

**Bodyweight Exercise Revolution**  
**BodyweightCoach.com**

# Bodyweight FUN-damentals

CST Bodyweight Exercise

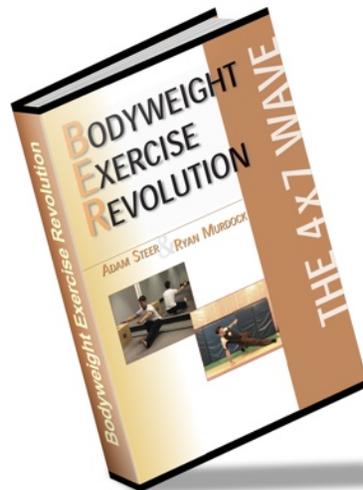


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### Bodyweight FUN-damentals

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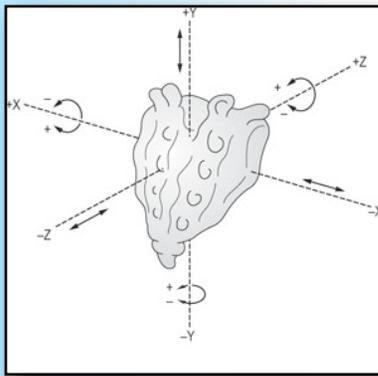
There are a number of hyperlinks in the report that lead to more information online. Whenever you're at the computer you can follow each link to read more or check out a resource we recommend.

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## 6DOF Theory

### Beyond Flat World Fitness: Training in 6-Degrees of Freedom

#### Six Degrees of Freedom



The fitness industry is currently recovering from the isolationist paradigms of the bodybuilding craze and moving towards a 3-dimensional approach to exercise. But this isn't enough. We don't move robotically through one plane at a time. Human movement is a complex weave through different planes and on different axes. This concept is most eloquently explained in the field of aeronautics. If we take the three axes of conventional movement descriptions, we can think about moving both along and around those axes in order to take advantage of our true movement potential: 6-degrees of freedom:

- **Heaving:** Moving up and down the vertical axis
- **Surging:** Moving along the front-to-back axis
- **Swaying:** Moving along the side-to-side axis
- **Yawing:** Moving around the vertical axis
- **Rolling:** Moving around the front-to-back axis
- **Pitching:** Moving around the side-to-side axis

[To see the 6DoF in action, take a look at this description of how to use sandbag training to target each of the six degrees.](#) <- Click text to proceed to web page

## The Evolution of Fitness

To understand how truly revolutionary this is for your training, you need a quick rundown of how “fitness” evolved.

What we think of as “strength training” today was pioneered by old time strongmen. They’re the guys who began to codify certain movements into “exercises,” and they were best known for rudimentary (in terms of movement sophistication) one-dimensional strength stunts. Things like lifting an enormous dumbbell overhead, or levering heavy sledgehammers.

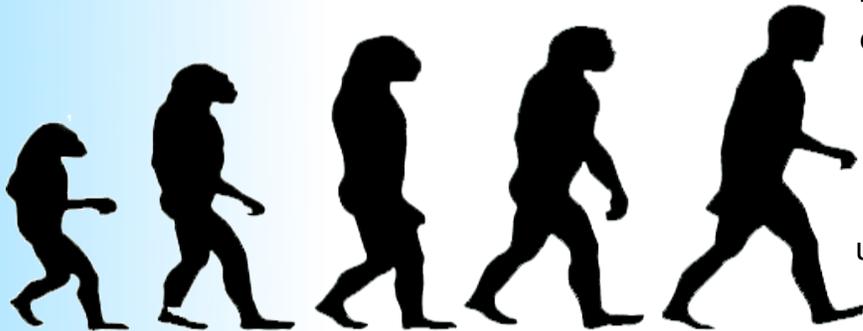
Impressive feats, but not very sophisticated in terms of the range of movement the human body is capable of.

Next came powerlifting and Olympic lifting, characterized by short-range, high-tension, two-dimensional movements like the Clean and Jerk and the Snatch. If we were to classify them under the 6-Degree model, their training sessions consisted of Heaving and Pitching: movement in 2-Degrees of Freedom.

From there we moved into three-dimensional strength training.

