

# BODYWEIGHT RESISTANCE TRAINING SYSTEM



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

# RITFIT SUSPENSION WORKOUT

Within this manual you are going to find all the RitFit suspension exercises that is included in the workout program. Please note that you don't need a RitFit band specifically to perform these exercises. You can easily use any type of suspension trainer to perform the exercises and the workouts.

These exercises can be very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself. It is recommended that you learn the RitFit Push Up and RitFit Row first before attempting the more technical exercises.

## TIPS

- 1.If anything hurts while performing an exercise, stop doing it immediately.
- 2.If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- 3.Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- 4.If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.
- 5.Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- 6.Cool down appropriately after completing a workout by foam rolling or stretching.

# RITFIT CORE STRENGTH WORKOUT

**RITFIT PRONE ABDUCTION** 10 REPS

**RITFIT PIKE** 10 REPS

**HIP RAISE** 10 REPS

**SIDE PLANK** 5 REPS EACH SIDE

**ROW** 8 REPS

**HINGE** 10 REPS

**LUNGE** 10 REPS EACH LEG

**SQUAT ROW** 10 REPS EACH ARM

**CROSSING BALANCE LUNGE** 8 REPS EACH LEG

**SQUAT JUMP** 10 REPS

**HIP HINGE** 10 REPS EACH LEG

**SUMO SQUAT** 10 REPS

**FRONT SQUAT** 10 REPS

# PRONE ABDUCTION



1. Start with your foot in cradle, let your knee and hand on the ground .
2. Raise your hip and straight your leg at a push up position.
3. Squeeze your abs tight and maintain a straight line from your head to your feet.
4. Apart your leg at 30-45 degrees.

**10 REPS**

# PIKE



1. Start in a plank position on your elbows with your feet in the cradles.
2. Brace your abs tight and bring your hips up towards the ceiling while guiding your feet in.
3. Lower yourself back down into the starting position.
4. Repeat for the prescribed reps/time.

**10 REPS**

# HIP RAISE



1. Start in a sit position with your feet in the cradles.
2. Engaging your glutes, and lift your hips towards the sky. Hold for a few seconds.
3. Slowly lower one vertebrae at a time back toward the ground.

**10 REPS**

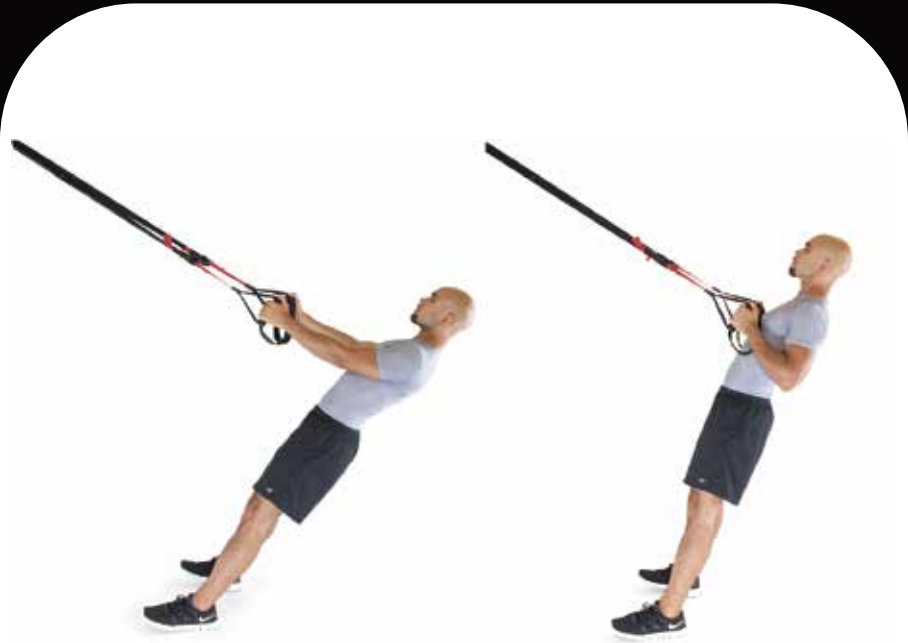
# SIDE PLANK



1. Start in a plank position on your Left/Right elbows with your feet in the cradles.
2. Squeeze your abs tight and maintain a straight line from your head to your feet.
3. Hold for the prescribed time.

**5 REPS EACH SIDE**

# ROW



1. Start by facing the anchor point with feet shoulder width apart.
2. Hold the handles with your arms extended and walk your feet to the appropriate resistance angle.
3. Get your toes off the ground.
4. Pull your body towards the anchor point by pulling your elbows back and squeezing your shoulder blades together.

**8 REPS**



# HINGE



1. With your shins in a vertical position and your feet shoulder-width apart.
2. Drive your hips forward and roll-out into a plank position with your hands out in front of you.
3. Keep your core braced throughout the full range of motion.

**10 REPS**

# LUNGE



1. Start in a standing position with your rear foot in the cradle. Take a step forward to get into position.
2. Get your rear knee barely off the ground, keeping your torso straight.
3. Drive through the heel of the front leg into the starting position.
4. Repeat for prescribed reps/time and then repeat the movement on the other leg.

**10 REPS EACH LEG**

# SQUAT ROW



1. Start by facing the anchor point with feet shoulder width apart.
2. Hold the handles with your Left/Right arm extended and squat down by sitting back.
3. Repeat for desired number of reps then switch sides.

**10 REPS EACH ARM**

# CROSSING BALANCE LUNGE



1. Plant one foot firmly on the ground and raise your opposing leg until your knee is parallel with your hip.
2. Lower yourself down and cross the knee of your non-working leg behind the knee of your working leg.
3. To stand back up, extend your hips forward while keeping the shin of your working leg vertical.

**8 REPS EACH LEG**

# SQUAT JUMP



1. Start by facing the anchor point with feet shoulder width apart.
2. Hold the handles with your arms extended and squat down by sitting back.
3. Jump as high as you can while pulling the handles down.
4. Land back into the squat position and repeat for the prescribed reps/time.

**10 REPS**

# HIP HINGE



1. Hold the handle at a standing position.
2. Tense your thighs, glutes, and abs, one leg standing on the ground, the other leg keep straight and extend backward.
3. Hold for a few seconds. Slowly return to the start position.
4. Repeat for desired number of reps then switch sides.

***10 REPS EACH LEG***

# SUMO SQUAT



1. Hold the handle and stand with feet slightly wider than hip-width apart, toes pointed out at 45 degrees, torso leaned slightly forward.
2. Inhale as you bend your knees and sink your hips down until your thighs are parallel to the floor.
3. Exhale and drive through your heels back to starting position.

**10 REPS**

# FRONT SQUAT



1. Stand facing away from the anchor point.
2. Switch your grip so that the handles are glued to your ribcage and the straps are in your armpits. Walk back to a 45-degree angle, and position the feet about shoulder-width apart.
3. Drop the hips straight back while maintaining a 90-degree angle at the knees.
4. Drive through the floor and onto your toes with a hop forward, small hop back, and then drop the hips back down to reset.

**10 REPS**



# ***WARNING***

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use RitFit products for anything other than their intended use. RitFit is not responsible for any problems that arise from the misuse of this product.

**A BETTER SELF.**