

Trio 1

Primary	Extend right hip and knee to the floor
Progression 1	Extend right hip to the floor
Progression 2	Extend right hip to the floor and as the hip flexes back to the original position, lift both hips off the floor.

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 2

Primary	Perform a forward raise and lift the torso off the floor
Progression 1	Pull the Gymstick above the head whilst lifting torso off the floor
Progression 2	Holding onto the Gymstick with one hand, lift the stick above the head whilst lifting the torso off the floor

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 3

Primary	Static lunge
Progression 1	Static lunge with shoulder press
Progression 2	Lunge down with shoulder press. At the bottom, tricep press behind the head.

Repeat Trio on left side

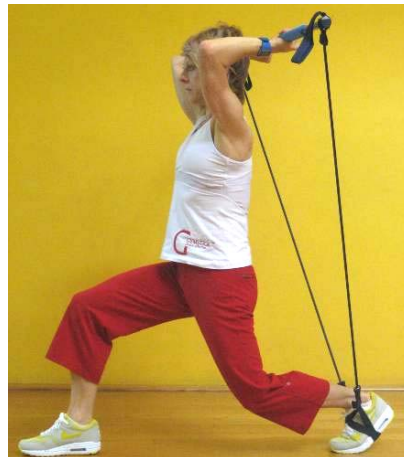
Primary



Progression 1



Progression 2



Trio 4

Primary	Rotate torso from one side to the other
Progression 1	Perform a squat and rotate the torso to the right
Progression 2	Perform a squat and rotate the torso to the right whilst performing a shoulder press

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 5

Primary	Adduct leg across the body
Progression 1	Squat and adduct leg across the body
Progression 2	Balance on the left leg and adduct the right leg across the body while swinging the left end of the stick forward over the left shoulder

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 6

Primary	Bicep curl
Progression 1	Lunge position, bicep curl
Progression 2	Balancing one the left leg, bicep curl the right arm to the left shoulder

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 7

Primary	Hip extension
Progression 1	Abduct leg to the side and then adduct, crossing over the opposite ankle
Progression 2	Full plank position, extend hip

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 8

Primary	Abduct both legs
Progression 1	Abduct both legs and bicep curl
Progression 2	Abduct both legs and upright row

Primary



Progression 1



Progression 2



Trio 9

Primary	Holding the Gymstick to the right side, adduct the right leg across the body
Progression 1	Holding the Gymstick with both hands and balancing on the left leg, adduct the right leg across the body whilst pulling the Gymstick to the right
Progression 2	Upright row and squat and then adduct the right leg across the body whilst pulling the Gymstick to the right

Repeat Trio on left side

Primary



Progression 1



Progression 2



Trio 10

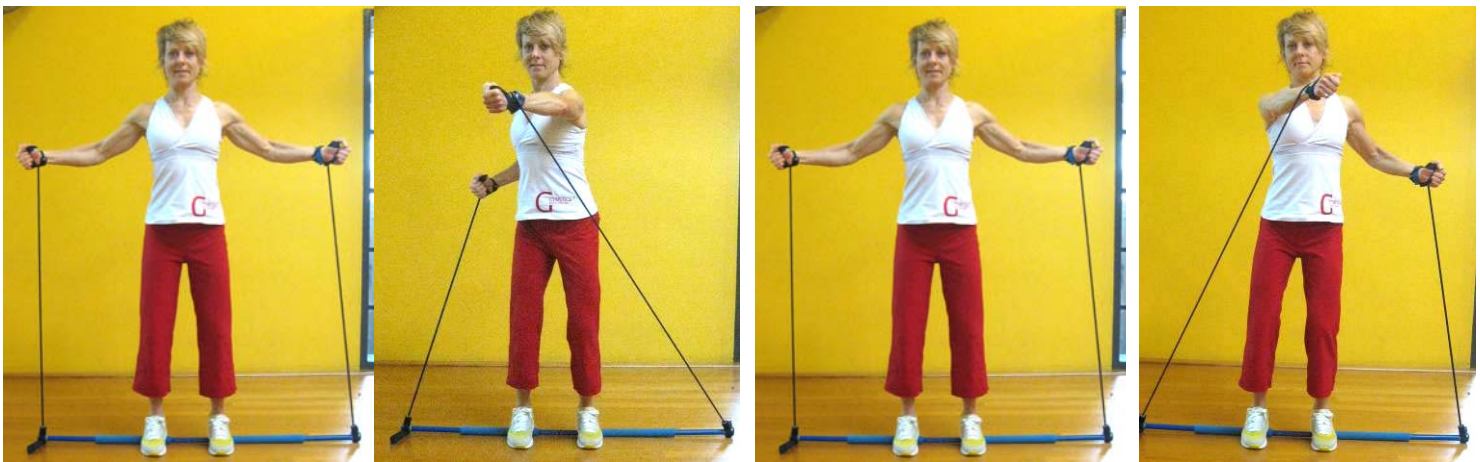
Primary	Lunge position, horizontally adduct arms across chest
Progression 1	Standing on the Gymstick, horizontally adduct alternate arm across chest
Progression 2	Standing to the left side of the Gymstick, squat and horizontally adduct the right arm across chest

