

STRENGTH 2.0

Hyatt Training exercise guide



Push up – Chest, shoulder, core strength

Hand position just outside shoulder width. Elbows track towards hips, roughly 45 degrees. Lower body with hips and shoulders moving together. Two sets of 8-12 reps.



Back lunge to hip flexion – Hip and knee strength and stability

From standing position, step one foot back into lunge. Spine stays vertical and back knee lowers to floor. Return to standing with back knee lifting to at least hip height, creating single leg balance on working leg. Repeat for 10 reps, then switch legs. Two sets on each leg.



High plank with knee tuck – Core and hip flexor strength, hip ROM

Straight arms with wrists under shoulders and hips aligned between shoulders and heels. Drive one knee forward, bringing knee to forearm of same side arm. Body may shift forward at the shoulders. Return to start position and switch legs. Alternate legs for 10 reps per side. Repeat for two sets.



Side lunge – Hip strength and stability

From standing position, step directly to the side. Stepping leg bends with hips driving back and spine driving forward as counter. Weight should be in heel of stepping leg and trail leg should be straight. Return to standing and switch legs. 10 per leg for two sets total.



Side plank / Thread the needle – Core strength and rotation

In side plank, elbow anchored under the shoulder with feet, hips and shoulders stacked. Top arm high to start. Roll top arm towards the body and along the floor behind you creating a large twist at the rib cage and shoulders. Return to start position and repeat for 10 reps, then switch sides for two sets total.

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