Core Stix Instructional Routines

Full Body (full)

Superset	**Exercise**	**Rod** Men ♂ Women ♀	**Rod Position** (Alternate Rod Positions)	**# Reps**	**# Sets**	**Notes**
1)	Standing Lat Pull	♂Heavy ♀Medium	B4 (B5, C4)	15	x3	Stand, knees slightly bent, elbows in, core tight, sit back. Pull handles in toward body with rowing motion.
	Squat	♂Heavy ♀Medium	C1 (A1, B1)	15		Squat down low by sitting down and back, low back arched. Grab handles, weight on heels, stand upright keeping back flat.
2)	Standing Chest Press	♂Medium ♀Lite	B3	15	x3	Knees slightly bent, grab handles and press outward until arms are extended. Slowly move handles back to starting position.
	Deadlift	♂Medium ♀Lite	C1 (A1, B1)	15		Bend forward, hinging at the hips, back flat, knees bent. Extend hips and stand upright, keeping back flat.
3)	Trunk Rotation	♂Heavy ♀Medium	E3 (F3)	20	x3	Grab handle with both hands, arms slightly bent and extended. Alternate rotating left and right, contracting abs and core.
	Split Squat (Right)	♂Medium ♀Lite	C1	12		Right foot in front, left foot behind. Squat down to a 90deg bend in each knee. Grab handles and stand upright.
	Split Squat (Left)	♂Medium ♀Lite	C1	12		Left foot in front, right foot behind. Squat down to a 90deg bend in each knee. Grab handles and stand upright.
4)	Kneeling Shoulder Press	♂Medium ♀Lite	B2	15	x3	Kneeling position, grab handles at shoulder height. Keep core tight while leaning forward and extending arms upward.
	Standing Bicep Curl (Right)	♂Medium ♀Lite	B2 (A4)	15		Stand sideways on board and grab handle with right hand. Squeeze bicep and flex elbow until fully flexed.
	Standing Bicep Curl (Left)	♂Medium ♀Lite	B2 (A5)	15		Stand sideways on board and grab handle with left hand. Squeeze bicep and flex elbow until fully flexed.
5)	Standing single-arm Reverse Fly (right)	♂Lite ♀X-Lite	C4 (C5, E3)	12	x2	Knees slightly bent, core tight. Grab right handle with elbow slightly bent. Move handle in outward arc keeping elbow fixed.
	Standing single-arm Reverse Fly (left)	♂Lite ♀X-Lite	C4 (C5, E3)	12		Knees slightly bent, core tight. Grab left handle with elbow slightly bent. Move handle in outward arc keeping elbow fixed.

	Single-leg Deadlift (Right)	♂Medium ♀Lite	C1	12		Stand on right foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift left leg behind and move in straight line with torso. Grab handles, squeeze hamstring and stand upright.
	Single-leg Deadlift (Left)	♂Medium ♀Lite	C1	12		Stand on left foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift right leg behind and move in straight line with torso. Grab handles, squeeze hamstring and stand upright.
6)	Kneeling Lat Pull	♂Heavy ♀Medium	B4 (B3)	15	x3	Kneeling position, reach up and grab handles. Keep elbows in and pull handles toward body keeping chest out, core tight.
	Kneeling Tricep Press	♂Heavy ♀Lite	B2 (B3)	15		Grab handles and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
	Kneeling Abdominal Crunch	♂Heavy ♀Medium	B2 (B3)	20		Grab handles and get into kneeling position, behind board. Keep hands near ears and exhale, bringing elbows to knees.
7)	Standing Chest Fly	♂Medium ♀Lite	A3 (A2, E1+E5, F1+F5)	15	x3	Stand, knees slightly bent. Grab handles with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed.
	Single-leg Bent Over Row (Right)	♂Heavy ♀Lite	C1 (F1)	12		Stand on right foot, knee bent, hinge at hips maintaining low back lordosis. Extend left leg behind. Grab handles and pull toward body, keeping elbow in by side.
	Single-leg Bent Over Row (Left)	♂Heavy ♀Lite	C1 (F5)	12		Stand on left foot, knee bent, hinge at hips maintaining low back lordosis. Extend right leg behind. Grab handles and pull toward body, keeping elbow in by side.
8)	Single-arm Lat Pull (Right)	♂Heavy ♀Lite	B4 (C4, A4)	12	x2	Stand, knees slightly bent, elbows in, core tight, sit back. Pull right handle toward body with rowing motion.
	Single-arm Lat Pull (Left)	♂Heavy ♀Lite	B4 (C4, A4)	12		Stand, knees slightly bent, elbows in, core tight, sit back. Pull left handle toward body with rowing motion.
	Single-leg Squat (Right)	♂Medium ♀Lite	C1	8		Stand on right foot, left foot extended in front. Squat back and down and grab handles. Stand upward, pushing through heel.
	Single-leg Squat (Left)	♂Medium ♀Lite	C1	8		Stand on left foot, right foot extended in front. Squat back and down and grab handles. Stand upward, pushing through heel.

