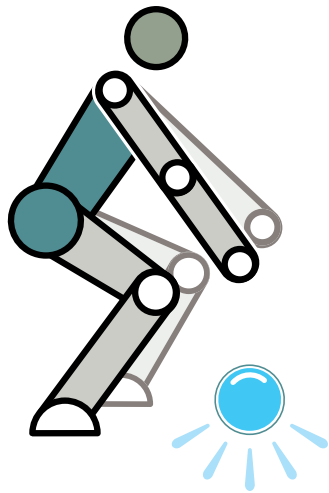
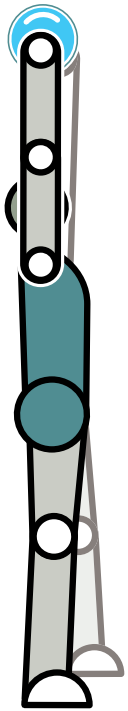


CHOOSE YOUR MOVEMENTS



In each phase of the OPT model — stability, strength, and power — you can build a workout easily by mixing and matching movements from each of the following categories: upper- and lower-body pushes, upper- and lower-body pulls, and core. Each workout will contain at least one movement from each of those categories.

The number of sets and reps changes slightly with each phase, as does the amount of time you take between sets.

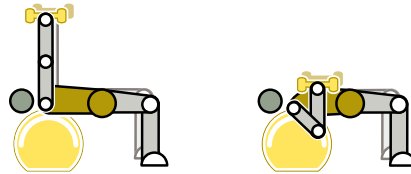
1. STABILITY

Perform two sets of 15 to 20 reps of each move. Rest 90 seconds between sets.

Stability-Ball Dumbbell Press

Upper-Body Pushing Exercise

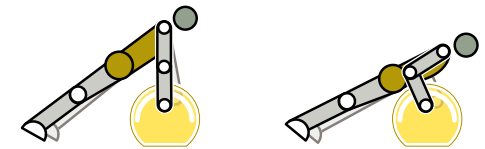
- Lie on your back on a stability ball with your feet flat on the floor.
- Grip two dumbbells at shoulder height and press them away from your chest.
- Slowly lower the dumbbells to return to starting position.



Modified Stability-Ball Pushup

Upper-Body Pushing Exercise

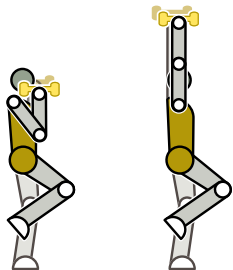
- Assume a pushup position with your hands on a stability ball, core board, an inverted Bosu trainer, or two DynaDiscs.
- Keeping your body straight from your feet to the top of your head, simultaneously bend your arms until your chest lightly touches the ball.
- Reverse the movement, pushing your body back up to the starting position.



One-Leg Overhead Press

Upper-Body Pushing Exercise

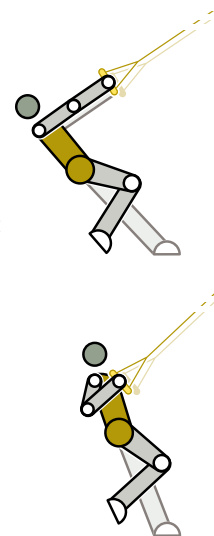
- Stand upright on one leg holding two dumbbells at shoulder height, palms facing forward or slightly inward.
- Exhale and press the dumbbells to arm's length overhead.
- Slowly lower the dumbbells back to the starting position.
- Change legs between sets.



One-Leg Cable Row

Upper-Body Pulling Exercise

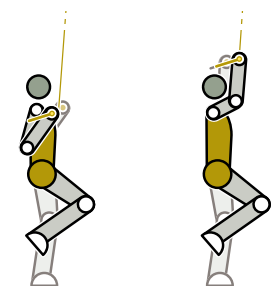
- Attach a handle or rope to a cable row machine, and raise the bar overhead.
- Stand a few feet away from the machine with one foot held slightly off the floor.
- Extend your arms and walk a few feet backward slowly until the cable is taut.
- Keeping your body in a straight line, lean back slightly, then simultaneously bend your arms to pull your body closer to the machine. Pull your shoulder blades back and lift your chest as you pull.
- Pause, slowly reverse the movement, and repeat. Change legs between sets.



