

6/03/2018  
Session 1

## Strength - Day 1

1. DB chest press 03982



Progress load as you can safely handle

Tips: Keep the head, shoulders & hips on the bench with the feet on the floor. Lower the dumbbells until they are next to the chest, & then press up to the start position. Keep the wrists rigid & above the dumbbells when they are near the chest.

Cautions: Do not arch the back & do not lift the head off the bench.

2. Split squat 04255



Complete all reps on one leg before changing.  
Add load as you can safely handle (dumbbells or babbell)

Tips: Assume a split stance with the hips & shoulders square & facing forward. Keep the knees in line with the respective feet & hips. Place the hands forward for balance & lower the hips straight towards the ground then extend up to the start position. The shoulders should remain above the hips & neutral spinal curves maintained.

Cautions: Do not allow the front knee to travel past the foot unless specified otherwise by an exercise professional.

3. Smith rack pull up horizontal 00669



Slow and controlled reps  
(Bend knees if needed)

Tips: Grasp the bar with the hands approximately shoulder width apart & the torso should be straight & in line with the legs. Maintain a rigid body position & pull the chest up towards the bar then lower the body back to the start position until the arms are straight.

Cautions: Ensure that you have a secure grip on the bar & that the neck remains in line with the spine.

4. Outward stance deadlift 05202



"Kettlebell deadlift"  
(use kettlebell or barbell)

Tips: Grasp the barbell with the hands close together & assume a wide stance with the feet facing out. The width of the stance & the position of the feet may vary depending on the requirements of the exercise. Lean forward at the hips until the barbell passes the knees & then flex the legs to lower the barbell towards the ground. Reverse the movements to extend to the start position. Maintain neutral curves in the spine & continue to look forward or slightly up.

Cautions: The knees should track in line with the centre of the feet. Do not round the spine or allow the hips to rise before or faster than the shoulders.

5. DB walk 06067



"Farmers carry"

Tips: Select heavy dumbbells & walk for the prescribed time or distance. Continue to look forward & keep the chest up. Maintain a firm grip on the dumbbells & keep the arms by the sides. Kettlebells or bricks can be used as an alternative form of resistance.

Cautions: Maintain a natural walking gait. Do not round the shoulders or flex the spine.

6. Push up 04773



Perform as many reps as you can with a straight body and full range of motion - 5cm from floor

Tips: Start with the body straight & the hands approximately shoulder width apart or slightly wider. Lower the chest towards the floor, keeping the neck in line with the spine then push up to the start position.

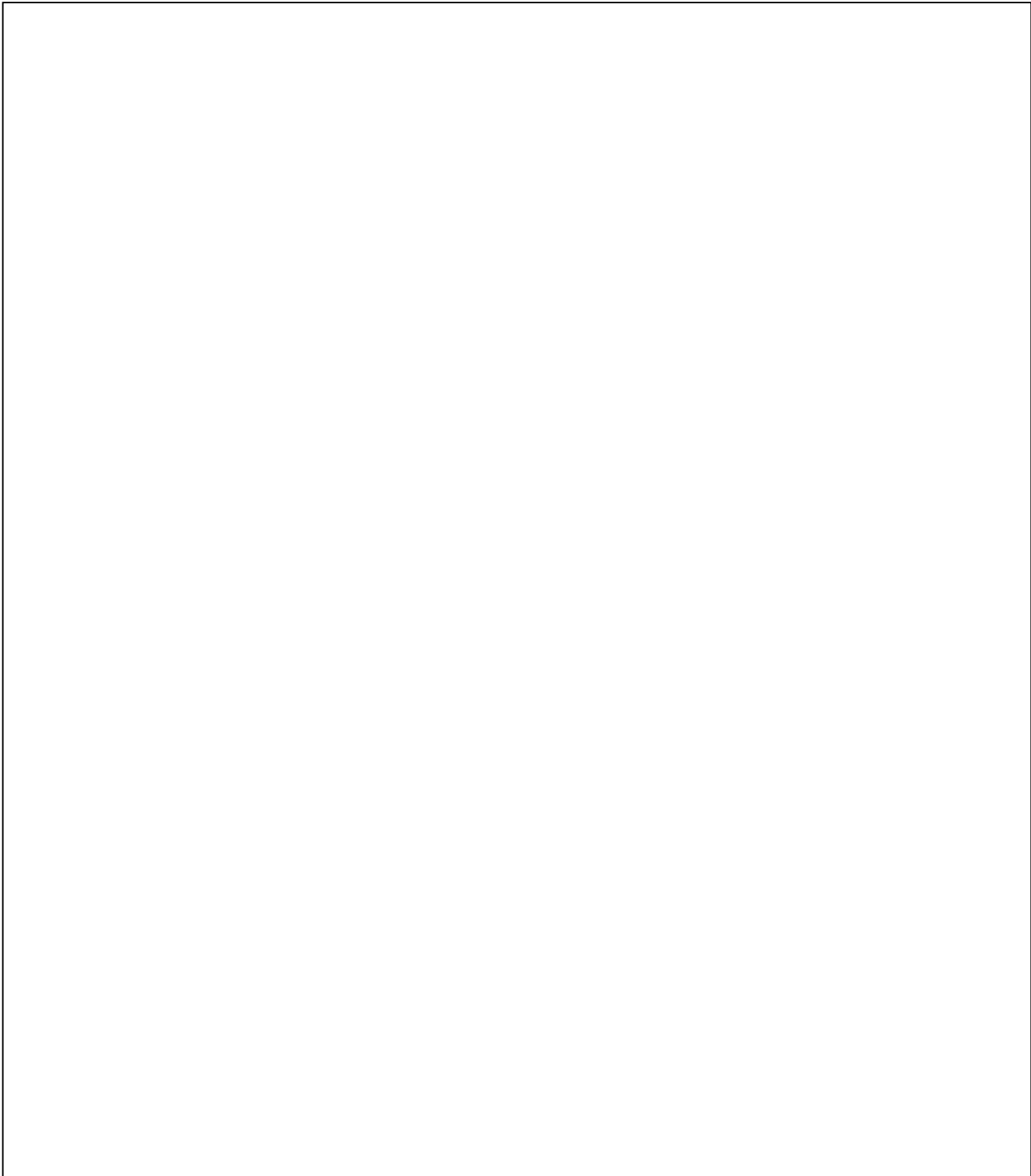
Cautions: Maintain neutral spinal curves & warm up the wrists before commencing the push ups. Do not allow the elbows to hyperextend at the completion of the push up.