Full Body (20 minute)

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Standing Lat Pull	♂Heavy ♀Medium	B4 (B5, C4)	12	x4	Stand, knees slightly bent, elbows in, core tight, sit back. Pull handles in toward body with rowing motion.
	Squat	♂Heavy ♀Medium	C1 (A1, B1)	12		Squat down low by sitting down and back, low back arched. Grab handles, weight on heels, stand upright keeping back flat.
	Standing Core Rotation	♂Heavy ♀Medium	E3	30		Grab handle with both hands, arms slightly bent and extended. Alternate rotating left and right, contracting abs and core.
2)	Standing Chest Fly	♂Heavy ♀Medium	A3	12	x4	Stand, knees slightly bent. Grab handles with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed.
	Deadlift	♂Heavy ♀Medium	C1 (A1, B1)	12		Bend forward, hinging at the hips, back flat, knees slightly bent. Extend hips and stand upright, keeping back flat.
	Kneeling Abdominal Crunch	♂Heavy ♀Lite	B2 (B3)	20		Grab handles and get into kneeling position, behind board. Keep hands near ears and exhale, bringing elbows to knees.
3)	Kneeling Shoulder Press	♂Medium ♀Lite	B1	12	x4	Kneeling position, grab handles at shoulder height. Keep core tight while leaning forward and extending arms upward.
	Kneeling Lat Pull	♂Heavy ♀Medium	A3	12		Kneeling position, reach up and grab handles. Keep elbows in and pull handles toward body keeping chest out, core tight.
	Straight Leg Deadlift	♂Medium ♀Lite	C1 (A1, B1)	12		Bend forward, hinging at the hips, back flat, knees very slightly bent. Grab handles, extend hips and stand upright, keeping back flat.

Lower Body

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Deadlift	♂Heavy ♀Medium	C1 (A1, B1)	12	x3	Bend forward, hinging at the hips, back flat, knees bent. Extend hips and stand upright, keeping back flat.
	Split Squat (right)	♂Heavy ♀Medium	C1 (A1, B1)	10		Right foot in front, left foot behind. Squat down to a 90deg bend in each knee. Grab handles and stand upright.
	Split Squat (left)	♂Heavy ♀Medium	C1 (A1, B1)	10		Left foot in front, right foot behind. Squat down to a 90deg bend in each knee. Grab handles and stand upright.
2)	Single-leg Deadlift (right)	♂Heavy ♀Medium	C1 (A1, B1)	10	x3	Stand on right foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift left leg behind and move in straight line with torso. Grab handles, squeeze hamstring and stand upright.
	Single-leg Deadlift (left)	♂Heavy ♀Medium	C1 (A1, B1)	10		Stand on left foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift right leg behind and move in straight line with torso. Grab handles, squeeze hamstring and stand upright.
	Squat	♂Heavy ♀Lite	C1 (A1, B1)	12		Squat down low by sitting down and back, low back arched. Grab handles, weight on heels, stand upright keeping back flat.
3)	Single-leg Drive (right)	♂Medium ♀Lite	B2 (C2, A2)	10	x3	Grab handles, right foot on back end of board. Lunge back with left foot. Stand up and drive through with left knee up high.
	Single-leg Drive (left)	♂Heavy ♀Medium	B2 (C2, A2)	10		Grab handles, left foot on back end of board. Lunge back with right foot. Stand up and drive through with right knee up high.
	Standing Calf Raise	♂Medium ♀Lite	C1 (A1, B1)	20		Stand with heels off the end of board, heels in and toes out. Plantar flex ankle joints completely, keeping knees fixed.