Repeat Trio on left side

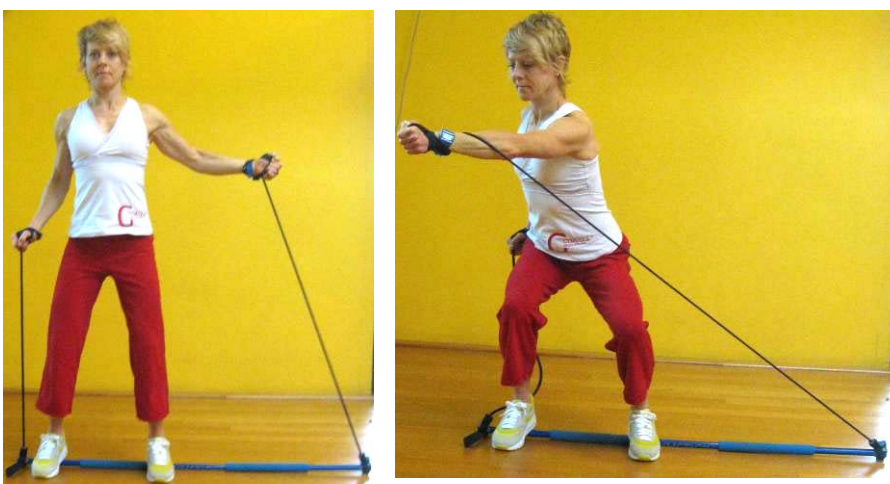
Primary



Progression 1



Progression 2



Chest Press Using the Gymstick

Step 1	Place stick in the hip crease. Hold one band in each hand. Cross bands behind the back.
Step 2	Place the hands in the straps and hold the Gymstick at chest level
Step 3	Press the Gymstick away from the body

Step 1



Step 2



Step 3



Marietta Mehanni and Sophie Russell have kindly developed the above Gymstick Education material and are significantly involved in developing and teaching Gymstick workshops both here in Australia and around the world. If you have any questions regarding Gymstick products, exercises or workshops, you can send your questions to: info@gymstick.com.au

Marietta Mehanni



Marietta Mehanni is an award winning Australian presenter with over 19 years of teaching experience in both land and water based exercise. Marietta is a qualified international instructor (AFAA, ACE, AEA and SCW) and regularly presents at prestigious fitness conventions both in Australia and around the world.

Marietta is an International Gymstick Master Trainer (one of only five in the world), as well as being a lecturer and examiner for countless workshops including Certificate III in Fitness, Swiss Ball, Aquatic Exercise and Gymstick.

Marietta is renowned for her contagious enthusiasm for instructor training and mentoring.

For more information on Marietta's workshops, classes and coaching services visit www.mariettamehanni.com

Sophie Russell, BA

Sophie is an award winning instructor, personal trainer, presenter and author. Originally hailing from the UK, Sophie has called Melbourne home for the past 15 years. Sophie instructs at a number of facilities across a wide variety of fitness classes. Sophie is also a Master Trainer for Gymstick Australia.

For more information on Sophie visit www.sophiemuscle.com

