

## Mike Flynt's Powerbase Walker

- Combine strength training with walking intervals to maximize fat reduction
- Improve balance, increase bone density and overall strength
- Strengthen your heart, lungs and vascular system
- Work out anywhere



## Getting Started



Some exercises require looping the tubes under your feet to shorten them.



Attach footstrap.



Attach resistance tubing to footstraps and handles.

## Chest Press



Set up your chest press with a handle on each end of the tube(s) of your choice.



With the tube behind you, straighten your arms as you cross them in front of you, contracting your pectoral muscles as you press and cross. As always, keep your abdominals tight.

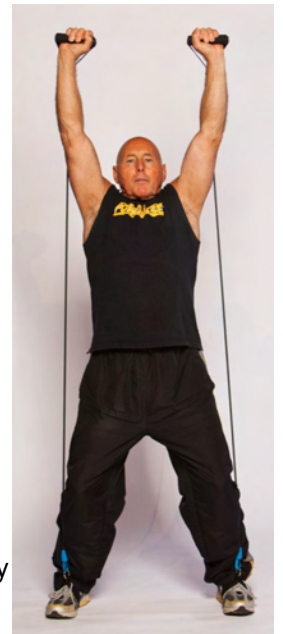


## Shoulder Press

Start with the tubes pulled up behind you, elbows down and knees slightly bent.



Finish position is with arms fully extended overhead, knees remaining slightly bent.



## Lateral Raise (shoulders)



Start with your arms out to your sides, palms down with no slack in the tubing. Keep your knees slightly bent and tighten your abdominals throughout this exercise.



Gradually lift your hands laterally until the arms are just above parallel with the floor. Return your arms slowly to the starting position.

## Biceps Curl

Begin biceps curls by looping the tubes under your feet (see above.) With arms straight at your sides, hold handles in a hammer grip position, soft knees and tight abs.



As you curl your hands toward your shoulders, rotate your palms in and curl the handles all the way up until the arms are fully flexed. Lower slowly.

### Triceps Extension



Begin with the tubes pulled up behind you, elbows up high, handles in hands behind your head. Keep knees slightly bent and abs engaged. Focus on keeping the elbows up throughout this exercise.



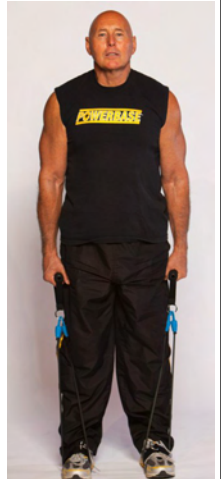
Finish each rep with your arms fully extended straight overhead, knees still slightly bent.

### Deadlift (legs, hips & back)



Attach both clips of one tube to each handle, making a loop to slip under your feet.

Keeping the torso erect, lower the hips by bending the knees. **Do not bend at the waist.** Hold the handles at arms length and keep the arms extended throughout this lift. Think about pushing your feet against the floor, keeping the arms straight, as you use your hips, legs and back to pull the resistance to a standing position. Lower the hips and repeat. Add tubing as you get stronger.



### Bent Row (deltoids & back)



Hook both handles to tube(s) of your choice (see Chest Press.) Begin with right foot back, left foot forward and knees bent, leaning slightly forward with back straight.



Pull the arms straight back allowing the hands to move up towards the ribs; head up, flat back.

### Plié Squat (hips and legs)



Starting position should be standing erect with your knees slightly bent, feet wide apart with the toes angled out. Pull the handles up behind your arms. Lower your hips by bending your knees. Knees follow the same angle as the toes. **Do not bend forward at the waist.**

Squat down, keeping your heels flat on the ground until your thighs are parallel with the floor; don't squat low if it causes discomfort in your knees. *Even a slight squat is effective!*



### Crunch (abdominals)



Stand erect; put the handles in opposite hands behind you and pull the tubes up and over your shoulders. With knees bent, "crunch" the abdominals tight and use the abs to pull the resistance down 2 to 3 inches. *You only need to bend a few inches for an effective crunch.* Alternate turning to the right and then the left, repeating the above moves. Always keep your hips square to the front.

### Coaching Tips

- **Try to start with 1 to 2 sets of each exercise, 8 to 10 reps per set. Use light resistance to start. Increase resistance as you get stronger and then add a 3rd set.**
- **Remember to take deep breaths while working out and never hold your breath.**
- **Keep your knees slightly bent throughout the workout to keep from putting stress on your lower back.**
- **Always have your abdominals engaged, whether doing an exercise or during the walking intervals (walk 1-2 minutes between exercises.)**
- **Always warm up by walking briskly for approximately 2 minutes prior to your first strength training exercise. Always cool down with more walking and then stretch the major muscle groups.**

[mikeflynt.com](http://mikeflynt.com)