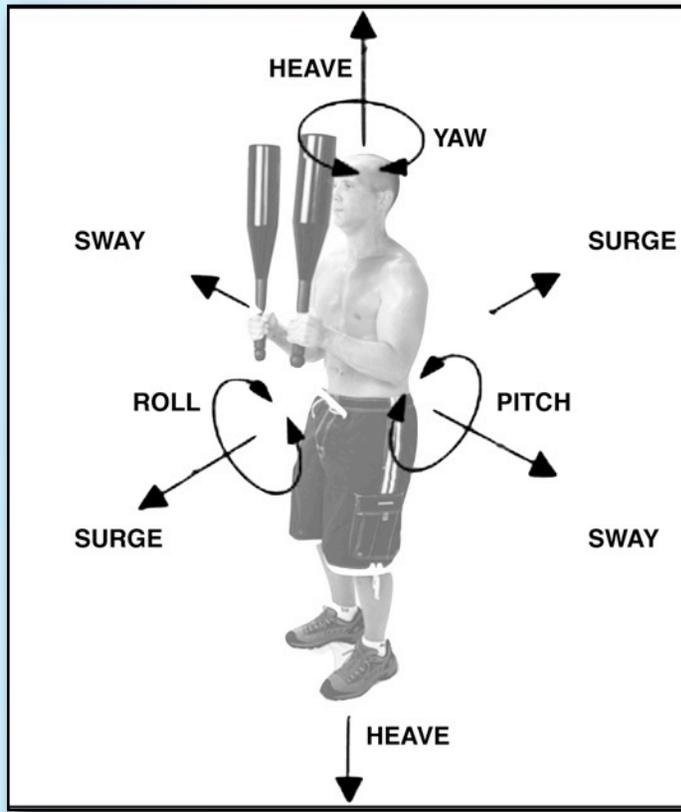
This was the advent of bodybuilding. The problem with bodybuilding, from our model, is that it segments the body and trains it as a bag of spare parts rather than a total unit. It isn’t very efficient, and the strength developed isn’t integrated. You’re basically a very strong bag of spare parts.

Functional strength training came about as an answer to the isolationism of bodybuilding. The pioneers of functional strength training recognized that linear isolation exercises would not prepare them for real world activities like bending over to pick up a heavy package, or lifting an object overhead and across the body to reach a shelf. They added angular/diagonal



(tri-planar) movement to the mix, and they also began to train with “odd” objects like medicine balls and sandbags in addition to barbells (because barbells allow only linear, or at best semi-circular, movements). These additions allowed us to access 3-Degrees of Freedom in our strength training.

This was an obvious “great leap forward,” but there was one further evolution to come: the addition of rotary movement. Adding rotary movement to the existing 3-Degrees of functional movement doubled our potential and gave us 6-Degrees of Freedom. This was the contribution of the Circular Strength Training® system.



How does adding rotation double your potential? Simple. Take a look at this diagram. You can see that a Pitch is a rotation around the Swaying axis, a Yaw is a rotation around the Heaving axis, and a Roll is a rotation around the Surging axis.

## The Superiority of Bodyweight Training

You can access all of these degrees of freedom quite readily through bodyweight training.

Weighted training is another matter. Barbells are incapable of being used through 6-Degrees of Freedom, and most other training tools are too dangerous to use in this way. You need a tool which can be safely swung around the body in complex patterns, and yet is heavy enough to cause an adaptation. That's why we at CST developed the Clubbell®, probably

the most practical portable gym you'll ever find. That's another story, and it's outside the scope of this one. If you want more information on Clubbell training in 6-Degrees of Freedom, pop over to [Clubbell.TV](http://Clubbell.TV).

***“Training in 6-Degrees of Freedom will kick your butt faster than any other method.”***

Let's get back on topic. We were discussing how bodyweight training with

this cutting-edge 6-Degrees of Freedom method will get you the rock hard body and optimal health that you crave.

### Why should you care about training in 6-Degrees of Freedom?

Training in 6-Degrees of Freedom will kick your butt faster than any other method.

Why does that matter? It means you'll be finished training sooner. You can spend more of your time doing the important things in life— —playing with your kids, hanging with friends, pursuing your interests— —rather than burning away countless hours in a gym.

