

THE
**HUMAN
TRAINER™**

**LOWER BODY
AND CORE
SHRED™**

FEATURING TOMMY EUROPE™





All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

1. Forward Lunge and T-Fly

Start



Finish



Start

Stand facing away from the Main Straps and firmly grasp one handle with each hand. Begin in a slightly leaned forward position with both arms extended straight at chest level and palms facing inward.

Finish

Take a long lunging step forward until your knee is aligned over the ankle, simultaneously reach both arms out towards the side of the body at chest level. Press back to starting position and repeat.

2. Straight Arm Squat

Start



Finish



Start

Firmly grasp one handle with each hand. Facing the Main Straps with your feet hip width, extend both arms forward as you shift your weight backwards.

Finish

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Keep your chest and head lifted throughout the exercise.

Return to the start and repeat.

3. One Leg Squat and Row

Start



Finish



Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand.

Begin standing on your left leg with your right leg extend forward and with both arms extended straight at chest level and palms facing inward.

Finish

Keep the heel of the left foot on the ground and press the hips back and down into a squat. Press up to standing with your left leg as you pull both arms back towards the chest.

Repeat and then continue on other leg.

4. Two Knee Tuck

Start



Finish



Start

Place one foot in each of the suspended foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position, with your core engaged.

Finish

Keeping the arms in a high plank position, draw both knees in towards the elbows. Return to starting position and repeat.

5. Mountain Climbers

Start



Finish



Start

Place one foot in each of the suspended foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

Finish

Keeping your core engaged and the arms in a high plank position, pull the right knee in towards the right elbow. Return to starting position as your pull your left knee in towards the left elbow. Continue alternating legs until the desired number of repetitions is completed.

6. Air Splits

Start



Finish



Start

Place one foot in each of the suspended foot cradles, toes down. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

Finish

Remain in the high push up plank position with engaged core muscles as you begin to externally rotate and press both legs out towards the sides of the body. Keep a straight spine throughout the movement.

Return to starting position and repeat.

7. Hamstring Curls

Start



Finish



Start

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

Finish

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain the position with your hips and low back off the floor as you pull your feet in towards the body.

Return to starting position and repeat.

8. Bicycle Situps

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Start



Finish



Start

Sit facing the Main Straps, place both heels in the suspended foot cradles and lie on your back with both legs extended directly under the anchor point.

Finish

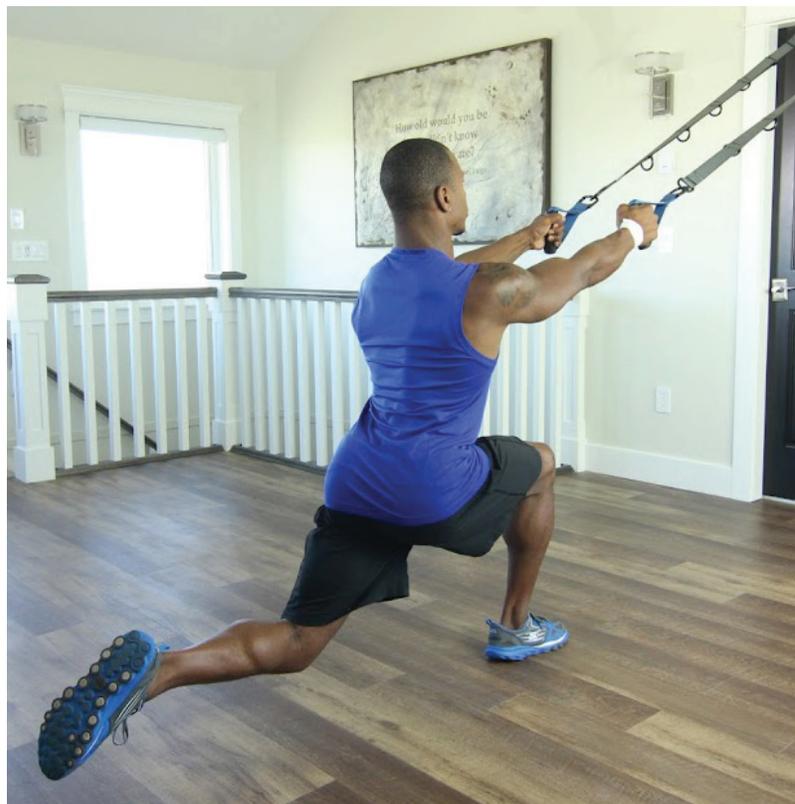
Place both hands at the ears and press both heels firmly into the foot cradles. Begin to pull your left knee in towards the waist as you bring the right elbow towards the knee. Continue to alternate sides bringing the opposite elbow to opposite knee.

9. Reverse Lunge

Start



Finish



Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand.

Begin slightly leaning backwards with your left leg lifted 4-6 inches off the ground and extended behind the body. Keep both arms extended forward with palms facing inwards.

Finish

Keep your core tight and chest lifted as you press your left leg backwards in a reverse suspended lunge. Press back up to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right leg lifted.

10. Forward Lunge and I-Fly

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Start



Finish



Start

Stand facing away from the Main Straps and firmly grasp one handle with each hand. Begin in a slightly leaned forward position with both arms extended straight at chest level and palms facing down.

Finish

Take a long lunging step forward until your knee is aligned over the ankle, simultaneously press both arms upward until the arms are over the shoulders.

Press back to starting position and repeat.