Upper Body

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Standing Lat Pull	♂Heavy ♀Lite	B4 (B5, C4)	12	x3	Stand, knees slightly bent, elbows in, core tight, sit back. Pull handles in toward body with rowing motion.
	Standing Chest Press	♂Heavy ♀Lite	B3	12		Knees slightly bent, grab handles and press outward until arms are extended. Slowly move handles back to starting position.
2)	Low Grip Standing Lat Pull	♂Medium ♀Lite	B1	12	x3	Stand facing back of board, knees slightly bent. Grab handles, elbows in, pull handles toward body.
	Kneeling Shoulder Press	♂Medium ♀Lite	B1	12		Kneeling position, grab handles at shoulder height. Keep core tight while leaning forward and extending arms upward.
alt 2)	Low Grip Standing Lat Pull (iso)	♂Medium ♀Lite	B1	12	x3	One arm pinned at finish position while other arm works through the range of motion.
	Kneeling Shoulder Press (iso)	♂Medium ♀Lite	B1	12		One arm pinned at finish position while other arm works through the range of motion.
3)	Standing Chest Fly	♂Medium ♀Lite	A3 (A4, E1 & E5)	12	x3	Stand, knees slightly bent. Grab handles with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed.
	Standing Reverse Fly	♂Lite ♀X-Lite	B4	12		Knees slightly bent, core tight. Grab handles with elbows slightly bent. Move handles in outward arc keeping elbows fixed.
alt 3)	Standing Chest Fly (iso)	♂Medium ♀X-Lite	A3 (A4, E1 & E5)	12	x3	One arm pinned at finish position while other arm works through the range of motion.
	Standing Reverse Fly (iso)	♂Lite ♀X-Lite	B4	12		One arm pinned at starting position while other arm works through the range of motion.
4)	Kneeling Tricep Press	♂Heavy ♀Lite	B2	15	x3	Grab handles and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
	Standing Bicep Curl (right)	♂Medium ♀Lite	B2	12		Stand sideways (facing right) on board and grab handle with right hand. Squeeze bicep and flex elbow until fully flexed.
	Standing Bicep Curl (left)	♂Medium	B2	12		Stand sideways (facing left) on board and grab handle with left hand. Squeeze bicep and flex elbow until fully flexed.

