7 Bicep Curl	3	12-15	45-60 sec
8 Tricep Pushdown	3	12-15	45-60 sec



FOCUS FOR WOMEN

Emphasize controlled movements, mind-muscle connection, and progressive overload. Prioritize glutes, legs, back, and shoulders for a strong, balanced physique.

FOR MEN

WORKOUT A

Full Body Strength & Power

EXERCISE	SETS	REPS	REST
1 Back Squat (Barbell)	4	6-10	90-120 sec
2 Deadlift (Conventional or Trap Bar)	4	6-8	90-120 sec
3 Bench Press (Barbell)	4	6-10	90-120 sec
4 Pull-Up (or Lat Pulldown)	4	6-10	90-120 sec
5 Overhead Press (Barbell)	3-4	6-10	90-120 sec
6 Barbell Row	3-4	8-10	90 sec
7 Hanging Leg Raise	3	10-15	60-90 sec
8 Plank	3	45-60 sec	60 sec

WORKOUT B

Full Body Strength & Hypertrophy

EXERCISE	SETS	REPS	REST
1 Front Squat or Leg Press	4	8-12	90 sec
2 Romanian Deadlift	4	8-12	90 sec
3 Incline Dumbbell Press	4	8-12	90 sec
4 Seated Cable Row	4	8-12	90 sec
5 Dumbbell Shoulder Press	3	10-12	60-90 sec
6 Pull-Up (Weighted if possible)	3	8-10	90 sec
7 Barbell Curl	3	10-12	60 sec
8 Tricep Dips or Pushdown	3	10-12	60 sec



FOCUS FOR MEN

Lift heavy, focus on progressive overload, and build strength. Compound movements first, then accessory work. Prioritize chest, back, legs, and shoulders.



WEEKLY SCHEDULE (EXAMPLE)

MON	TUE	WED	THU	FRI	SAT	SUN
Workout A	Rest or Cardio	Workout B	Rest or Mobility	Workout A	Rest or Cardio	Rest

★ TIP: Add 2-3 cardio sessions or active recovery days if desired. Listen to your body and adjust as needed.



PROGRESSION GUIDE

- ✓ Increase weight when you can complete all sets with good form.
- ✓ Add 1-2 reps each week or increase weight by 2.5-5%.
- ✓ Track your progress and aim for small improvements weekly.
- ✓ Deload every 4-6 weeks if needed.



TRAINING NOTES

- Warm-up: 5-10 min of dynamic movements.
- Rest between sets: 60-120 sec (compound), 45-90 sec (accessory).
- Focus on form > weight.
- Use full range of motion.
- Stay consistent and patient.



IMPORTANT REMINDERS

- Nutrition is key: Eat enough protein and whole foods.
- Hydrate: Drink plenty of water.
- Sleep: 7-9 hours per night.
- Recovery: Rest days are important for growth.
- Consistency beats intensity.



2 DAYS. FULL BODY. REAL RESULTS.
CONSISTENCY TODAY, STRENGTH TOMORROW.



WOMEN'S SPLIT WORKOUT PROGRAM

FOCUS: GLUTES • SHAPE • STRENGTH • CONFIDENCE



GLUTE FOCUS

Designed to build, lift and shape your glutes from every angle.



BALANCED PLAN

Combines lower body, upper body and core for a balanced physique.



PROGRESSIVE

Increase weights or reps over time to keep growing.



RECOVER

Rest and recovery are key to building a strong, healthy body.



CONSISTENCY

Stay consistent, trust the process and enjoy the results!

WORKOUT 1

GLUTES & HAMSTRINGS

(GLUTE ACTIVATION & GROWTH)

- 1 HIP THRUST**
4 sets of 12 reps
- 2 ROMANIAN DEADLIFT**
4 sets of 10 reps
- 3 BULGARIAN SPLIT SQUAT**
3 sets of 12 reps per leg
- 4 LEG CURL (LYING OR SEATED)**
3 sets of 15 reps
- 5 CABLE KICKBACK**
3 sets of 15 reps per leg
- 6 GLUTE BRIDGE (PAUSE AT TOP)**
3 sets of 15 reps
- 7 ABDUCTOR MACHINE**
3 sets of 15–20 reps
- 8 STANDING CALF RAISE**
3 sets of 15–20 reps

