

Exercise descriptions

Release = soft tissue release, foam roller or tennis ball self massage work

Reset = switch back on the muscles which often aren't firing properly due to postural habits (too much sitting at a desk / commuting in the car)

Readiness = get the body fired up for the workout to come, all part of the warm up but more of a neural warm up than a cardiovascular warm up.

Tempo (eg. 3-1-1)

Eccentric (lowering the weight – resistance or body weight) - 3 seconds

Hold – 1 second

Concentric (bringing the weight back up – resistance or body weight) – 1 second

Goblet Squat

Stand with your feet shoulder width apart.

Hold a weight with both hands in front of your chest

Sit back into the squat with your weight through your heels and maintain a neutral upright spine. Your elbows should end up in-between your knees at the bottom of the squat



Inverted Row

Using a racked bar-bell, lie on your back and take hold of the bar.

Squeeze the shoulder blades back and maintain a straight posture through the core. Pull yourself up so that your chest touches the bar. Slowly lower back down again.



Split Squat

Stand in a long walking stance, feet shoulder width apart. Keep your core tight and spine straight. Slowly lower yourself straight down so the back knee just touches the ground. The front knee should now be bent at 90 degrees and the back knee at 90 degrees. Return to the starting position, do not shift your weight forward.



Push ups

Either from the knees or full press up position. Hands shoulder width apart. 'Screw your hands into the floor' by pulling the elbows into your sides. Slowly lower the chest to the floor with the elbows brushing your ribs. Return to the starting position, keep your hips and spine in neutral the whole time.



Single leg Deadlift

Stand on one leg with the other leg behind you.

Keep your spine and standing knee straight

Reach forward and down with the opposite hand to try and touch the floor

Return to the starting position by using your glutes and hamstrings

Gym ball roll outs

Kneeling on the floor, place your forearms on a gym ball in front of you.

Slowly roll the ball away from you as far as you can reach.

Pull the ball back in by using your abdominals

Deadlift

Stand with your feet shoulder width apart

Take hold of a barbell on the floor in front of you.

Keep your head and chest up and pull the bar into your shins

Lift the bar from the ground by driving the hips forward, keep the spine 'straight'

Lower the weight by shifting the hips back and maintaining a 'straight' spine.



Pull ups / lat pull downs

If able, perform a wide grip pull up, otherwise, seated 'lat pull down'.

Take hold of the bar with a wide grip, squeeze the shoulder blades back and down.

Pull your body up / bar down, so that the bar touches the front of the chest.

Slowly return to the starting position.

Step ups / downs

Stand facing a step/bench.

Step up/ down off the step/bench slowly returning to the starting position

Keep the hip, knee and foot in a straight alignment, do not let the knee collapse back in.

Dumbbell bench press

Lying on a bench take a dumbbell in both hands

Keep your shoulder blades flat on the bench

Slowly lower the dumbbells to your chest then drive back up again.

Do not arch your back or let the shoulder blades lift off the bench.

Hamstring curls on a gym ball

Lying on your back on the ground, with your knees straight place your heels on a gym ball.

Squeeze your abdominals and glutes and lift your hips off the ground.

Roll the ball towards you by bending your knees.

Lift the hips further up again, then slowly roll the ball away from you until your legs are straight.

Front plank

Either in a press up position with straight arms or on your elbows, maintain a neutral spine and contract the abdominals to hold this position.

If you don't have the strength to do this on your toes (yet) start from your knees.