		♀Lite				
4)	Shoulder Lateral Raises	♂Lite ♀X-Lite	B1	15	x3	Stand leaning forward, knees slightly bent. Grab handles, elbows bent. Raise hands in arc up toward ears. Lead with elbows.
	Standing Chest Fly (iso - left)	♂Medium ♀X-Lite	A3	12		Right arm pinned at finish position while other arm works through the range of motion.
	Standing Chest Fly (iso - right)	♂Medium ♀X-Lite	A3	12		Left arm pinned at finish position while other arm works through the range of motion.
5)	Push-Pull (right push, left pull)	♂Medium ♀Lite	B3 & B5	15	x3	Stand and grab handles. Simultaneously extend right hand away from body and pull left hand toward body. Maintain core stability.
	Push-Pull (left push, right pull)	♂Medium ♀Lite	B5 & B3	15		Stand and grab handles. Simultaneously extend left hand away from body and pull right hand toward body. Maintain core stability.
6)	Kneeling Lat Pull	♂Medium ♀Lite	B3 (C3, A3)	12	x3	Kneeling position, reach up and grab handles. Keep elbows in and pull handles toward body keeping chest out, core tight.
	Kneeling Tricep Press	♂Heavy ♀Lite	B2 (B3)	15		Grab handles and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
7)	Standing Shoulder Press/External Cuff	♂Medium ♀X-Lite	C2	12	X3	Stand facing arcs leaning forward, knees bent (deadlift posture). Extend handles upward, away from body, maintaining separation.
	Narrow Grip Lat Pull with Rear Deltoid	♂Medium ♀X-Lite	C2	12		Stand facing away from arcs, back straight. Pull handles toward body in wide arcing motion.
8)	External Rotator Cuff (Push-Pull)	♂Medium ♀X-Lite	C4	25	x3	Stand, grab handles and separate rods 12 inches. Alternate pulling handles toward body and extending completely. Maintain rod separation throughout movement.
	Fly-Press	♂Medium ♀X-Lite	A3	15		Stand with knees slightly bent and grab handles. Keep chest out and bring handles together out in front of body in fly/press motion.
9)	External Rotator Cuff (Push)	♂Medium ♀X-Lite	C3	25	x3	Stand, grab handles and separate rods 12 inches. Push handles away from body to full extension. Maintain rod separation.
10)	External Rotator Cuff (Pull)	♂Medium ♀X-Lite	C5	25	x3	Stand, grab handles and separate rods 12 inches. Pull handles toward body. Maintain rod separation.

Core & Abs

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Standing Core Rotation	♂Heavy ♀Medium	E3 (D3)	30	x3	Grab handle with both hands, arms slightly bent and extended. Alternate rotating left and right, contracting abs and core.
	Standing Single-arm Fly (right)	♂Medium ♀Lite	A3	10		Stand, knees slightly bent. Grab right handle with elbow slightly bent. Squeeze chest and bring handle out in front of body with arcing motion, keeping elbow fixed.
	Standing Single-arm Fly (left)	♂Medium ♀Lite	A3	10		Stand, knees slightly bent. Grab left handle with elbow slightly bent. Squeeze chest and bring handle out in front of body with arcing motion, keeping elbow fixed.
2)	Kneeling Abdominal Crunch	♂Heavy ♀Lite	B2 (B3)	20	x3	Grab handles and get into kneeling position, behind board. Keep hands near ears and exhale, bringing elbows to knees.
	Standing Single-arm Reverse Fly (right)	♂Lite ♀X-Lite	B4	10		Knees slightly bent, core tight. Grab right handle with elbow slightly bent. Move handle in outward arc keeping elbow fixed.
	Standing Single-arm Reverse Fly (left)	♂Lite ♀X-Lite	B4	10		Knees slightly bent, core tight. Grab left handle with elbow slightly bent. Move handle in outward arc keeping elbow fixed.
3)	Lying Abdominal Crunch	♂Lite ♀X-Lite	C1 (B1)	20	x3	Lie on back, knees bent, feet flat. Grab handles and contract abs to crunch upward as far as possible.
	Scissor Kick Oblique Crunch (right)	♂Lite ♀X-Lite	B1	10		Lie on back, legs extended. Grab left handle with right hand. Scissor kick legs and as left leg goes up, contract obliques and crunch up to the left.
	Scissor Kick Oblique Crunch (left)	♂Lite ♀X-Lite	B1	10		Lie on back, legs extended. Grab right handle with left hand. Scissor kick legs and as right leg goes up, contract obliques and crunch up to the right.
4)	Core Pull/Press (right)	♂Lite ♀X-Lite	A2 & C2	10	x3	Place left foot on right/back corner of board, right knee off board. Grab handles and pull handles laterally, until hands are in front of body. Maintain separation between rods and extend arms forward.
	Core Pull/Press (left)	♂Lite ♀X-Lite	C2 & A2	10		Place right foot on left/back corner of board, left knee off board. Grab handles and pull handles laterally, until hands are in front of body. Maintain separation between rods and extend arms forward.