FOCUS:
GLUTES, HAMSTRINGS, OUTER GLUTES,
LOWER BODY STRENGTH

WORKOUT 2

UPPER BODY & CORE

(TONED & STRONG)

- 1 LAT PULLDOWN (WIDE GRIP)**
3 sets of 12 reps
- 2 SEATED CABLE ROW**
3 sets of 12 reps
- 3 DUMBBELL SHOULDER PRESS**
3 sets of 12 reps
- 4 MACHINE CHEST PRESS**
3 sets of 12 reps
- 5 LATERAL RAISE**
3 sets of 15 reps
- 6 CABLE ROPE FACE PULL**
3 sets of 15 reps
- 7 BICEP CURL**
3 sets of 15 reps
- 8 TRICEP PUSHDOWN**
3 sets of 15 reps
- 9 PLANK**
3 sets of 45–60 sec

FOCUS:
BACK, SHOULDERS, ARMS, CORE,
POSTURE & STABILITY

WORKOUT 3

GLUTES & QUADS

(SHAPE & SCULPT)

- 1 BARBELL HIP THRUST**
4 sets of 10 reps
- 2 SUMO SQUAT**
4 sets of 12 reps
- 3 LEG PRESS (WIDE STANCE)**
3 sets of 12 reps
- 4 WALKING LUNGE**
3 sets of 12 reps per leg
- 5 STEP-UP (DUMBBELLS)**
3 sets of 12 reps per leg
- 6 CABLE KICKBACK (DIAGONAL)**
3 sets of 15 reps per leg
- 7 B-STANCE HIP THRUST**
3 sets of 12 reps per leg
- 8 ABDUCTOR MACHINE (HOLD)**
3 sets of 20 reps

FOCUS:
GLUTES, QUADS, INNER & OUTER THIGHS,
LOWER BODY SHAPE

WEEKLY SCHEDULE (EXAMPLE)

MON	TUE	WED	THU	FRI	SAT	SUN
WORKOUT 1 GLUTES & HAMSTRINGS	REST OR CARDIO	WORKOUT 2 UPPER BODY & CORE	REST OR ACTIVE RECOVERY	WORKOUT 3 GLUTES & QUADS	REST OR CARDIO	REST

★ **TIP:** Do 10–20 min of low-intensity cardio or 8K–12K steps daily to support recovery and overall results.

PROGRESSION GUIDE

- ✓ Increase weight when you can complete all sets with good form.
- ✓ Add 1–2 reps each week or increase the weight slightly.
- ✓ Focus on mind-muscle connection, especially in your glutes.
- ✓ Track your progress and celebrate small wins!

RECOMMENDATIONS



Warm-up: 5–10 minutes of cardio + dynamic stretching.

Rest between sets: 60–90 seconds.

Form first: Quality over quantity.

Nutrition: Eat enough protein, healthy fats and carbs to support muscle growth and energy.

Hydration & Sleep: Drink water and sleep 7–9 hours per night.

IMPORTANT TO REMEMBER

- 👤 You don't get the glutes you want by sitting on them.
- 🏃 Train hard, be patient and trust the process.
- 👩 Every woman is different – focus on your own progress.
- 🛏 Strong glutes = better posture, strength and confidence!



STRONG. CONFIDENT. POWERFUL.
You've got this! ❤️



BUILD YOUR BEST BODY.
START TODAY.

BACK, ARMS & SHOULDERS

MEN'S WORKOUT PROGRAM



BUILD STRENGTH

Focus on compound movements and heavy progressive overload.



MUSCLE & SIZE

Train with intensity and higher volume for optimal muscle growth.



PERFORMANCE

Stronger back, bigger arms and defined shoulders.



CONSISTENCY

Stay consistent, eat well and track your progress.

BACK FOCUS

THICKNESS • WIDTH • STRENGTH

- PULL-UPS (WEIGHTED IF POSSIBLE)**
4 sets of 6–10 reps
- BARBELL BENT OVER ROW**
4 sets of 6–10 reps
- SEATED CABLE ROW (NEUTRAL GRIP)**
3 sets of 8–12 reps
- SINGLE-ARM DUMBBELL ROW**
3 sets of 8–12 reps each side
- LAT PULLDOWN (WIDE GRIP)**
3 sets of 10–12 reps
- STRAIGHT ARM PUSHDOWN**
3 sets of 12–15 reps
- DEADLIFT (OPTIONAL)**
3 sets of 4–6 reps