Standing One-Leg Cable Lat Pull

Upper-Body Pulling Exercise

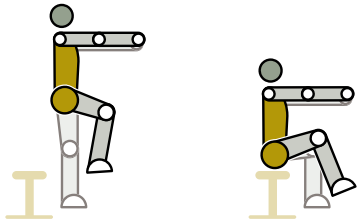
- Select a medium-heavy to heavy weight on the cable machine; raise the machine's arm overhead.
- Attach a bar or single-arm handle.
- Stand on one foot, keeping your lower back in neutral position, and slowly pull the bar to collarbone height in front of your head as you pull your shoulder blades forcefully down and back.
- Pause and return to the starting position.



One-Leg Bench Squat

Lower-Body Pushing Exercise

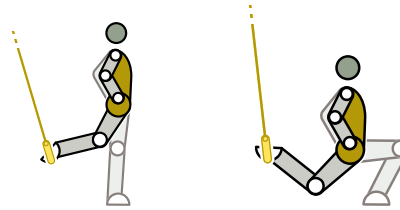
- Stand upright in front of a knee-high box or bench, holding two light dumbbells straight in front of you at shoulder height.
- Shift your weight to the left, slightly lifting your right foot off the floor or balancing lightly on your toes.
- Using your left foot only, slowly lower your body to squatting position to sit on the bench. (If this is difficult, use a higher bench or give yourself a little help by assisting with your opposite foot.)
- Pause, stand up, and repeat.



TRX Lunge

Lower-Body Pushing Exercise

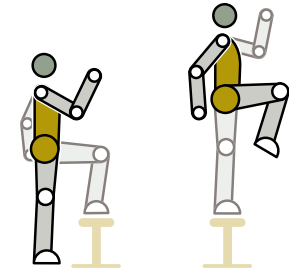
- Stand with one foot forward and the back foot suspended from the stirrup of a TRX.
- Keeping your torso upright, slowly bend both legs until your back knee is close to the floor and your front knee is at 90 degrees.
- Pause and reverse the movement, returning to starting position.
- Complete all reps before switching your suspended foot.



Step-Up to Balance

Lower-Body Pushing Exercise

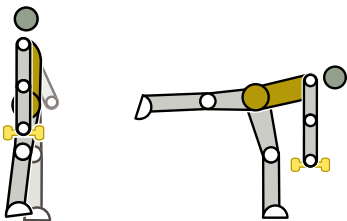
- Stand behind a knee-high box, bench, or step.
- Step onto the box with your left foot first, bringing your right knee up as high as possible.
- Keep your knee elevated for a slow one-count, then slowly lower your right foot to the floor and step off the box with your left foot.
- Repeat all reps on one side before repeating the exercise with your opposite foot on the box.



Single-Leg Deadlift

Lower-Body Pulling Exercise

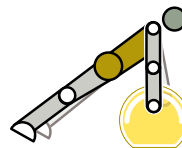
- Stand upright, holding a heavy dumbbell in your right hand.
- Shift your weight onto your left foot and lift your right foot slightly off the floor.
- Keeping your lower back in a neutral position and the dumbbell in your right hand close to your left leg, hinge forward with your left hip, bending your left knee slightly and lifting your right leg directly behind you until the dumbbell is close to the floor.
- Pause, reverse the movement for one rep, and repeat for desired reps.



Stability-Ball Pushup Hold

Core Exercise

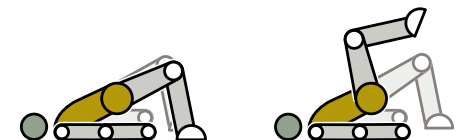
- Assume a pushup position with your hands on a stability ball, placing your hands slightly wider than shoulder width.
- Keeping your body straight from your head to your heels, maintain this optimal alignment for 30 to 60 seconds.
- If this position is too difficult, make it easier by performing the same move without the ball and your hands or forearms on the ground (plank position).