5)	Marching	♂Medium ♀Lite	C2 (B2)	20	x3	Grab handles and squeeze together with hands in front of body. Lean forward and alternate lifting each knee. Keep firing glute, quad, and calf of straight leg in order to maintain core stability.
6)	Side Bridge Lat Pull (right)	♂Heavy ♀Lite	B3	12	x3	Place left hand on right side of board in a side bridge, facing right. Grab handle and pull elbow in toward side. Maintain bridge.
	Side Bridge Lat Pull (left)	♂Heavy ♀Lite	B3	12		Place right hand on left side of board in a side bridge, facing left. Grab handle and pull elbow in toward side. Maintain bridge.

Balance Exercises

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Standing Single-arm Fly (right)	♂Medium ♀X-Lite	A3	12	x3	Stand, knees slightly bent. Grab right handle with elbow slightly bent. Squeeze chest and bring handle out in front of body with arcing motion, keeping elbow fixed.
	Standing Single-arm Fly (left)	♂Medium ♀X-Lite	A3	12		Stand, knees slightly bent. Grab left handle with elbow slightly bent. Squeeze chest and bring handle out in front of body with arcing motion, keeping elbow fixed.
	Single-arm, Single-leg Deadlift (right)	♂Medium ♀Lite	C1	10		Stand on right foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift left leg behind and move in straight line with torso. Grab right handle, squeeze hamstring and stand upright.
	Single-arm, Single-leg Deadlift (left)	♂Medium ♀Lite	C1	10		Stand on left foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift right leg behind and move in straight line with torso. Grab left handle, squeeze hamstring and stand upright.
2)	Single-arm, Single-leg Row (right)	♂Medium ♀Lite	A4	12	x3	Stand on right foot, knee bent, hinge at hips maintaining low back lordosis. Extend left leg behind. Grab handle with right hand and pull toward body, keeping elbow in by side.
	Single-arm, Single-leg Row (left)	♂Medium ♀Lite	A4	12		Stand on left foot, knee bent, hinge at hips maintaining low back lordosis. Extend right leg behind. Grab handle with left hand and pull toward body, keeping elbow in by side.
	Single-arm Split Squat (right)	♂Medium ♀Lite	C1	12		Right foot in front, left foot behind. Squat down to a 90deg bend in each knee. Grab right handle and stand upright.
	Single-arm Split Squat (left)	♂Medium ♀Lite	C1	12		Left foot in front, right foot behind. Squat down to a 90deg bend in each knee. Grab left handle and stand upright.
3)	Single-leg Drive (right)	♂Medium ♀Lite	B2	12	x3	Grab handles, right foot on back end of board. Lunge back with left foot. Stand up and drive through with left knee up high.
	Single-leg Drive (left)	♂Medium ♀Lite	B2	12		Grab handles, left foot on back end of board. Lunge back with right foot. Stand up and drive through with right knee up high.
4)	Standing Chest Fly (left - split stance)	♂Medium ♀X-Lite	A2	12		Pin right hand in extended position, fly with left.
	Standing Chest Fly (right - split stance)	♂Medium ♀X-Lite	A2	12		Pin right hand in extended position, fly with right.