FOCUS:

LATS, MID BACK, LOWER BACK, TRAPS, REAR DELTS

ARMS FOCUS

SIZE • STRENGTH • DEFINITION

- BARBELL CURL**
4 sets of 6–10 reps
- INCLINE DUMBBELL CURL**
3 sets of 8–12 reps
- HAMMER CURL**
3 sets of 10–12 reps
- CLOSE-GRIP BENCH PRESS**
3 sets of 6–10 reps
- ROPE PUSHDOWN**
3 sets of 10–15 reps
- SKULL CRUSHER (EZ-BAR)**
3 sets of 8–12 reps
- OVERHEAD CABLE EXTENSION**
3 sets of 10–15 reps



FOCUS:

BICEPS, TRICEPS, FOREARMS

SHOULDERS FOCUS

WIDTH • ROUNDNESS • STABILITY

- MILITARY PRESS (BARBELL)**
4 sets of 6–10 reps
- SEATED DUMBBELL PRESS**
3 sets of 8–12 reps
- LATERAL RAISE**
4 sets of 12–15 reps
- REAR DELT FLY (CABLE OR DUMBBELL)**
3 sets of 12–15 reps
- UPRIGHT ROW (EZ-BAR)**
3 sets of 8–12 reps
- FACE PULL**
3 sets of 12–15 reps
- SHRUGS (BARBELL OR DUMBBELL)**
3 sets of 10–15 reps



FOCUS:

SHOULDERS (ALL HEADS), TRAPS, UPPER BACK

WEEKLY SCHEDULE (EXAMPLE)

MON	TUE	WED	THU	FRI	SAT	SUN
BACK, ARMS & SHOULDERS	CHEST & TRICEPS	LEGS	REST OR CARDIO	BACK, ARMS & SHOULDERS	LEGS	REST

★ **TIP:** Add 10–20 min of low-intensity cardio or 8K–12K steps daily to support recovery and overall results.

PROGRESSION GUIDE

- ✓ Increase weight or reps gradually each week.
- ✓ Aim to add 1–2 reps or 2.5–5% more weight when possible.
- ✓ Focus on progressive overload and perfect form.
- ✓ Track your workouts and strive to improve.

TRAINING NOTES FOR MEN

- 🏋️ Lift heavy on compound movements: 6–10 reps.
- 📊 Use moderate to heavy weight with proper intensity.
- 🕒 Rest 60–90 sec between sets (compounds), 30–60 sec (isolations).
- 💪 Focus on mind-muscle connection and full range of motion.
- ⚡ Push your limits, but prioritize recovery and sleep.

IMPORTANT REMINDERS

- 🍴 Nutrition is key: Eat in a slight calorie surplus with high protein intake.
- 🛌 Sleep 7–9 hours per night for optimal recovery.
- 📅 Consistency > Motivation. Stay disciplined.
- 🧑 Every workout is a step forward. Stay patient and trust the process.



TRAIN HARD. RECOVER WELL. GET STRONGER.

BUILD A STRONG BACK, BIG ARMS & POWERFUL SHOULDERS!



BACK, ARMS & SHOULDERS

WOMEN'S WORKOUT PROGRAM

♡ STRONG. TONED. CONFIDENT. YOU. ♡



STRONG & TONED

Build strength and definition in your upper body.



IMPROVED POSTURE

Strengthen your back and shoulders for better posture and less pain.



BOOST CONFIDENCE

Well-defined arms, shoulders and back boost your confidence.



PROGRESS & GROW

Track your progress and get stronger every week.

BACK FOCUS

- 1 LAT PULLDOWN (WIDE GRIP)**
4 sets of 10–12 reps
- 2 SEATED CABLE ROW (NEUTRAL GRIP)**
3 sets of 12 reps
- 3 ONE-ARM DUMBBELL ROW**
3 sets of 12 reps (each side)
- 4 STRAIGHT ARM PUSHDOWN**
3 sets of 15 reps
- 5 REVERSE FLY (MACHINE)**
3 sets of 15 reps
- 6 PULL-UPS ASSISTED (OR LAT PULLDOWN NARROW GRIP)**
3 sets of 8–10 reps