7. Side lying stabilization 04422



Tips: Start with the forearm flat on the ground & the elbow under the shoulder. The hips & shoulders should face forward with the neck in line with the spine. Keeping the legs together, lift the hips off the ground until the body is straight & balanced. Either hold the raised position for the prescribed period of time or return the hips to the floor after each repetition.

Cautions: Do not round the spine or allow the shoulder blades to wing or lift off the ribs.



## Strength - Day 2

### 8. DB chest press 03982



Progress load as you can safely handle

Tips: Keep the head, shoulders & hips on the bench with the feet on the floor. Lower the dumbbells until they are next to the chest, & then press up to the start position. Keep the wrists rigid & above the dumbbells when they are near the chest.

Cautions: Do not arch the back & do not lift the head off the bench.

### 9. Split squat 04255



Complete all reps on one leg before changing.  
Add load as you can safely handle (dumbbells or babbell)

Tips: Assume a split stance with the hips & shoulders square & facing forward. Keep the knees in line with the respective feet & hips. Place the hands forward for balance & lower the hips straight towards the ground then extend up to the start position. The shoulders should remain above the hips & neutral spinal curves maintained.

Cautions: Do not allow the front knee to travel past the foot unless specified otherwise by an exercise professional.

### 10. DB bent over row 04079



Progress load as you can safely handle

Tips: Assume a parallel or split stance & start in a forward lean position with neutral curves in the spine. Raise the elbows keeping them close to the body & then return the dumbbells back to the start position. Maintain a stable torso & control both phases of the exercise. Do not try to raise the elbows too far past the position of the torso unless specified otherwise by an exercise professional.

Cautions: Do not flex the spine or extend the neck. Discontinue the exercise if pain or discomfort is experienced in the spine.

### 11. Deep squat 01212



Progress load as you can safely handle by holding dumbbells or barbell on back (back squats)

Tips: Start with the hands forward, the feet slightly wider than shoulder width apart. Perform a deep squat while maintaining an erect torso & keeping the feet flat on the ground. The knees should track in line with the centre of the feet. The range of motion for the squat may vary depending on strength & flexibility. To increase the resistance for the deep squat, hold a weight or medicine ball in front.

Cautions: Maintain neutral curves in the spine & do not allow the knees to buckle in.

### 12. Pull up 04396



Scaled option horizontal pulls 4x10  
Advanced option: add load to pull ups

Tips: Take a firm grip on the bar using a pronated grip with the hands approximately shoulder width apart. Pull the body up until the chin is slightly above the bar. Allow the arms to fully extend to the start position before initiating the next repetition. Do not swing to lift the body up. Consider using wrist straps if the grip strength is inadequate to maintain a firm grip on the bar.

Cautions: Continue to look forward & control both phases of the exercise.

### 13. DB shoulder press 05698



Progress load as you can safely handle

Tips: Start in a tall seated position & grasp the dumbbell with a pronated grip. Maintain a stable torso & press the dumbbell straight up to fully extend the elbows.

Cautions: For the purpose of this exercise do not press the dumbbell forward of the body. Do not extend the spine as the dumbbell is pressed above the head

14. Supine arm-leg raise 04822



Slow tempo  
4 x 5 each side

Tips: The head, shoulders & hips should remain on the floor. Flex the shoulder & simultaneously lower the opposite leg as far as possible then return to the start position. The time spent in the extended position can vary depending on the requirements of the exercise. Repeat the movements with the other limbs in an alternating fashion. Hold weights to progress the exercise.

Cautions: Do not extend the neck or the spine during the exercise. Maintain neutral curves in the spine.

15. Hang

Hang on bar 4 x 15sec

\*Hold onto rope or towel to increase difficulty