Supine March

Core Exercise

- Lie on your back with your legs bent, your feet flat on the floor, and your arms on the floor, palms down.
- Draw your right knee toward your chest and simultaneously push your left foot into the floor, lifting your pelvis as high as you can.
- Strongly contract your left glute for a one-count, lower your pelvis, and repeat on the opposite side, alternating sides until you have completed the appropriate number of reps on each side.



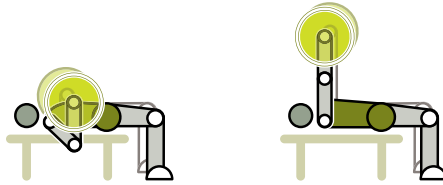
2. STRENGTH

Perform three to four sets of eight to 12 reps of each move. Rest up to 60 seconds between sets.

Barbell Bench Press

Upper-Body Pushing Exercise

- Place a barbell in the uprights of a bench-press station, load it with a medium-heavy weight, and lie back on the bench.
- Keeping your feet flat on the floor, grip the bar evenly about six inches wider than shoulder width on each side, and press it off the uprights.
- Slowly lower the bar until it contacts your chest about halfway down your rib cage.
- Press the bar back to the starting position, pause, and repeat.
- Always use a spotter when bench pressing heavy weights.

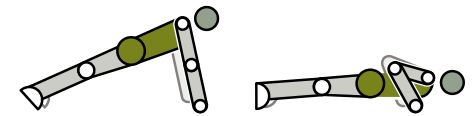


STABILITY VARIATION: Stability-Ball Dumbbell Press
POWER VARIATION: Lying Medicine-Ball Chest Throw

Pushup

Upper-Body Pushing Exercise

- Assume a pushup position: Hands and feet slightly wider than shoulder width, balls of your feet on the floor, arms locked out, and body straight, from your heels to the top of your head.
- Keeping your body straight and your head in a neutral position, simultaneously bend your arms and retract your shoulder blades until your chest lightly touches the floor — or as far as possible without losing good form.
- Reverse the movement, pushing your body back up to the starting position.

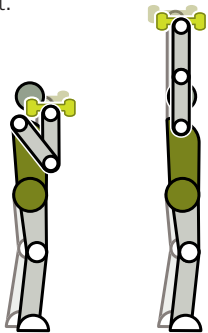


STABILITY VARIATION: Modified Stability-Ball Pushup
POWER VARIATION: Plyometric Pushup

Dumbbell Overhead Press

Upper-Body Pushing Exercise

- Stand upright holding two dumbbells at shoulder height, palms facing forward or slightly inward.
- Keeping your torso vertical, exhale and press the dumbbells to arm's length overhead.
- Slowly lower the dumbbells back to the starting position and repeat.

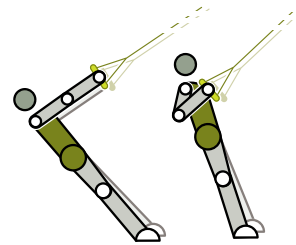


STABILITY VARIATION: One-Leg Overhead Press
POWER VARIATION: Medicine-Ball Overhead Throw

TRX Row

Upper-Body Pulling Exercise

- Standing a few feet behind the anchor point for the TRX (or equivalent), raise the handles to chest height and walk backward until the straps are taut.
- Keeping your arms extended, walk your feet forward slowly until your body forms about a 45-degree angle to the floor.
- Keeping your body straight, head to heels, simultaneously bend your arms and pull your shoulder blades back, lifting your chest as high as you can toward the anchor point.
- Pause, slowly reverse the movement, and repeat for the set number of reps.
- To make the move more difficult, start with your feet farther forward; to make it easier, start with them farther back.

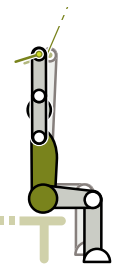


STABILITY VARIATION: One-Leg Cable Row
POWER VARIATION: Medicine-Ball Slam

Lat Pulldown

Upper-Body Pulling Exercise

- Select a medium-heavy to heavy weight on the lat pulldown machine.
- Take an overhand, shoulder-width grip on the bar and sit on the seat facing the weight stack.
- Keeping your torso upright and your lower back in a neutral position, slowly pull the bar down to collarbone height in front of your head.
- Pulling the shoulder blades forcefully down and back, pause.
- Reverse the movement and repeat.