FOCUS:
LATS, MID BACK, LOWER BACK, REAR DELTS, POSTURE

ARMS FOCUS

- 1 DUMBBELL BICEP CURL**
4 sets of 12 reps
- 2 HAMMER CURL**
3 sets of 12–15 reps
- 3 CABLE ROPE TRICEP PUSHDOWN**
3 sets of 15 reps
- 4 OVERHEAD DUMBBELL TRICEP EXTENSION**
3 sets of 12 reps
- 5 PREACHER CURL (MACHINE OR CABLE)**
3 sets of 12 reps
- 6 TRICEP KICKBACK (DUMBBELL)**
3 sets of 15 reps (each side)

FOCUS:
BICEPS, TRICEPS, ARM STRENGTH & TONE

SHOULDERS FOCUS

- 1 SEATED DUMBBELL SHOULDER PRESS**
4 sets of 10–12 reps
- 2 DUMBBELL LATERAL RAISE**
3 sets of 15 reps
- 3 REAR DELT FLY (INCLINE BENCH)**
3 sets of 15 reps
- 4 FRONT RAISE (DUMBBELL)**
3 sets of 15 reps
- 5 UPRIGHT ROW (CABLE OR BAR)**
3 sets of 12 reps
- 6 FACE PULL (ROPE)**
3 sets of 15 reps

FOCUS:
SHOULDERS (ALL HEADS), TRAPS, UPPER BACK

WEEKLY SCHEDULE (EXAMPLE)

MON	TUE	WED	THU	FRI	SAT	SUN
BACK FOCUS	REST OR CARDIO	ARMS FOCUS	REST OR ACTIVE RECOVERY	SHOULDERS FOCUS	REST OR CARDIO	REST

★ **TIP:** Do 10–20 min of low-intensity cardio or 8K–12K steps daily to support recovery and overall results.

PROGRESSION GUIDE

- ✓ Increase weight or reps gradually each week.
- ✓ Aim to add 1–2 reps or 2.5–5% more weight when possible.
- ✓ Focus on proper form and mind-muscle connection.
- ✓ Be consistent and track your progress.

RECOMMENDATIONS

- WARM-UP:** 5–10 minutes of dynamic stretching and mobility.
- REST BETWEEN SETS:** 60–90 seconds for isolation, 90–120 seconds for compound exercises.
- FORM FIRST:** Quality over quantity for better results and injury prevention.
- NUTRITION:** Eat enough protein, healthy fats and carbs to fuel your workouts and recovery.
- HYDRATION & SLEEP:** Drink water and sleep 7–9 hours per night.

IMPORTANT TO REMEMBER

- Strong back = better posture and a stronger, more confident you.
- Toned arms and shoulders improve your shape and strength.
- You don't get bulky—weight training makes you lean and toned.
- Stay patient, stay consistent, and trust the process!
- Rest and recovery are part of your progress.



STRONG TODAY, STRONGER TOMORROW!

You've got this!



PERFORMANCE TRAINING

TRAIN SMARTER. MOVE BETTER. RIDE STRONGER.

Performance training is a structured approach to improving the physical qualities that directly impact your snowboarding: strength, power, endurance, mobility, and resilience. It's not just about getting stronger – it's about performing better on the mountain.



WHAT IS PERFORMANCE TRAINING?

It combines strength training, power development, endurance work, mobility, and sport-specific drills to build a body that is:

- ✓ Strong and powerful
- ✓ Durable and resilient
- ✓ Mobile and flexible
- ✓ Endurance-ready
- ✓ Explosive and reactive

WHY IT MATTERS FOR SNOWBOARDERS



MORE STRENGTH

Better control, stability, and ability to handle any terrain.



MORE POWER

Stronger take-offs, quicker edge-to-edge transitions.



MORE ENDURANCE

Stay strong and focused from the first to the last run.



INJURY RESISTANCE

Stronger body = lower risk of injuries, longer career.

THE 5 PILLARS OF PERFORMANCE



STRENGTH

Build the foundation.
Focus on building muscle, improving joint stability and overall strength.



POWER

Develop explosiveness.
Train your body to produce maximum force in minimal time.



ENDURANCE

Build your engine.
Improve muscular endurance and aerobic capacity.



MOBILITY

Move better.
Improve your range of motion and movement quality.



SPORT-SPECIFIC

Train like a snowboarder.
Include exercises that replicate movements and demands on snow.

TYPES OF TRAINING TO INCLUDE



STRENGTH TRAINING (LOW TO MODERATE REPS)

Build muscle and improve maximal strength.

