

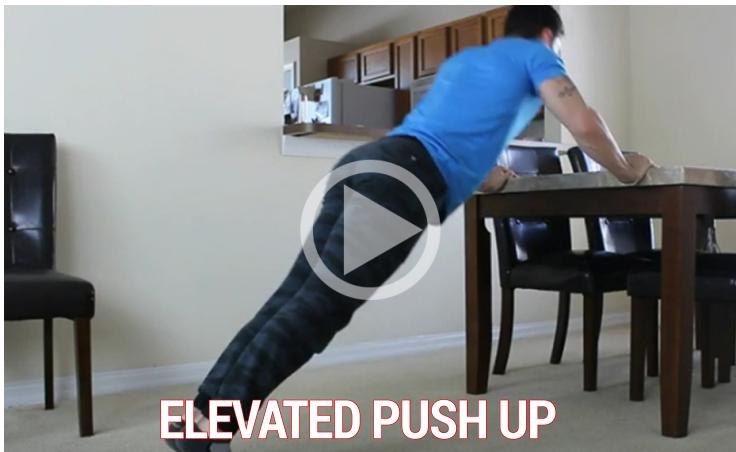


PHYSIQUE ZERO

ADVANCED EXECUTION VIDEOS

BY ALAIN GONZALEZ

CHEST



ELEVATED PUSH UP



FEET ELEVATED PUSH UP



WIDE WIDTH PUSH UP



SIDE TO SIDE PUSH UPS

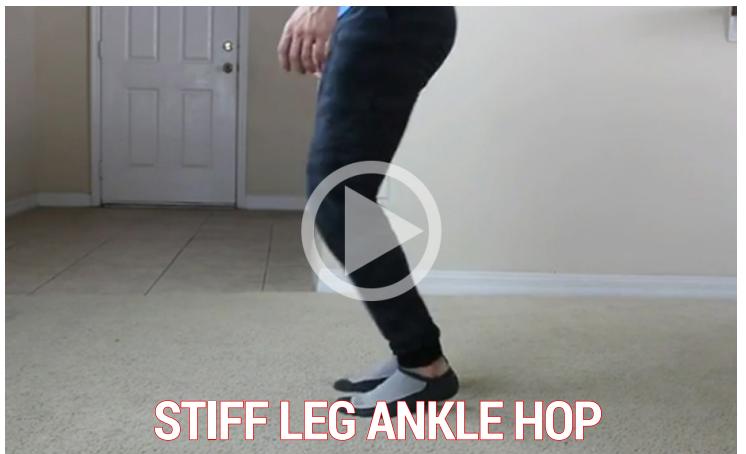


3 POINT PUSH UPS



ASSISTED ONE ARM PUSH UPS

LEGS



STIFF LEG ANKLE HOP



WALL SQUAT ISO-HOLD



SQUAT



BULGARIAN SPLIT SQUAT



HIP THRUSTS



SINGLE LEG BOX SQUAT



GLUTE MARCH



SINGLE LEG ELEVATED HIP THRUST



PRISONER BACK EXTENSIONS



WALKING LUNGES



ASSISTED PISTOL SQUAT



SINGLE LEG REVERSE HYPER



RUSSIAN LEG CURL



ELEVATED HIP THRUST

BACK



ARMS



SHOULDERS



SCAPULAR SHRUG



PUSH BACK



ELEVATED PIKE PUSH UP



3 POINT PIKE

ABS