STABILITY VARIATION: Standing One-Leg Cable Lat Pull
POWER VARIATION: Medicine-Ball Soccer Throw

Barbell Squat

Lower-Body Pushing Exercise

- Place a loaded barbell in a squat rack at shoulder height and stand facing it.
- Take an overhand grip on the bar, slightly wider than shoulder width.
- Walk toward the bar and duck your head underneath it so that the bar rests on the muscles of your upper back (not on your spine).
- Walk your feet directly underneath the bar, stand up, and walk back a few steps.
- With your feet parallel and slightly wider than shoulder width, slowly bend your knees and hips, sitting back until the tops of your thighs are parallel to the floor, keeping your lower back in a neutral position throughout the movement.
- Reverse the move, slowly standing back up, and repeat.

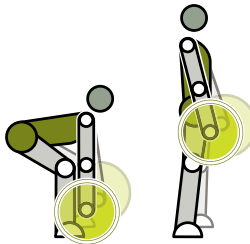


STABILITY VARIATION: One-Leg Bench Squat
POWER VARIATION: Jump Squat

Deadlift

Lower-Body Pulling Exercise

- Load an Olympic barbell (that's the one with the thick ends) with a medium-heavy to heavy weight and stand with the bar against the fronts of your shins.
- Bend at the knees and hip joints and take an overhand, shoulder-width grip on the bar.
- Lower your hips until they are beneath the level of your shoulders.
- Keeping your arms straight, your lower back in a neutral position, and your chest up, slowly stand fully upright.
- Keeping your lower back in a neutral position, bend at the hips and knees, lowering the bar to the floor, and repeat.

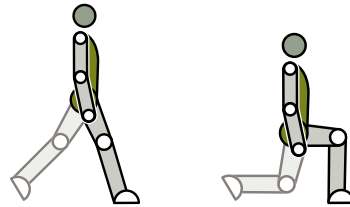


STABILITY VARIATION: Single-Leg Deadlift
POWER VARIATION: Broad Jump

Static Lunge

Lower-Body Pushing Exercise

- Stand with your feet together and your torso upright, and take a long step forward with your right foot.
- Keeping your torso upright and your gaze forward, slowly bend both legs until your left knee comes close to the floor.
- Pause and reverse the movement, returning to the right-foot-forward position, and repeat.
- Complete all reps with your right foot forward before switching to your left.
- Use dumbbells for additional resistance if necessary.

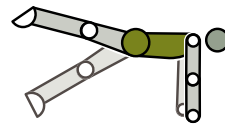


STABILITY VARIATION: TRX Lunge
POWER VARIATION: Dynamic Lunge

Pushup Hold With Leg Lift

Core Exercise

- Assume a pushup position: Hands and feet slightly wider than shoulder width, balls of your feet on the floor, arms locked out, and body straight, heels to the top of your head.
- Keeping your body straight, and the toes of your right foot pointing toward the floor, slowly lift your right leg six inches off the floor, strongly contracting the right glute.
- Hold for five seconds.
- Slowly lower the right leg to the floor and repeat, alternating feet on each rep.

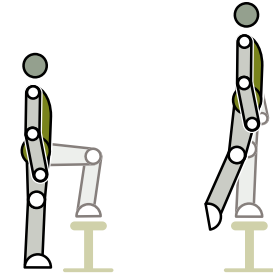


STABILITY VARIATION: Stability-Ball Pushup Hold
POWER VARIATION: Mountain Climber

Step-Up

Lower-Body Pushing Exercise

- Stand behind a knee-high box, bench, or step.
- Keeping your feet parallel and your torso upright, step onto the box, left foot first, then right.
- Step off the bench, left foot first, then right.
- Repeat this four-step movement for the appropriate number of reps. Rest, and then repeat the exercise, leading with the opposite foot.