Examples: Squats, Deadlifts, Lunges, Pull-ups, Presses, Rows, Hip Thrusts, Split Squats



POWER TRAINING (EXPLOSIVE MOVEMENTS)

Develop speed and explosive force.

Examples: Box Jumps, Olympic Lifts, Medicine Ball Throws, Jump Squats, Kettlebell Swings, Clap Push-ups



ENDURANCE TRAINING (LOW TO MODERATE INTENSITY)

Improve work capacity and stamina.

Examples: Circuit Training, Rowing, Bike Intervals, Hiking, Running, Step-ups



MOBILITY & FLEXIBILITY

Increase range of motion, reduce stiffness and improve movement quality.

Examples: Dynamic Stretching, Yoga, Foam Rolling, Hip and Ankle Mobility, Thoracic Mobility



SPORT-SPECIFIC TRAINING (SNOWBOARD FOCUS)

Train the movements you use on snow.

Examples: Rotational Work, Balance & Stability Drills, Edge Simulation, Plyometrics, Landings

HOW TO STRUCTURE YOUR TRAINING

- ✓ Plan in cycles (build – develop – peak – deload)
- ✓ Balance intensity and volume
- ✓ Include all 5 pillars every week
- ✓ Prioritize quality over quantity
- ✓ Listen to your body and recover

SAMPLE WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
Strength Lower Body	Power + Mobility	Endurance + Core	Strength Upper Body	Power + Sport Specific	Active Recovery / Mobility	Rest

KEY PRINCIPLES

- Progressive Overload – gradually increase the challenge.
- Consistency – small steps every day create big results.
- Recovery – where you get stronger.
- Individualization – adjust to your goals and needs.
- Specificity – train for the sport you love: snowboarding.



REMEMBER

We build the body and skills in the gym – we bring them to life on the snow.



THE GYM
Builds the foundation.



THE SNOW
Tests and applies it.



YOU
Get stronger, ride better, and enjoy more.

TIPS FOR SUCCESS



Set clear goals.



Be consistent.



Sleep well.



Eat to fuel and recover.



Stay hydrated.



Enjoy the process!

STAMINA TRAINING

GO LONGER. STAY STRONGER. RIDE MORE.

Stamina is your ability to sustain physical and mental performance for long periods of time. For snowboarders, it means more runs, more control, less fatigue, and better riding from first chair to last.



WHAT IS STAMINA?



Stamina is the combination of cardiovascular endurance and muscular endurance – the ability of your heart, lungs and muscles to work efficiently over time.

WHY STAMINA MATTERS FOR SNOWBOARDERS



MORE ENERGY

Stay fresh all day, ride more runs.



BETTER RECOVERY

Recover faster between runs and sessions.



MORE CONTROL

Maintain technique when it gets tough.



LOWER RISK OF INJURY

Fatigue leads to mistakes. Stamina keeps you safe.

TYPES OF STAMINA



CARDIOVASCULAR ENDURANCE

The ability of your heart and lungs to supply oxygen to your muscles during long-duration activity.

IMPORTANT FOR:

- ✓ Long days on the mountain
- ✓ Recovery between runs
- ✓ Overall energy and health



MUSCULAR ENDURANCE

The ability of your muscles to perform repeated contractions over time without fatigue.

IMPORTANT FOR:

- ✓ Holding strong riding positions
- ✓ Absorbing turns and landings
- ✓ Staying stable and powerful all day



DID YOU KNOW?

Good stamina allows you to train harder, recover faster, and progress more.

IT'S A FOUNDATION OF PERFORMANCE.

STAMINA TRAINING METHODS



STEADY STATE (LISS)

Low to moderate intensity for longer duration.

Examples: Jogging, Hiking, Cycling, Rowing, Elliptical



TEMPO TRAINING

Moderate to hard intensity sustained for a longer time.

Examples: Fast running, Uphill hiking, Tempo bike rides, Circuit training



INTERVAL TRAINING

High intensity efforts followed by rest or low intensity.

Examples: HIIT, Hill repeats, 30/30 intervals, Sprint intervals



CIRCUIT TRAINING

Perform exercises back to back with minimal rest.

Examples: Full body circuits, Functional circuits, Core circuits



SPORT-SPECIFIC CIRCUITS

Snowboard-specific movements with endurance focus.