Training in 6-Degrees will also ensure that your body remains balanced. You won't waste time dealing with overuse injuries, or overcompensations created by doing the same repetitive movements in the same planes day after day. If you sit at a desk all day, for hours and hours, it becomes easier and easier to stay that way. Your body becomes chair-shaped. You've seen that, right? No, it isn't normal or inevitable. You're simply creating chains of tension and reinforcing those chains through habit. You have to release them in the opposite direction to restore balance and maintain good health. If you don't, aches and pains are just the beginning of your problems.

Suffice it to say that balancing your workout across all 6-Degrees of human movement will ensure that your training doesn't add further imbalances to your life. Instead, it'll promote health and will open entirely new realms of movement possibility. And if you follow the BER FUN-damentals Workout, it'll be easier than you think.

## The BER FUN-damentals workout

The workout consists of 6 exercises, one movement for each of the 6 Degrees of Freedom. We've made the structure of the program as easy to follow as possible. You'll do each exercise for a total of 30 seconds before moving on to the next (without rest). That's one round. When you've completed a round of all 6 exercises, you'll have earned a break. Rest for one minute before starting the next round.

### **1 Round lasts 3 minutes and is made up of:**

- **Heave** - 30 seconds
- **Surge** - 30 seconds
- **Sway** - 30 seconds
- **Pitch** - 30 seconds
- **Yaw** - 30 seconds
- **Roll** - 30 seconds

### **Rest 60 seconds and begin the next Round.**

Simple as that! You'll find exercise descriptions for each level of all the movements at the end of this manual.

### The 12-Minute Secret

When you're first starting out with the program, perform 3 Rounds of the circuit. This will give you a 12 minute workout.

Don't think 12 minutes is enough? It depends on what you do for those 12 minutes.

You've heard of the "runner's high," right? Of "second wind"? It happens when your body hits a point of Circulo-respiratory distress (CRD), a fancy name for that gasping, heartpounding, sweating, think-I'm-gonna-die point where most people quit. If you push through that barrier, you'll experience an "upshift" where your body kicks into next gear (there are more than just two) and everything is suddenly cruising.



That upshift has tremendous health benefits, including the stimulation of the immune system. Because the immune, endocrine and nervous systems are interrelated, an adaptation in one is reflected in the other two. Do this over time and your health and vitality will soar.

One of the coolest things about this program is how easily it allows you to tap into the NIE response. Runners have to run for increasingly long times to access it. Other activities, like cycling or high rep weight training, can access it too, but repetitive motions in limited ranges create other unwanted adaptations in the body—such as chains of tension linked to those movements and/or repetitive strain injuries.

Because the program in this ebook was designed to move your body through all Six Degrees of Freedom, repetitive stress is avoided. And it naturally compensates for any specific conditioning you've experienced throughout your day—including hunching over a desk or

a computer. You hit the NIE response in a healthy way and you hit it sooner than with other activities, because moving through all six degrees at that pace is **HARDCORE!**

So where does “12 minutes” come in? If you want to maximize your health and minimize your exercise time, you only need to punch through that membrane into “second gear.” For the average person on this program, that happens at around 12 minutes, depending on your level of deconditioning. Once you upshift, you’re done for the day!

### **Progression**

If you’re following the program, your body will adapt and it will get easier. That’s great! It means you’re progressing. There are a couple things you can do at that point to increase the challenge in order to continue making gains from this program.

As the circuit becomes easier, you can increase the pace at which you perform: in other words, step on the gas and increase your speed while maintaining good form. You’ll eventually reach a point where it’s impossible to cram any more reps into each 30-second set. When this happens, cut back a bit on the number of repetitions (the volume) per exercise and add another round.

In this method, you’re manipulating the sets and reps to increase the challenge of the program and stimulate adaptation. Another option would be to manipulate the variable of exercise sophistication. This latter approach is unique to the Circular Strength Training® system.

### Choosing Exercise Level - Increasing Sophistication Principle

Each exercise category in this program comes with three movement options. Each option represents an increase in the motor sophistication of that movement. Begin with the simplest form of the exercise, even if it seems too easy, and progress gradually through the subsequent levels.

Leave yourself at least two training sessions before increasing the movement sophistication of any particular exercise. Because each variation increases in complexity by building upon the version that came before, you shouldn't advance unless you feel you have a strong technical mastery of each variation. You can judge your mastery against the technical descriptions in this ebook.

