



STRENGTH PROGRAM

NOTES:

Remember to always “brace your core” by keeping your spine neutral and draw your belly in toward your spine



STRENGTH

BE SURE TO DO WARM UP/ MOBILITY FIRST

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
1.Deadlift w/ kettlebell, dumbbell	1 min	/ / /	10-12	Mod	1-3
2.Standing pulls from low handle position- band or cable machine	↓ ↑	/ / / Squeeze shoulder blades!	8-10	Slow	
3.Incline Single arm press w/band or cable: - low handle - split stance	↓ → ↑	/ / / Keep core stable!	8-10	Mod	
4.Stationary lunges w/ bicep curls and overhead press	1 min	/ / / 90-degree in front and back knee	8 each leg	Mod	1-3
5.Bench or Exercise ball dumbbell chest presses	↓ → ↑	/ / / Reach toward ceiling at top!	10	Slow	
6.Horizontal wood chops- cable or band- square stance	1 min	/ / / Pull with outside hand!	12-15 ea side	Slow	
7.Planks- ups and downs	↓ ↑		5-8 ea side	Slow	1-3
8. Triceps rope- cable or band straight arm crunches	↓ → ↑	/ / /	12-15	Slow	
<u>Active Cool Down:</u> 15 mins- EZ spin out legs					

REST- Remember the colors represent the exercises you do back to back with no rest (called a "superset"), then rest for listed rest period.

INTENSITY- Choose weights you can do with PERFECT form, do not sacrifice form for weight! Write your weights where the lines are to see your progress.

TEMPO- Do a slow pace, 3 seconds up, 3 seconds down, or visa versa



1. Dead-lifts- from the floor using barbell, kettlebell or dumbbell



1.



2.



3.



4.

Use either a barbell FROM THE FLOOR. Think of this move as a “reverse squat” from the floor.

Stand with good posture:

- Bend forward to pick up the bar
- Belly button drawn toward spine
- Chest up and shoulder blade muscles active
- Hands just a little wider than shoulders width
- At this point your bar is sitting just in front of your feet and your arms are pointing back towards your ankles, with your elbows facing forward
- “Pre Load” bar by just getting all of the above to “sync” up and provide a little tension in your body- then make the lift by standing up lifting chest to ceiling and by squeezing the glutes at the top of the lift so your hips go into extension... DO NOT USE YOUR LOWER BACK TO MAKE THE EXTENSION MOVE!



2. Incline Single Arm Press from low handle with cable or band-



Take a cable handle or band and start from the bottom. Get into a lunge position with the opposite foot forward to the hand that has the handle. Brace the core, lean forward a little from the hips (about 30-degrees) and push up at a 45-degree angle and bring down the other arm. You will be turning the chest again while keeping the hips still.



3. Standing pulls from low handle position with cable or band-



1.



2.

Stand in an athletic posture with a forward lean at your hips, and in a lunge stance with the opposite foot forward with belly button sucked in, use your elbow to pull either a band or use a cable machine. Pull with your elbow and turn your thorax. Think about the handle as being pulled by the turn of your thorax. Be sure not to bend your wrist.



4. Stationary lunges w/ bicep curls and overhead press-



Use the same rules as the lunges you did last program. Be sure to create a 90-degree bend in the front and back knee in the down position, making sure not to allow the front knee to travel forward over the toes. **Also don't allow the middle of your kneecap to travel inward; we want it to travel straight over the second toe, ALWAYS!**

Go into the down position, then as you come up, begin the bicep curl motion, and then continue into the vertical press, so that when you get to the top of your lunge, you'll finish the press movement.

NOTE- choose a weight that you can handle in the curl and press, as it will be your strength limiter, not your legs.



5. SB dumbbell presses on bench or ball, alternate from top- down-



1.



2.



3.

With your dumbbells in your hands, walk forward with the SB, and lay on your back on top of the SB, with your upper shoulder area resting on the ball and your face parallel to the floor the whole time. Make sure your knees are at 90 degrees and your butt is working to hold your pelvis up. Also be sure to use your core to help your glutes stabilize your body. Push dumbbells to ceiling and hold there (1), then lower one dbell at a time so the dbell ends up touching the outside of the chest and the triceps touches the ball (2). Push that side back up and lower the other side to complete one rep.



6. Horizontal wood chops- square stance



Take both handles in your hands and create a triangle with your chest and arms. Get into an athletic posture and brace your abs, and with your weight back in your heels some, go ahead and turn your chest so that your arms move left and right. Think of your arms as an extension of your torso so when you move your torso, your arms move along with.



7. Planks ups and downs-



1.



2.



3.

Begin by assuming normal plank position on forearms and toes, while keeping a nice tight core and perfectly aligned body with no dips or rainbows. On this exercise, essentially what you are going to do is to go from on your forearms to on your hands (2). To do this take one hand and place it on the floor, then the other hand and place it on the floor so you end up in a plank position on your hands, then do the opposite to return to the starting position of being on your forearms. You will alternate which arm you start with each rep.



8. Triceps Rope- Straight-arm crunches



Grab a triceps rope or both handles of a band, and using your abs with straight arms, bend forward and reach toward the outside of your ankle. Come up, resisting with your core, and bend forward again going to the other side. Think about your core, “bending your body in half at your hips.”