



"Build IT" is a comprehensive muscular fitness program designed to encompass a set of exercises that replicate crucial primary movements, including squats, lunges, hinges, pushes, and pulls. These fundamental motions are integral to our daily functional activities. Every Body should be doing them! This can be done 2-3 x a week or once a day.

Build It Videos

- [Supported Squats](#)
- [Push](#)
- [Hinge](#)
- [Lunge](#)
- [Pull](#)
- [Calf Raise](#)

WANT DETAILS READ ON: These motions are integral to everyday functioning and cater to individuals at various fitness levels, making them suitable for both beginners and advanced exercisers. These exercises are perfect for individuals who are just embarking on their fitness journey and serve as an effective warm-up or cool-down routine for advanced exercisers. The program's minimal equipment requirements and adaptability to different environments add to its convenience. However, it's crucial to remember the importance of warming up before engaging in these exercises to reduce the risk of injury and maximize their benefits. In essence, "Build IT" is a user-friendly fitness program that enhances functional fitness for people of all levels. Do 1 or more sets of each or just one for 5-15 reps.

Stop if you have pain.



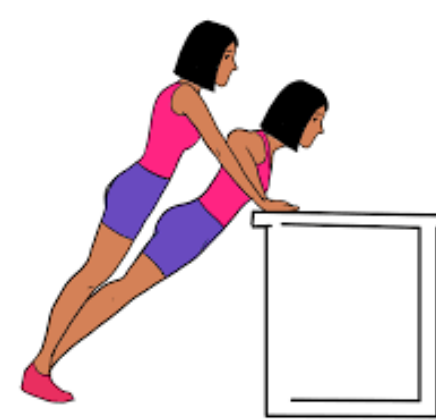
All of these exercises are part of my base training program. They are all important for good health and functional strength. You can perform these throughout the day with no extensive equipment. Make sure you are warmed up before by doing some light marches and arm rotations. Perform 5 to 15 reps for 1-3 sets.



Supported Squats



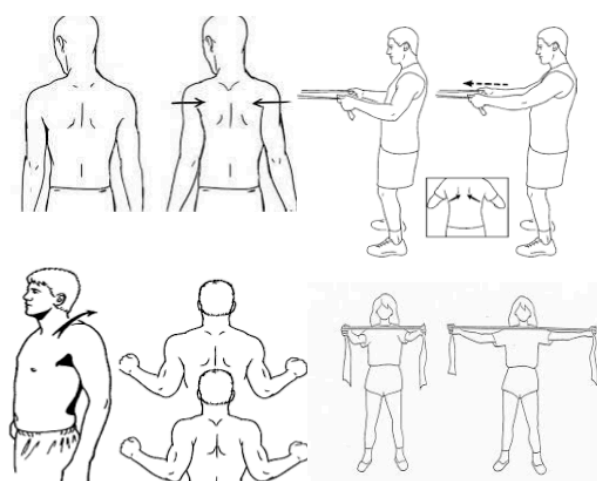
Hinge



Push Ups



Split Squats or Lunges



Scapular Rows and Squeezes



Calf Raises



Supported Squats

Hold onto steady support
Hinge back at hips (push buttock back)
Squat down into a deep squat that is right for you while holding on and stretching back
Return to start position still holding on.
At top of motion tighten buttocks for a couple seconds
Repeat 5-15 reps
Take it to the next level by doing a single leg version



Split Squats or Lunges

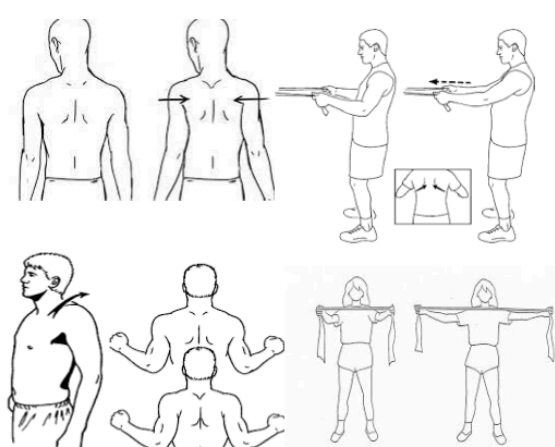
Take a staggered stance wide enough that is comfortable.
Drop back leg straight down keeping upper body vertical go as low as comfortably can do. You should go onto back legs ball of foot.
Return to start position pushing through front heel.
At top of motion tighten buttocks for a couple seconds.
Repeat 5-15 reps
Take it to the next level by going as deeper and then add weights to hand

How to do!



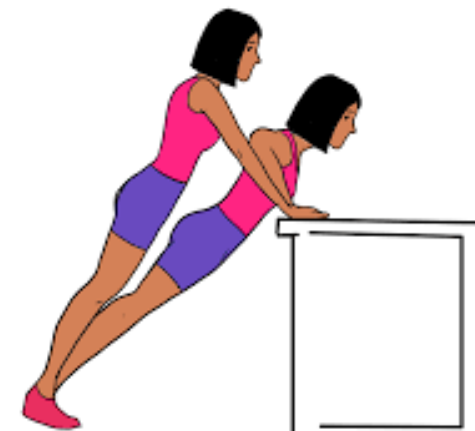
Hinge

Keeping abdomen braced and back straight at all times push buttocks back hinging at hips till your hamstrings limits motion. Return to top of motion and then tighten buttocks for a couple seconds.
Repeat 5-15 reps
Take it to the next level by placing hands across chest then behind head and then overhead and then add weights in each hand by side or between legs or holding across chest



Scapular Rows and Squeezes

Engage the muscles between shoulder blades by pulling them together. You can do this with no weight or you can do it with a band that is anchored or with band by your side or out in front.
Repeat 5-15 reps
Take it to the next level by using dumbbells



Push Ups

Perform a push up against a wall or raised support (like a counter).
Squeeze shoulder blades together at bottom of motion and then separate at top of motion.
Keep abdomen braced, head and back straight, and buttocks engaged at all times pushing using your entire upper body
Repeat 5-15 reps
Take it to the next level by doing them on the floor



Calf Raises

Raise up and down onto the balls of your feet as high as you can go. Do with a slightly bent knee and keep abdomen braced
Repeat 5-15 reps
Take it to the next level by doing them one at a time or an edge of a step