***“Leave yourself at least two training sessions before increasing the movement sophistication...”***

There are two ways you can approach movement sophistication in this program. You can attempt to increase the movement sophistication of each exercise as you move through the program (see the chart below for an example of how to do this). Keep in mind that you may not be able to increase the level of sophistication in every exercise across the board. It's normal for some exercises to seem easy, while others will take you longer to master. Increase the sophistication of the movements that come more easily to you, and work diligently at the ones which are more challenging. You'll get there!

The other option for manipulating movement sophistication in this program would be to do a complete training cycle with each version of the movements. For example, do a one-month training cycle of this program where you do every exercise at the easiest level of sophistication. Increase your reps and sets as outlined in the section on Progression above. When you reach the end of that month, drop back and start the program again, but this time doing every exercise at the second level of sophistication. Do the same with the third level of sophistication. This will give you three progressive one-month training cycles: in other words, three months of programs.

As you can see, there are several ways that you can approach this one simple BER FUN-damentals Workout. Start with the basic 3 round program outlined at the beginning, and then progress using one of the three options we've provided:

1. manipulating sets/reps
2. increasing movement sophistication within a cycle
3. completing 3 cycles of the program, one for each level of movement sophistication

### Workout Schedule

If the BER FUN-damentals Workout is your main exercise modality, we suggest doing 3 sessions per week. Those who are already used to a vigorous training routine can do the workout as often as every second day.

If the FUN-damentals workout is NOT your main exercise modality, you can also schedule the workout into your existing program. Here are some suggestions for doing so:

- Replace your conventional “cardio” session with the BER FUN-damentals Workout
- Use the BER FUN-damentals Workout as a convenient solution for training on business trips, vacations or hectic weeks when you can’t get to the gym
- Do 3-4 repetitions of each exercise, slowly and deeply, as a warm-up for your regular workout routine

Sample Progression for the BER FUN-damentals workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	3 Rounds at <b>First</b> Level of Sophistication		3 Rounds at <b>First</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		3 Rounds at <b>Second</b> Level of Sophistication ( <b>reduce</b> repetitions per exercise)		
<b>Week 2</b>	3 Rounds at <b>Second</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		3 Rounds at <b>Second</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		3 Rounds at <b>Second</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		
<b>Week 3</b>	3 Rounds at <b>Third</b> Level of Sophistication ( <b>reduce</b> repetitions per exercise)		3 Rounds at <b>Third</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		3 Rounds at <b>Third</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		
<b>Week 4</b>	4 Rounds at <b>Third</b> Level of Sophistication ( <b>reduce</b> repetitions per exercise)		4 Rounds at <b>Third</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		4 Rounds at <b>Third</b> Level of Sophistication ( <b>increase</b> repetitions per exercise)		



Start by standing tall, stretching the top of the head towards the sky. Find your mid-foot balance. Create a small arch in your low back by tilting your pelvis as if you were trying to roll your butt slightly towards the back of your head.

## HEAVE

Drive your butt back and begin to lower yourself. Your balance may transfer slightly towards the heels. Reach your hands forward to counter balance. Maintain a long spine and a slight arch in the low back. Stop your descent when you begin to lose that arch.

Think of driving your hips forward and up by driving off heels to mid-foot. Keep your spine stretched long throughout the rising movement. Tightly clench your butt muscles as you reach the top of the movement. Finish with your entire body stalk straight like a soldier.





Begin with weight balanced over planted leg (foot can be turned out up to 15°). Stretch the spine long from the crown of the head to the coccyx. Find your balance on the area between the heel and mid foot of the planted leg. The free leg is cocked to the back.

## HEAVE

Begin the movement by driving the hips towards the back wall, then reach back and down with the hips to lower your center of gravity. Reach forward with the hands to counter-balance this movement. Weight should remain between the heel and mid-foot. Keep the spine stretched long. Ensure that the knee tracks in a parallel line to the direction of the toes. The free leg shin stays parallel to the ground

Drive off the ground through the heel and project the hips up and forward, using an active contraction of the glutes. Exhale as you drive up. Finish “straight as a soldier” in the top position with the glutes clenched and the hips extended. Keep your free shin parallel to the floor at all times.

Note: Switch sides each Round. If doing an odd number of Rounds, start the next session on the other side.





Find balance on mid-foot and stretch the spine from the crown of the head to the coccyx, creating a slight arch in the low back. Begin by sending the hips slightly back then lowering down as far as you can go without losing your long spine and slightly arched back. Reach forward with your arms to counter balance the movement.

