

Steel-Bow Sit-at-Home Workout

5-Days a week... Monday – Friday

Weekends: Rest

Best Workout Time: Mornings

Day 1



1st 5 wk. Diet Rules: 3-meals daily. NO SECOND Servings

Week 5 / 8 pound loss



2nd 5 wk. Diet Changes: No 2nd Servings – Smaller Portions

Week 10 / 15 pound loss



Diet Changes: Smaller Portions – 2 Healthy Snacks (no sugar/chips)

Once a week, reward yourself in an “indulgent” food meal, but **NO SECOND SERVINGS**. This is Your **ONE WEEKLY** Treat.

Steel-Bow: Easy Spring

A brisk compression and release... **ANY** Pressure for compression counts as 1 repetition.

Pick a multiple of “10” for your reps... Do Not exceed 100. **Emphasize the count** - not the compression.

1st week-10 2nd week-20 3rd week-30 4th week-40 5th week-50 6th week-60 7th week-70 8th week-80 9th week-90 10th week-100
If 10 is too low... start at 30 or 50... you choose. Follow one exercise after another... No rest between.

Body Warm-up & Stretch: **Iso-Motion** (easy joint rotation with push & pull compression)



1. Behind the Back PRESS



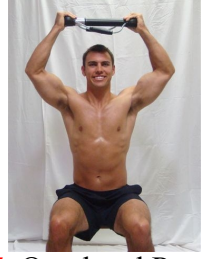
Leg Lift



Behind the Neck PRESS



Leg Lift



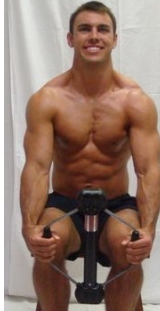
5. Overhead Press



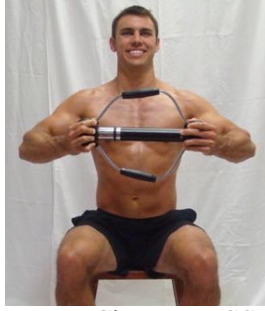
6. Knee Squeeze



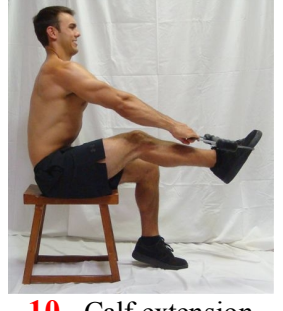
Lower Chest Press



Knee Spread



Front Chess PRESS



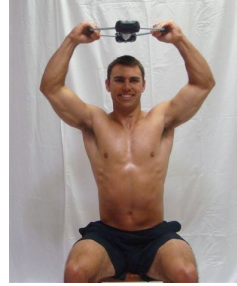
10. Calf extension



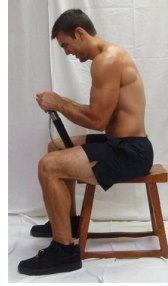
11. Front cable pull



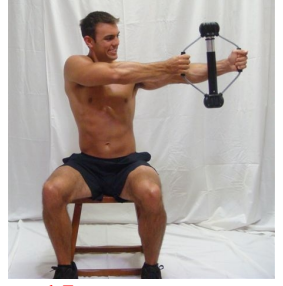
Calf extension



Overhead cable pull



Front Ab Crunch



15. Archer pull



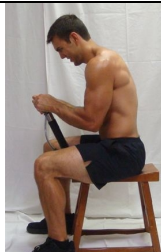
16. Side Crunch – Under Arm



Archer pull Other arm



Side Crunch other arm



Place between legs – PUSH down



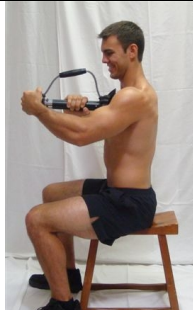
20. Place on knee + Pad – Lift knee UP



21. Arm compression Black Tube end on Chest



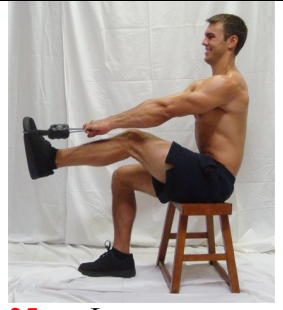
Other leg lift



Other arm



Dead Lift – Lower Back Pull 50 each leg



25. Leg squat – 50 each leg