Examples: Balance drills, Dynamic movements, Plyometric circuits, Board simulation workouts

SAMPLE STAMINA WORKOUTS

STEADY STATE (LISS)

⌚ 45–60 MIN

Keep HR in Zone 2 (60–70% max HR). Focus on breathing and consistency.

Examples: Easy run, Bike ride, Hike, Row

TEMPO SESSION

⌚ 30–45 MIN

Warm up 10 min → Tempo 20–25 min → Cool down 5–10 min

Keep HR in Zone 3 (70–80% max HR).

Examples: Fast hike, Tempo run, Steady bike

INTERVAL SESSION (HIIT)

⌚ 20–30 MIN

Example: 5–6 rounds

40 sec hard effort (Zone 4–5) / 80 sec easy (Zone 1–2)

Activities: Bike, Run, Row, Assault bike, Ski erg

CIRCUIT SESSION

⌚ 30–40 MIN

8–10 exercises / 40 sec work / 20 sec rest

3–4 rounds

Focus on big muscle groups and functional movements

HOW TO STRUCTURE YOUR STAMINA TRAINING

- ✓ Train 2–4 times per week depending on your goals and phase.
- ✓ Mix different methods to develop all aspects of stamina.
- ✓ Start easier, build volume and intensity gradually.
- ✓ Include active recovery and mobility work.
- ✓ Listen to your body and adjust.



KEY PRINCIPLES



CONSISTENCY OVER INTENSITY

Show up regularly. Small efforts build big results.



PROGRESSIVE OVERLOAD

Gradually increase time, intensity or volume.



RECOVERY IS PART OF TRAINING

Rest, sleep, and nutrition make you stronger.



TRAIN SMART, RIDE STRONG

Better stamina = better riding, less fatigue, more fun.



REMEMBER

BUILD IT IN THE GYM –
USE IT ON THE MOUNTAIN.



TRAIN STAMINA

Build endurance in the gym.



TRANSFER TO SNOW

Apply it to your riding.



SEE RESULTS

More runs, more control,
more progression.

TIPS FOR SUCCESS



Set clear goals.



Be consistent.



Track your
progress.



Stay hydrated
and fueled.



Sleep well.



Enjoy the
process!

NUTRITION GUIDE

3 MODES: BUILD • MAINTAIN • CUT

Proper nutrition is the foundation of your results. Choose the right mode based on your goal and adjust your calories and macros accordingly.



 BUILD (MUSCLE GAIN)	 MAINTAIN (WEIGHT MAINTENANCE)	 CUT (FAT LOSS)
Goal: calorie surplus (+10–20% above maintenance)	Goal: maintain body weight and overall performance	Goal: calorie deficit (–15–25% below maintenance)
APPROXIMATE CALORIES Calories: +10–20% Protein: 1.6–2 g per kg of body weight Fats: 0.8–1 g per kg of body weight Carbs: 3–5 g per kg of body weight	APPROXIMATE CALORIES Calories: Maintenance (100%) Protein: 1.6–2 g per kg of body weight Fats: 0.8–1 g per kg of body weight Carbs: 2–4 g per kg of body weight	APPROXIMATE CALORIES Calories: –15–25% Protein: 2–2.5 g per kg of body weight Fats: 0.6–0.8 g per kg of body weight Carbs: 1.5–3 g per kg of body weight
 Focus on complex carbs and quality protein. Train with progressive overload.	 Stay consistent. Track your food and adjust as needed. Train regularly.	 Focus on protein, vegetables and fiber. Control carbs and overall calorie intake.