# HEAVE

From your bottom position in the squat, forcefully exhale as you drive up from the ground with your legs, pushing through your heels first, and snap your hips up and forward. At the same time your hands will drive down and back. You should finish with your hips extended forward and your hands just behind your hips as you float at the apex of your jump.

As you begin to come down from the apex, start sending the hips back again and prepare to absorb your downward momentum with the legs, landing as softly as possible before repeating. Make as little noise as possible on landing.





Get yourself set with your arms extended and palms on the floor, just outside shoulder width. Stretch the spine long and slightly contract the glutes and abs in order to get a straight line from the top of the head all the way down to the knees. Pull your shoulders down away from your ears.

## SURGE

Slowly lower your chest to about one inch shy of the ground. Elbows should point back at about  $45^\circ$  from the body. Keep the shoulders pulled down away from the ears throughout the movement. Draw your belly button slightly in towards your spine and keep the glutes contracted in order to keep your core tight, maintaining a straight line from head to knees.

Forcefully exhale and press through your hands to drive back to starting position. Maintain your body alignment and your shoulder pack throughout.





Get yourself set with your arms extended and palms on the floor, just outside shoulder width. Stretch the spine long and slightly contract the glutes and abs in order to get a straight line from the top of the head all the way down to the feet. Pull your shoulders down away from your ears.

## SURGE

Slowly lower your chest to about one inch shy of the ground. Elbows should point back at about  $45^\circ$  from the body. Keep the shoulders pulled down away from the ears throughout the movement. Draw your belly button slightly in towards your spine and keep the glutes contracted in order to keep your core tight, maintaining a straight line from head to feet.

Forcefully exhale and press through your hands to drive back to starting position. Maintain your body alignment and your shoulder pack throughout.



## SURGE



Begin in a kneeling position and bring your butt as close to your heels as possible. Your knees should be slightly splayed out (at about 45°). Stretch the spine long from crown to coccyx.

Lower your forehead to the floor by bending the arms. Keep the elbows splayed at about 45° towards the back and your shoulders pulled down away from your ears. Then press back up to the original position - butt to heels and arms extended.



Keeping the arms extended, press off the ball of foot to move the butt up towards the sky until your back is parallel with the ground. Lower the butt back down to heels and start over. This resembles a see-saw as you move back and forth from lowering the forehead to raising the butt.



Begin in a kneeling position and bring your butt as close to your heels as possible. Keeping your butt there, lean forward until your back is parallel to the floor with your hands on the ground. Your knees and elbows should be slightly splayed out (at about 45°). Stretch the spine long from crown to coccyx.

## SURGE

Press equally with all four limbs in order to drive away from the floor. Ensure that your spine stays long and that your back remains parallel to the floor.

Return to the start position. Ensure that you bring your butt back to heels and your nose stays aligned with your hands. Keep your back parallel to the floor and your spine stretched long.





Begin in an upright position. Pull the crown of the head towards the sky to stretch the spine long. Draw the belly button in slightly to stabilize the trunk.

# SWAY

Take a wide step out to the side. Keep both heels on the ground. Sink down on the leg that steps out until your thigh is as close to parallel with the floor as your comfort level allows. Exhale as you absorb the force of the step-off. Keep the spine as vertical as possible and stretched long.

Press forcefully off mid-foot of your step-off leg as you squeeze your glutes (butt muscles) to drive yourself back up to standing. Exhale during the effort of the push-off. Switch sides with each repetition



## SWAY



Begin in an upright position. Pull the crown of the head towards the sky to stretch the spine long as you inhale. Draw the belly button in slightly to stabilize the trunk.



Take a wide step out to the side. Keep both heels on the ground. Sink down on the leg that steps out until your thigh is as close to parallel with the floor as your comfort level allows. Keep the spine as vertical as possible and stretched long. Exhale as you absorb the ground.



Stay crouched low and slide your center of mass towards your other leg (the one that stayed in place during the step-off).



Once your weight is transferred sufficiently to the new leg, finish up by drawing your step-off leg back in underneath you. Then press off mid foot and squeeze your glutes (butt muscles) to come back to the starting position. Switch sides with each repetition.



Take a wide step out to the side. Keep both heels on the ground. Sink down on the leg that steps out until your thigh is as close to parallel with the floor as your comfort level allows. Keep the spine as vertical as possible and stretched long.

