

FITNATION[™] **ROCK 'N' FIT**

Exercise Guide



ROCK N FIT EXERCISE GUIDE



Mountain

Single Knee Up



Side to Side Rock

Front & Back Rock



Seated Shoulder Press with Bands



Squat



Scissor Kicks



Standing Lateral Shoulder Raise with Bands



Bicycle Kicks



Elevated Bridge



Tricep Extensions with Bands



Bridges



Plank



Alternating Bicep Curls with Bands