



# FitElix

Turn The World Into Your Fitness Routine



## PROGRESSIVE FITNESS

4966 Santa Monica

Across From Hidden Spa

San Diego, CA USA 92107

[www.sdprogressivefitness.com](http://www.sdprogressivefitness.com)

**Category:** Most Unique Workout

**Cost:** \$30 Drop In/\$199 Unlimited

**Equipment:** Gravity Training System; spin bike

## The Fusion Workout

1. Standing Lunge facing forward- alternating lunge with low skating position. After 1 minute switch legs.
2. Single leg lifts on floor - While standing, turn to side and place one hand on hip. Bring opposite leg up with outer thigh and bend leg at knee continuously for 1 minute.
3. Seated and facing GTS grabbing handles with one palm up and one down. The palm facing upwards comes down for triceps and the palm facing down goes up simultaneously for front shoulders. Lower both back and switch palms.
4. With head facing tower on level 2, body goes in full plank for triceps' push ups. When not able to plank, put knees on board and do as many as possible until exhaustion.
5. Place head at opposite end of GTS and go into plank again with arms wider for chest emphasis and bend elbows until arms are at 90 degrees and then push back up.
6. Alternating arm rotations for shoulders and shoulder stabilizers. Lying inverted on board, one arm comes out to the side at a time then the arm rises to the eyes and then goes to the side. The arm then raises back to eyes then out to the side then back down to side.
7. Side lunges - Standing at bottom of board with side to the tower. One leg goes on the board and one on the floor. With the arms out, chest lifted and shoulders down, slowly bend leg on the ground at the knee and lower to 90 degrees. Pause for 2 seconds and rise back up. Do until exhaustion.

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