## SWAY

Without letting the butt rise up further from the ground, slide your weight towards your opposite leg.



Finish in a low side-lunge position on the new leg, thigh parallel with the ground and both heels on the ground. Exhale in the as you move towards the end point of each slide.



Start in a classic “Push-up” position. Shoot for a straight line from head to heels. Stretch the spine long. Pull the shoulders down away from the ears.

## PITCH

Exhale and press from the hands and feet in order to fold the body in two and press the butt towards the sky. You should finish with a straight line from butt to hands - ears between biceps - and a straight line from butt to heels. Heels can leave the ground in order to maintain straight legs. Inhale as you lower back to starting position.



## PITCH



Start in a classic “Push-up” position. Shoot for a straight line from head to heels. Stretch the spine long. Pull the shoulders down away from the ears.



Keeping your shoulders pulled down and back, and your arms locked straight, allow your hips to drop towards the ground. Squeeze the butt muscles slightly to protect the low back.



Forcefully snap the hips towards the sky in one powerful movement in order to bring the feet back in underneath you. Exhale on this powerful effort.



You should finish in a low Ball-of-Foot Squat, hands still in contact with the ground. Hop the feet back out to the original starting position.

## PITCH



Start from a low Ball-of-Foot Squat, hands on the ground.



Splay the feet out towards the back and side as you drop your chest towards the ground. Turn your face to the side. Ensure your shoulders stay pulled away from your ears and that your elbows are oriented at about 45° to the back. The butt should be sticking up slightly.



Press through your palm heels to raise your shoulders up towards the sky. Bring your arms to a fully locked and straight position while keeping your shoulders pulled down and back. Slightly contract your butt muscles to protect the low back.



Forcefully snap the hips towards the sky in one powerful movement in order to bring the feet back in underneath you. Exhale on this powerful effort.

## FUN-damentals

## Level 1 - Lower Body Russian Twist (knees bent)



Lie on your back with knees bent, and shins parallel to the floor. Arms are held out to the sides palms down, pressing into the floor for stability. Chin is tucked and crown raised to ensure good spinal alignment.

# YAW

Moving to the right, rotate from the waist to bring the knees to the floor on your right side. The legs should remain in the same bent alignment throughout. Both shoulder blades press into the floor to prevent compensating with the upper body.



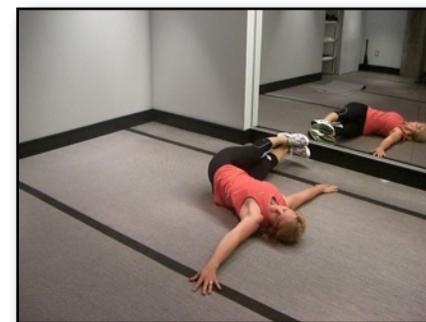
With a hard exhale, rotate from the waist to bring the legs all the way to the left side. Again, the legs maintain their alignment, and shoulder blades are pressed into the floor to keep the back down. All movement is generated at the waist.



Try this variation if the bent knee version is too easy. Lie on your back with legs extended straight up, knees locked and toes pulled back. Arms are held out to the sides palms down, pressing into the floor for stability. Chin is tucked and crown raised to ensure good spinal alignment.

YAW

Moving to the right, rotate from the waist to bring the legs to the floor on your right side. The legs should remain in the same straight alignment throughout. Both shoulder blades press into the floor to prevent compensating with the upper body.



With a hard exhale, rotate from the waist to bring the legs all the way to the left side. Again, the legs maintain their alignment, and shoulder blades are pressed into the floor to keep the back down. All movement is generated at the waist.

## Exercise Title

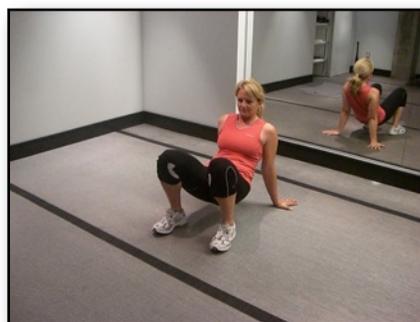


Begin in a flat foot squat, feet about shoulder width apart, chin tucked and crown towards the ceiling to ensure good spinal alignment. Arms are held straight out in front.