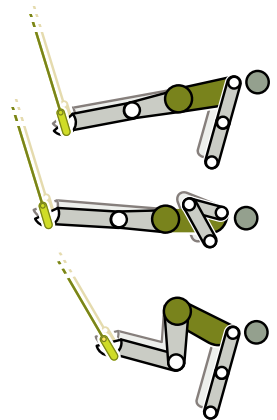


STABILITY VARIATION: Step-Up to Balance
POWER VARIATION: Power Step-Up

TRX Tuck

Core Exercise

- Adjust the straps of a TRX until they are about one foot from the floor.
- Place your feet in the TRX straps and assume the pushup position.
- Exhale as you slowly draw your knees as closely as possible toward your chest.
- Return to the starting position, taking care that your body is straight, head to heels, and repeat for desired reps.



STABILITY VARIATION: Supine March
POWER VARIATION: Stability-Ball Med-Ball Throw

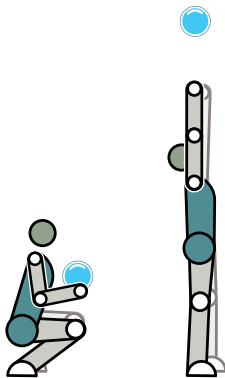
3. POWER

Superset one set of five reps on the strength moves and one set of eight reps on the power moves. Repeat three times. Rest two minutes after each superset.

Medicine-Ball Overhead Throw

Upper-Body Pushing Exercise

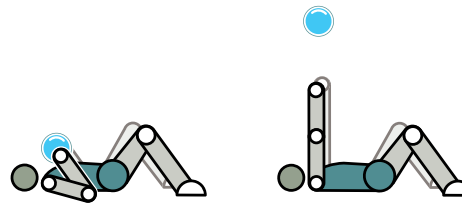
- Stand upright holding a medium-weighted medicine ball at chest height.
- Squat down as low as comfortable, then explode upward to standing, throwing the ball overhead as far as possible.
- Catch the ball carefully as it comes down for one rep.



Lying Medicine-Ball Chest Throw

Upper-Body Pushing Exercise

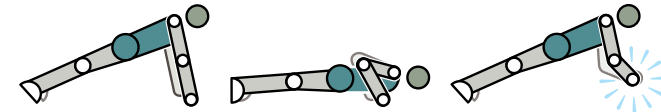
Holding a medicine ball against your chest, lie on your back on the floor with a spotter standing near your shoulders. Throw the ball directly upward to your spotter as explosively as possible. Have your spotter hand the ball back to you and repeat.



Plyometric Pushup

Upper-Body Pushing Exercise

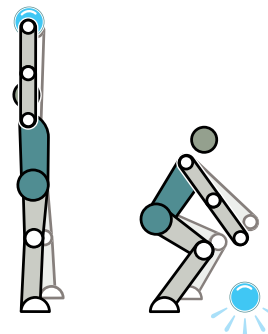
- Assume a pushup position: Hands and feet slightly wider than shoulder width, balls of your feet on the floor, arms locked out, and body straight, from your heels to the top of your head.
- Keeping your body straight and your head in a neutral position, simultaneously bend your arms until your chest almost touches the floor.
- Reverse the movement, explosively pushing your body back up to the starting position, and clapping if possible at the top of the movement.



Medicine-Ball Slam

Upper-Body Pulling Exercise

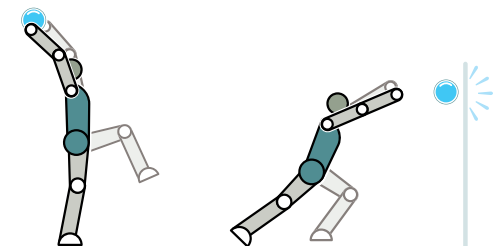
- Assume an athletic stance, feet shoulder width and parallel, holding a medium-weighted medicine ball in front of your chest.
- Slowly lift the ball as far as possible overhead.
- Quickly drop your weight, bend your knees, and throw the medicine ball toward the floor as explosively as you can.
- Catch the ball as it bounces up, pause, and repeat for desired reps.



