

Introduction

Program designed to be performed in a circuit. Perform exercises in sequence without rest 2-3 times. Increase intensity by increasing reps or duration of movement.

Warm Up

25 Jumping Jacks, 25 High Knees

Cardio Program

Activity	Intensity	Duration	Comments
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Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Push-Up	Exercise	2-3	10-20				
Squat - Prisoner	Exercise	2-3	10-20				
Mountain Climbers	Exercise	2-3		30-60 sec			
Iso abs - prone up/down movement	Exercise	2-3	10-20				
Squat - Split	Exercise	2-3	10-20				
Ice Skaters – with Crossover	Exercise	2-3	10-20				
Push-Up with Rotation using Dumbbell	Exercise	2-3	10-20				
Squat - Thrust - Push-up - Jump	Exercise	2-3	10-20				
Transverse Lunge (SI Joint)	Exercise	2-3	10-20				
Iso Abs - Prone with Hip Extension	Exercise	2-3		30-60 sec			
Squat - Integrated Rotation	Exercise	2-3	10-20				
Dips on Bench	Exercise	2-3	10-20				
Crunch – Leg Lifts	Exercise	2-3	10-20				
Balance hold 1 leg - with leg posterior reach	Exercise	2-3	10-20				

Cool Down

Series of static stretches, 30 sec holds, 2x ea: Sit and Reach, Hurdler, Tuck and Reach, Quad Standing

Push-Up

Reps: 10-20

Tempo:

Sets: 2-3

Rest:

Intensity:

Duration:

Preparation

- In a prone position, place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90°.
- Come into plank position with elbows extended, make sure the entire body is in a neutral position.

Movement:

- Flexing at elbows, lower the body, maintaining neutral spine.
- Push back to starting position without postural compensation.



Squat - Prisoner

Reps: 10-20

Tempo:

Sets: 2-3

Rest:

Intensity:

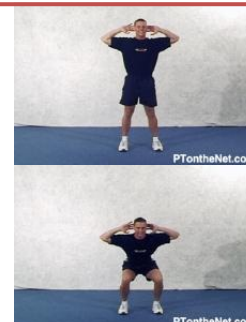
Duration:

Preparation

- Stand in proper alignment, at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).

Movement:

- Draw your belly button inward toward your spine.
- Allow yourself to lower to a squat position under control without compensation.
- Extend your hips, knees and ankles to a standing position.



Ice Skaters – with Crossover

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- Ensure that the individual is very proficient at single leg exercises (search Exercise Library) before prescribing this exercise.

Movement:

- Perform a crossover step and load to an ice skater hop on the outside leg, while swinging opposite arm toward load leg (as shown).
- Transfer the momentum back to a crossover step in the opposite direction and load to the other side.
- Take care to observe relative timing of this exercise.
- TRAINERS: If there is pain, loss of balance or altered neuromuscular control -- REDUCE the range of motion of legs and arms.



Push-Up with Rotation using Dumbbell

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Maintain good posture throughout the exercise, good stability through the abdominal complex, and neutral spine angles.
- Maintain a firm drawing-in manoeuvre with pelvic floor contraction to aid in spinal stability.

Movement:

- Start with VERY light dumbbells and perfect the movement before adding more load.
- Position the dumbbells under the shoulders, maintain a foot position that is WIDER than shoulder width, and perform a push-up ... ensure proper alignment in the kinetic chain.
- Fully extend the arms.
- Stiffen the core and rotate a fully stretched arm up towards the ceiling until there is a comfortable stretch in the chest.
- VERY SLOWLY return to the starting position.
- Perform for desired repetitions and repeat with the other arm.
- TRAINERS: Watch and correct, excessive lordosis (arching) in the low back, a forward head posture, lateral shift in the pelvis to assist in rotation, or a piked position in the hips.



Squat - Thrust - Push-up - Jump

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

Movement:

- This movement involves a drop to push-up and jumping in place.
- Start with your hands by your shoulders. Simultaneously squat down (with triple flexion in the legs) and bend forward in the trunk. Place the outstretched arms on the ground about shoulder-width apart, shoot both legs out into triple extension with a straight body line, perform a push-up and quickly bring them back into triple flexion (as shown).
- Initiate movement with an explosive vertical jump, and at the same time explosively push your arms overhead.
- Land onto toes and then heels.
- TRAINERS: Watch for frontal plane alignment through the kinetic chain, and do not let the back sag as the client thrusts their legs out and back.



Transverse Lunge (SI Joint)

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Start with a small step and shallow knee flex to assure proper alignment and neuromuscular stability in the transverse plane before increasing range of motion and depth of lunge.

Movement:

- Step to the side, while rotating the hips and torso in the transverse plane and allowing the body to react to the ground force, gravity and momentum.
- Return to the starting position and alternate.
- As the movement looks more fluent, gradually increase the ROM of the step.



Iso Abs - Prone with Hip Extension

Reps:
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration: 30-60 sec

Preparation

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate the core with a good drawing in and pelvic floor contraction.

Movement:

- Begin in a iso abs prone position forming a straight line from head to toe, resting on forearms and toes.
- Draw abs inward, and extend 1 hip by activating glutes and lifting one leg off the ground (extension of hip, knee and ankle dorsiflexion).
- Hold and slowly return leg to ground and then body to the ground, keeping chin tucked and back flat.



Squat - Integrated Rotation

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominal complex.
- Initiate a thorough dynamic warm up prior to starting this exercise. This engages the nervous system.

Movement:

- This movement involves a squat motion to standing with arm rotation.
- Start with the feet wider than shoulder width and reach up and into rotation with both arms to the right.
- Descend into a squat (for description, see Squat) and reach towards the floor.
- As you begin to stand, reach up and into rotation with both arms (as shown).
- Repeat.
- Pay close attention to the video link to observe the fluidity of this motion.



Dips on Bench

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Keep glutes as close to the bench as possible.
- Feet together and knees slightly bent.
- Hands close to the sides of the body, arms straight and shoulder blades retracted.
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Movement:

- Bending the arms, slowly lower the body down until the shoulders are just above elbow height, inhaling while doing this. Straighten the arms returning the body to the starting position, exhaling during this phase.
- Maintain good form.
- Keep reps at a controlled speed.
- Only lower the body to where you feel comfortable.



Crunch – Leg Lifts

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Ensure the individual is proficient at a crunch before prescribing this exercise.

Movement:

- Lie supine on the ground.
- The hands should be to the side of the body with the shoulders on the ground.
- With the upper body still, lift both legs at the hips off the ground as shown (ensure to keep the legs straight).
- Pay close attention to the video to observe the relative timing of this dynamic movement pattern.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.



Balance hold 1 leg - with leg posterior reach

Reps: 10-20
Tempo:

Sets: 2-3
Rest:

Intensity:
Duration:

Preparation

- Maintain a tall posture throughout the exercise and good stability through the abdominal complex.
- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

Movement:

- This exercise involves a 1 leg balance with a bilateral forward reach (in an anterior sagittal plane).
- Start by standing on one leg, with the knee slightly bent (to about 20°).
- In a controlled manner, perform an anterior reach so arms are parallel to the floor (in the sagittal plane).
- As the hands move forward, the elevated leg will move in a posterior direction to counteract the forward momentum - as shown.
- Return to the starting position.
- TRAINERS: Only allow range of motion that can be balanced ... if your client touches down with the elevated foot, decrease their range of motion until they reach their threshold of success.

