

Phase 3 Exercises

Phase 3 Lower Body Exercises

video: www.BumpsForBoomers.com/fitness





PHASE 3 LOWER BODY EXERCISE: Single Leg Press

Alignment as in Phase I

Increase weight

Descend weight with one leg over a 6 count

Push weight back up with 2 legs

Repeat 6-8 times



PHASE 3 LOWER BODY EXERCISE: Super Slow Wall Squat Descents

Alignment as in Phase I

Weight 90% on one leg, hold dumbbells in hands

Descend slowly over a 6 count

Lower with one leg until thigh is parallel to floor

Push back up with 2 legs, Repeat 6-8 times

Increase dumbbell weight to make harder



PHASE 3 LOWER BODY EXERCISE: Side To Side Hops (Agility)

Tubing out in front of body

Hop left foot to right foot

Quick landings, bend knee

Repeat 10–15 times each way



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PHASE 3 LOWER BODY EXERCISE: Hop Hop Switch (Agility)

On right foot, perform 2 lateral hops to left

Land on left foot, quiet landing, bend knee

Then 2 hops to right, land on right foot

Quick feet

Repeat 10 times each way

Refer to video for demonstration



PHASE 3 LOWER BODY EXERCISE: Jump Twist Balance (Agility)

Semi-squat position facing left

Jump up and turn body to right and land on two feet, quickly repeat to left and back to right landing on one foot

Turn body back and forth with jump

Continue pattern left to right and right to left

Repeat 10 times each way

Refer to video for demonstration



PHASE 3 LOWER BODY EXERCISE: Wall Squat Hold Shuffle (Endurance)

Technique as in Phase I

Chest slightly forward off wall

Squat position, knees bent

Shuffle feet, fast tempo

Progress to 1 minute

2-3 sets



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PHASE 3 LOWER BODY EXERCISE: Single Leg Balance Challenge

Balance on one leg, keep leg straight

Reach one arm forward at various angles

Challenge your balance by reaching further away at various angles

Refer to video for demonstration

Maintain balance for up to 1 minute each leg



PHASE 3 LOWER BODY EXERCISE: Single Leg Balance With Resistance

Balance on one leg, keep leg straight

Grab tubing with opposite arm

Reach forward, back flat

Return to upright position overcoming resistance of tubing

Repeat 10 times each leg



Phase 3 Upper Body Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 3 UPPER BODY EXERCISE: I	
Arm position as in Phase 1	0
Increased resistance from Phase 2	0
Repeat 8 times	
Also can be done on floor or bench	
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PHASE 3 UPPER BODY EXERCISE: T	
Arm position as in Phase 1	
Increased resistance from Phase 2	
Repeat 8 times	
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PHASE 3 UPPER BODY EXERCISE: Y	
Technique as in Phase 1 and 2	
Repeat 10-15 times	
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	30 E (30 E)

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PHASE 3 UPPER BODY EXERCISE: Side Lie External Rotation

Technique and arm position as in Phase 1 and 2

Increased resistance from Phase II

Emphasis on descending weight slowly on a 6-8 count

Repeat 6-8 times

2 sets



PHASE 3 UPPER BODY EXERCISE: Diagonal Chops with Tubing

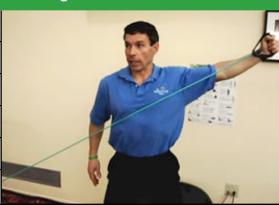
Standing tall, grab tubing across front of body

Diagonally pull arm up and across body

Shoulders back, stay tall

Repeat 10-12 times

2 sets



PHASE 3 UPPER BODY EXERCISE: Single Arm Push Up Against Wall

One arm pushing against ball on wall

Perform semi-push-ups

Keep back straight

Maintain balance

Repeat 10-12 times each arm



Phase 3 Upper Body Exercises

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Anchor tubing behind you, secure strap to hand Push arm straight forward like performing a punch Progress to turning hips while pushing Repeat 10–15 times each arm 2 sets

Phase 3 Core Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 3 CORE EXERCISE: Side Plank

Side Plank position, technique as in Phase 2

Tense abdominals, straight back

Progress to lift top leg up

Hold leg up for 10 seconds

Repeat 5-10 times each side

Refer to video for demonstration



PHASE 3 CORE EXERCISE: Plank Leg Lift

Plank position, back straight

Lift one leg up, hold 5-10 seconds

Alternate legs

Repeat 10 times each leg



PHASE 3 CORE EXERCISE: Back Bridge Leg Up

Perform bridge position

Extend one knee so leg up is off the floor

Hold 5 seconds

Repeat with other leg

10 times each leg



Phase 3 Core Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 3 CORE EXERCISE: Back Extension

Technique as in Phase 2

Increase hold time to 1 minute

Also can be done on bench with partner holding feet



PHASE 3 CORE EXERCISE: Back Extension Leg Lift

On stomach over ball, waist over top of ball

Lift both feet up, keep back straight

Squeeze buttocks, tense abdominals

Hold 10 seconds

Lower and repeat 10 times



PHASE 3 CORE EXERCISE: Band Split Stance

Grab tubing, arms out front, keep arms sraight

In split stance position (one leg forward)

Turn body as a unit from hips

Repeat 10-12 times

Refer to video for demonstration



Phase 3 Core Exercises

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PHASE 3 CORE EXERCISE: Band Side Bend	
Grasp tubing over head while standing straight	
Perform side to side motion of upper body	
Motion comes from hips	
Keep back straight, tense abdominals	
Repeat 10-15 times	
Refer to video for demonstration	