



Fitness with PJ  
MAKING YOU FIT. FOR LIFE.

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## Bill Paul

When Bill first came to me he had a history of shoulder problems, and they weren't getting any better. Working in conjunction with his physiotherapist, I designed a program that focussed on increasing the stability of his shoulder joints, while still giving him the tone and definition that he was seeking.

He is now able to move his shoulders in a pain-free range of motion and perform unstable, push-ups with one hand on a medicine ball while the other one is on the ground. This is not an easy exercise to do and he can happily pound out 30 reps (well, maybe "happy" isn't the right adjective to use - but he can do them whereas when he first started with me he couldn't).

### Bill's Workout using the TRX and focussing on shoulder and core stability:

**Warm-up:** half mile run

1. I, Y, T's x 5
2. TRX Reverse x 12 reps
3. TRX Incline Shoulder Press x 12 reps, each leg up
4. TRX Low Row (with 2 hand combos) x10 ea hand combo

Do above circuit again.

5. TRX Hoover Plank 30 sec
6. TRX Hoover PLank with pike x15
7. TRX Atomic Push-ups x15
8. TRX Pendulum Swings with modified knee tuck x20
9. Side Planks 30 sec each side

Do above circuit one more time.

10. TRX Lunges with hop x15 each leg
11. TRX Lunges with medicine ball slams x 10 each leg
12. TRX Hip Presses x 15
13. TRX Hamstring Curls

Do above circuit one more time.

**Stretch:** internal rotators of the shoulders, pecs, hip flexors, back extensors, lats, hamstrings

View Bill's exercises by logging onto [b ur own trainer](#) and try them out for yourself!  
Print the exercises off, or download them onto your i-pod or mp3 player.