Medicine-Ball Soccer Throw

Upper-Body Pulling Exercise

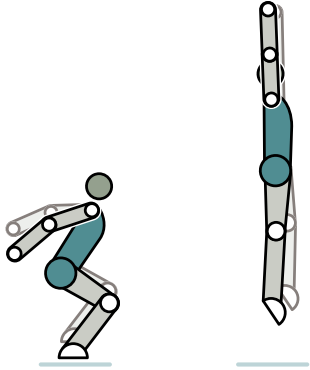
- Assume an athletic stance about 10 feet from a cinderblock or brick wall, feet shoulder width and parallel, holding a medium-weighted medicine ball in front of your chest.
- Lift the ball overhead.
- Stepping toward the wall with your left foot, throw the ball against the wall as explosively as possible.
- Allow the ball to bounce off the floor once, catch it, and return to the starting position.
- Repeat, alternating your lead foot on each rep.



Jump Squat

Lower-Body Pushing Exercise

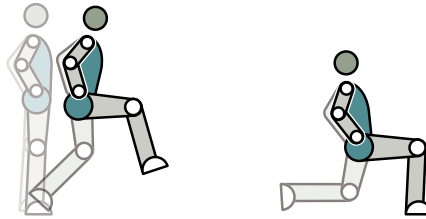
- Stand upright with feet parallel.
- Bend your knees slightly to squat.
- Using your arms to propel you, swing your arms back and up to jump in the air as high as possible on each rep.
- Return to a squat before jumping again.



Dynamic Lunge

Lower-Body Pushing Exercise

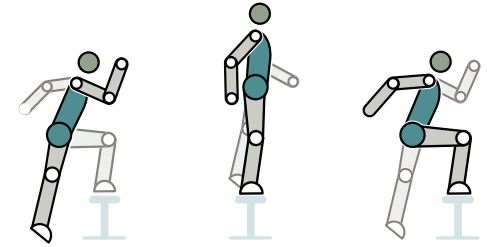
- Stand with your feet parallel, and take a long step forward with your right foot.
- Keeping your torso upright and your gaze forward, slowly bend both legs until your left knee comes close to the floor.
- Pause, and push forcefully off your lead foot after each lunge forward, returning to the starting position.



Power Step-Up

Lower-Body Pushing Exercise

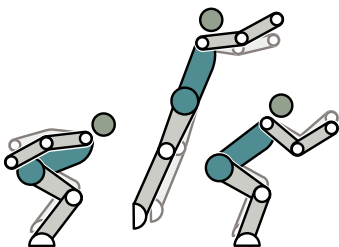
- Stand behind a knee-high box, bench, or step.
- Keeping your feet parallel and your torso upright, step onto the box, right foot first, then left.
- Push explosively through your lead (right) foot when you step on the box, jumping into the air and landing with your left foot on the box and your right foot on the floor.
- Switch the position of your feet while in the air on each rep.



Broad Jump

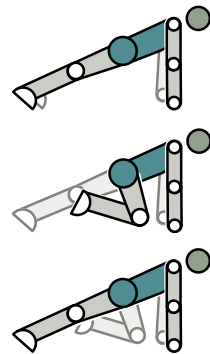
Lower-Body Pulling Exercise

- Stand upright in an athletic stance, feet parallel and shoulder width, in an area of the gym with at least 10 feet of clear space in front of you.
- Squat down slightly and swing your arms backward, pitching your weight slightly forward.
- Swinging your arms powerfully forward, explode out of the squatting position, jumping forward as far as you can.
- Land softly on both feet, return to the starting point, and repeat.



Mountain Climber

Core Exercise



From the pushup position, draw your right knee quickly toward your chest, then return it to the starting position. Alternate sides as fast as possible for a set time period or number of reps.

Stability-Ball Med-Ball Throw

Core Exercise

- Place a stability ball 10 to 15 feet from a cinderblock or brick wall.
- Facing the wall, sit down on the ball, holding a light med-ball with both hands against your chest.
- Lie back on the ball and lower the ball behind your head.
- In one smooth, powerful movement, sit up quickly and throw the med-ball as fast and hard as you can against the wall in front of you.
- Catch the ball and repeat for desired number of reps.