HOW TO CALCULATE YOUR CALORIE TARGET	CALCULATION FORMULA (APPROXIMATE)												
 BMR (Basal Metabolic Rate) is the number of calories your body needs at rest to maintain basic functions (breathing, circulation, cell production, etc.).	BMR (Basal Metabolic Rate) × Activity Factor (Daily Activity Level) + TEF (5–10%)												
 With an activity factor, you get your Total Daily Energy Expenditure (TDEE) – the amount of calories you need in a day, including physical activity.	TDEE – Total Daily Energy Expenditure (approximate daily calorie needs)												
 This is an approximate calculation. For a more accurate result, individual factors must be considered: muscle mass, body fat percentage, metabolism, age, gender, hormones, sleep, stress, and more.	Example: BMR 1,600 kcal × Activity 1.55 + TEF 10% ≈ 2,728 kcal												
Also, don't forget the Thermic Effect of Food (TEF): the body uses 5–10% of calories just to digest, absorb, and process food. This is included in your total daily needs.	<table><tr><th colspan="2">ACTIVITY FACTOR (EXAMPLES)</th></tr><tr><td>1.2</td><td>Sedentary (little or no exercise)</td></tr><tr><td>1.375</td><td>Lightly active (1–3 workouts/week)</td></tr><tr><td>1.55</td><td>Moderately active (3–5 workouts/week)</td></tr><tr><td>1.725</td><td>Very active (6–7 workouts/week)</td></tr><tr><td>1.9</td><td>Extremely active (physical job, sports twice per day)</td></tr></table>	ACTIVITY FACTOR (EXAMPLES)		1.2	Sedentary (little or no exercise)	1.375	Lightly active (1–3 workouts/week)	1.55	Moderately active (3–5 workouts/week)	1.725	Very active (6–7 workouts/week)	1.9	Extremely active (physical job, sports twice per day)
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CALORIES IN 1 GRAM OF MACRONUTRIENTS	HOW TO SET YOUR MACROS
 PROTEIN 4 kcal/g  FAT 9 kcal/g  CARBS 4 kcal/g	Once you know your daily calorie target (TDEE), you can determine how much protein, fat, and carbs to eat based on the calories provided by each macronutrient. Protein (g) × 4 kcal + Fat (g) × 9 kcal + Carbs (g) × 4 kcal = Total Daily Calories

 ADDITIONAL RECOMMENDATIONS	 IMPORTANT NOTES
• Eat mostly whole, minimally processed foods. • Stay hydrated – drink enough water daily. • Aim for 3–5 balanced meals per day. • Adjust calories based on progress (weight, measurements, photos). • Consistency + time = results.	• These are general guidelines, not strict rules. • Listen to your body and adjust as needed. • Focus on long-term habits, not short-term diets. • Nutrition is 80%, training is 20%.



NUTRITION ISN'T A DIET. IT'S A LIFESTYLE.
FUEL YOUR BODY. STAY CONSISTENT. GET RESULTS.



DISCIPLINE TODAY. FREEDOM TOMORROW.



Success in snowboarding starts far from the mountain.
It's built in the gym, in your daily habits,
and in the choices you make every day.



DISCIPLINE IS EVERYTHING

Motivation gets you started.
Discipline keeps you going.



PLAY THE LONG GAME

Real results take time.
There are no shortcuts.



NUTRITION IS NOT A DIET

It's fuel for your body, your performance,
and your recovery.



CONSISTENCY BEATS INTENSITY

It's not about perfect workouts.
It's about showing up, day after day.



SMALL STEPS. BIG CHANGE.

1% better every day =
massive results over time.

WHY STRENGTH & MUSCLE MATTER FOR SNOWBOARDERS

Building muscle, keeping it in good shape,
and steadily growing it is **essential** for:



STRENGTH
GROWTH



STAMINA
GROWTH



INJURY
RESILIENCE



OVERALL
PERFORMANCE



Stronger body. Better riding.
Stronger you.

STRENGTH TRAINING IS CRUCIAL – DON'T IGNORE IT.

Combine strength training with these key components for a complete snowboarder:



STRENGTH

Build a strong
foundation.



EXPLOSIVE POWER

Increase power,
pop and agility.



ENDURANCE

Improve stamina
and work capacity.



MOBILITY

Move better,
ride better.



FLEXIBILITY

Increase range
and prevent injuries.



SNOWBOARD-SPECIFIC

Train the movements,
tricks and skills
that matter.

WE MAKE PROGRESS IN THE GYM.



This is where we build strength,
skills and resilience.
This is where we get better.



WE TRANSFER IT TO THE SNOW.



On snow, we apply what we've built.
We put our training into action.
This is where we see the results.

REMEMBER:

- ✓ Results come to those who stay consistent.
- ✓ Don't chase motivation – build discipline.
- ✓ Your future self is watching.
- ✓ Trust the process and enjoy the journey.
- ✓ Every rep, every meal, every choice counts.

YOUR GOAL. YOUR PLAN. YOUR FUTURE.



Commit today to the habits that will
create the life and riding you want.

You've got this!



STRONG BODY. STRONG MIND. STRONG RIDER.
BUILD IT. PROTECT IT. PUSH IT.