Shifting your weight to the right, reach back with the right arm into the spot where you would fall off balance without a support. Point fingers away from you, forming a “tripod” structure with your two feet and right hand. Your weight is roughly 70% on the right arm and foot, and 30% on the left foot.

**YAW**

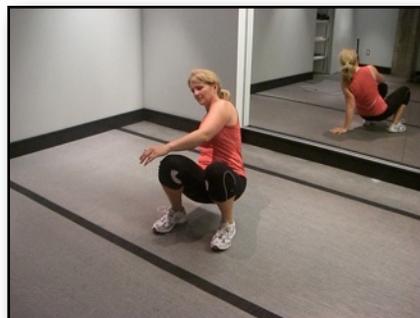


Shift fully back, placing the left hand into the same empty space on the left side, so that your weight is equally balanced between all four limbs. Fingers should be pointing away from you.

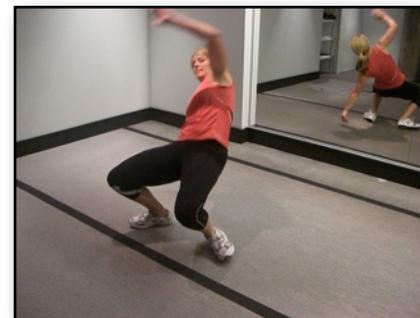


Shift your weight to the left, passing through the “tripod” position of two feet and left hand, and push off with the left hand to drive yourself back forward into the flat foot squat position. Remember to do repetitions in both directions, or do one circuit to the right followed by one circuit to the left.

## Exercise Title

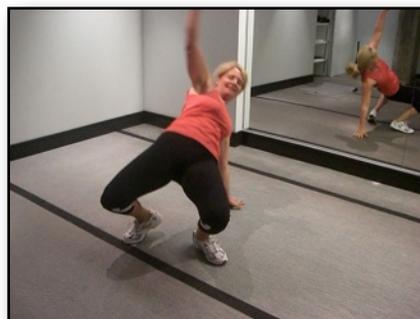


Beginning in a flat foot squat, shift your weight to the right and reach back with the right arm into the spot where you would fall off balance without a support. Place the right arm down into that space, fingers pointing away from you, forming a “tripod” structure with your two feet and right hand. Your weight is roughly 70% on the right arm and foot, and 30% on the left foot.

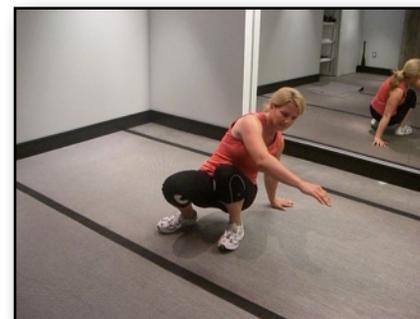


Your legs and arms should feel buoyant in this position, like a coiled spring ready to explode off the floor. Bounce up and down slightly—this is the elasticity which will propel your movement. When you’re ready, drive upwards off the coiled right arm, while at the same time driving with the legs and glutes to snap the hips straight up at the ceiling.

**YAW**



As your body floats upward, rotate from the waist to turn towards the left while moving the extended left arm in an arc towards your left, following it with your eyes.



Continue rotating from the waist to your left, catching yourself in the “tripod” structure on your left side. The left arm should bend like a spring to absorb the landing, and the knees should turn slightly to that side to aid in this absorption.



Support your weight on the forearm of your bottom arm. Make sure you keep the shoulder packed down. Contract the glutes and the core to bring your hips off the ground and form a straight line from head to heels (or knees).

## ROLL

Your lower support can either be from the feet or the knees. From the feet, stack the top foot over the bottom foot and maintain straight and slightly stiffened legs. From the knees, bend the lower leg back at 90° and stack the top knee over the bottom in the same manner.

Point your free hand to the sky to ensure proper alignment of the trunk. Concentrate on short exhales to aid in core contraction.

Note: Switch sides each Round. If doing an odd number of Rounds, start the next session on the other side.





The second level of sophistication has you balanced on your bottom hand rather than your forearm. Again, ensure that your shoulder stays packed down away from the ear.

## ROLL

All the points from the previous page apply to the more advanced levels of sophistication.

The most advanced level involves raising the top leg. Make sure you do not alter the position of the hips when you raise the leg. You'll also stretch the free arm up over the head.

Note: Switch sides each Round. If doing an odd number of Rounds, start the next session on the other side.