Additional Exercises

Superset	Exercise	Rod Men ♂ Women ♀	Rod Position (Alternate Rod Positions)	# Reps	# Sets	Notes
1)	Side Bridge Lat Pull (right)	♂Heavy ♀Lite	C4	12	x3	Place left hand on right side of board in a side bridge, facing right. Grab handle and pull elbow in toward side. Maintain bridge.
	Side Bridge Lat Pull (left)	♂Heavy ♀Lite	C1	12		Place right hand on left side of board in a side bridge, facing left. Grab handle and pull elbow in toward side. Maintain bridge.
2)	Single-leg Bent Over Row (right)	♂Medium ♀Lite	C1	12	x3	Stand on right foot, knee bent, hinge at hips maintaining low back lordosis. Extend left leg behind. Grab handles and pull toward body, keeping elbow in by side.
	Single-leg Bent Over Row (left)	♂Medium ♀Lite	C1	12		Stand on left foot, knee bent, hinge at hips maintaining low back lordosis. Extend right leg behind. Grab handles and pull toward body, keeping elbow in by side.
3)	Core Pull/Press (right)	♂Lite ♀X-Lite	A2/C2	10	x3	Place left foot on right/back corner of board, right knee off board. Grab handles and pull handles laterally, until hands are in front of body. Maintain separation between rods and extend arms forward.
	Core Pull/Press (left)	♂Lite ♀X-Lite	C2/A2	10		Place right foot on left/back corner of board, left knee off board. Grab handles and pull handles laterally, until hands are in front of body. Maintain separation between rods and extend arms forward.
4)	Marching	♂Medium ♀Lite	C2	20	x3	Grab handles and squeeze together with hands in front of body. Lean forward and alternate lifting each knee. Keep firing glute, quad, and calf of straight leg in order to maintain core stability.
5)	External Rotator Cuff (Push-Pull)	♂Lite ♀X-Lite	C4	25	x3	Stand, grab handles and separate rods 12 inches. Alternate pulling handles toward body and extending completely. Maintain rod separation throughout movement.
6)	External Rotator Cuff (Push)	♂Lite ♀X-Lite	C3 (C2)	25	x3	Stand, grab handles and separate rods 12 inches. Push handles away from body to full extension. Maintain rod separation.
7)	External Rotator Cuff (Pull)	♂Lite ♀X-Lite	C5	25	x3	Stand, grab handles and separate rods 12 inches. Pull handles toward body. Maintain rod separation.

8)	Fly-Press	♂Lite ♀X-Lite	A2	15	x3	Stand with knees slightly bent and grab handles. Keep chest out and bring handles together out in front of body in fly/press motion.
9)	Circles (neutral)	♂Medium ♀Lite	B2	15 each arm	x3	Wide alternating circles, sweeping across the body (can move hands in either direction - in to out or out to in)
10)	Circles (outer)	♂Medium ♀Lite	A2	15 each arm	x3	Wide alternating circles, sweeping across the body (can move hands in either direction - in to out or out to in)
11)	Circles (inner)	♂Medium ♀Lite	C2	15 each arm	x3	Wide alternating circles, sweeping across the body (can move hands in either direction - in to out or out to in)
12)	Right-leg Deadlift w/ Lat Pull Finish	♂Medium ♀Lite	C1	12	x3	Single-leg deadlift completed to bent over position. Keep core static and pull handles up toward body, elbows in. Extend arms and alternate between single-leg deadlift and bent over lat pull.
13)	Left-leg Deadlift w/ Lat Pull Finish	♂Medium ♀Lite	C1	12	x3	Single-leg deadlift completed to bent over position. Keep core static and pull handles up toward body, elbows in. Extend arms and alternate between single-leg deadlift and bent over lat pull.
14)	Right-arm, Left-leg Isolateral Chest Press w/ Glute Bridge	♂Medium ♀Lite	C1	12	x3	Lie on back in single-leg glute bridge w/ head off board. (left leg bent, heel on board toe up, right leg slightly bent and suspended in line w/ hip and shoulder) Perform right-arm chest press with rod.
15)	Left-arm, Right-leg Isolateral Chest Press w/ Glute Bridge	♂Medium ♀Lite	C1	12	x3	Lie on back in single-leg glute bridge w/ head off board. (right leg bent, heel on board toe up, left leg slightly bent and suspended in line w/ hip and shoulder) Perform left-arm chest press with rod.
16)	Right-arm, Left-leg Isolateral Lat Pull w/ Glute Bridge	♂Medium ♀Lite	C2	12	x3	Lie on back in single-leg glute bridge w/ head off board. (left leg bent, heel on board toe up, right leg slightly bent and suspended in line w/ hip and shoulder) Perform right-arm lat pull with rod.
17)	Left-arm, Right-leg Isolateral Lat Pull w/ Glute Bridge	♂Medium ♀Lite	C2	12	x3	Lie on back in single-leg glute bridge w/ head off board. (right leg bent, heel on board toe up, left leg slightly bent and suspended in line w/ hip and shoulder) Perform left-arm lat pull with rod.