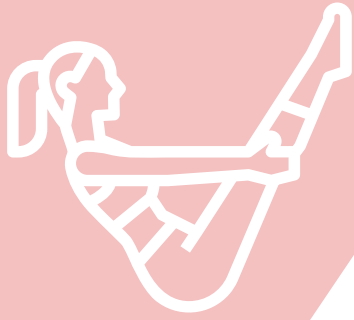


**IN DA
HOUSE**

**14 DAY
BODY WEIGHT
HOME
WORKOUT**

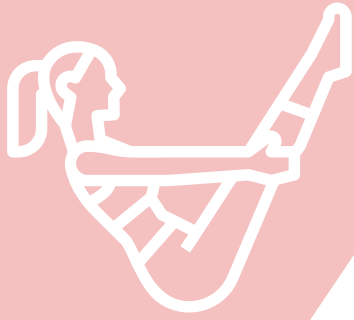




DISCLAIMER

PLEASE READ BEFORE YOU BEGIN

This guide's content is not a substitute for Professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or any pre-existing mental or physical conditions and/ or injuries, do not attempt the training plan without clearance from your physician or doctor first.



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WARM UP SUMMARY P6

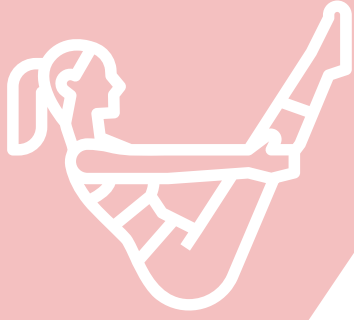
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INTRODUCTION

The guide is designed to be followed through as an undulating, progressive program of daily active mobility work, three full body resistance workouts per week, and two conditioning (cardio) sessions.

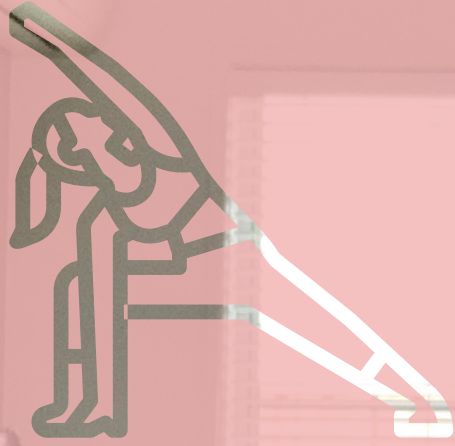
You should perform the daily active mobility as your warm up before every resistance or conditioning (cardio) session. On your 'off' days you should perform this in the morning to act as both active recovery, and to improve overall movement quality.

The exercises are listed in pairs, A1, A2 then B1, B2 and so on. This means when you follow the program you perform the two sets of exercises back to back, then rest and repeat for the appropriate number of sets.

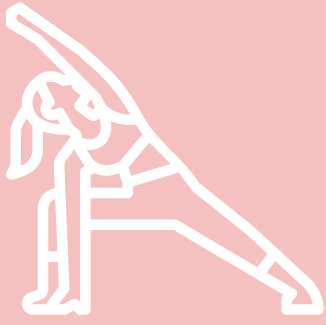
For example Day 1 begins with: A1 Goblet Squat, 3 sets of 6; A2 Deadbug 3 sets of 8

This means that you perform 6 Goblet squats, then immediately perform 8 reps of deadbugs. Then rest. You then repeat two more times until you have completed three full sets. 2 mins is a good guide to how much rest you should need in between sets, however if you need a little longer or you're ready to a little earlier that's fine. The whole workout is designed to take approx. 45 mins including the mobility section.

PROGRAMS



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WARM UP SUMMARY

90-90 HIP LIFT - 6 BREATHS

DEADBUGS - 8 PER SIDE

SINGLE LEG GLUTE BRIDGE - 8 PER SIDE

SIDE LYING WINDMILL - 6 PER SIDE

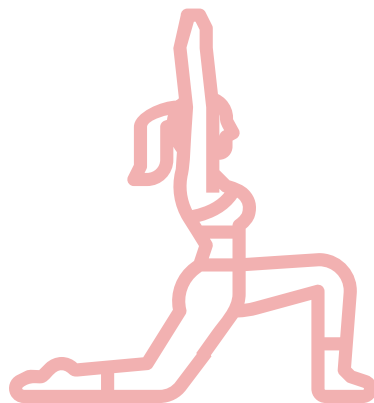
KNEELING GLUTE STRETCH - 6 PER SIDE

ROCK BACK ADDUCTOR WITH REACH - 8 PER SIDE

SPIDERMAN - 6 PER SIDE

WALL SLIDES - 8

BACK TO WALL FLEXION - 8



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PROGRAM DAY 1

A1 GOBLET SQUAT

DATE	WEEK	SET	REPS
	1	3	6
	2	4	6
	3	4	8
	4	3	6

SET	1	2	3	4	5	6

NOTES

A2 DEADBUG

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	3	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

B1 SPLIT SQUAT (STATIC LUNGE)

DATE	WEEK	SET	REPS
	1	3	8
	2	4	8
	3	4	10
	4	3	8

SET	1	2	3	4	5	6

NOTES

B2 TOWEL ROW

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	4	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

C1 TEATOWEL SLIDER HAMSTRING CURL

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	4	12
	4	3	12

SET	1	2	3	4	5	6

NOTES

C2 SL HIP THRUST

DATE	WEEK	SET	REPS
	1	3	8
	2	3	8
	3	3	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

D1 SHORT SIDE PLANK

DATE	WEEK	SET	REPS
	1	3	30 sec
	2	4	30 sec
	3	5	30 sec
	4	3	30 sec

SET	1	2	3	4	5	6

NOTES

D2 STANDING CALF RAISES

DATE	WEEK	SET	REPS
	1	3	12
	2	3	12
	3	3	12
	4	3	12

SET	1	2	3	4	5	6

NOTES

PROGRAM DAY 2

A1 PRESS UP

DATE	WEEK	SET	REPS
	1	4	8,8,8, AMAP
	2	4	8,8,8, AMAP
	3	5	10,10,10, AMAP
	4	3	38

SET	1	2	3	4	5	6

NOTES

A2 PRONE PULLDOWN

DATE	WEEK	SET	REPS
	1	3	12
	2	4	12
	3	5	12
	4	3	8

SET	1	2	3	4	5	6

NOTES

B1 HIP BRIDGE (2 UP 1 DOWN)

DATE	WEEK	SET	REPS
	1	3	12
	2	3	15
	3	4	12
	4	3	12

SET	1	2	3	4	5	6

NOTES

B2 DOORWAY OVER HEAD PRESS

DATE	WEEK	SET	REPS
	1	3	8
	2	3	10
	3	4	10
	4	3	8

SET	1	2	3	4	5	6

NOTES

C1 WIDE STANCE PUSH AWAY

DATE	WEEK	SET	REPS
	1	3	8
	2	3	10
	3	3	12
	4	3	10

SET	1	2	3	4	5	6

NOTES

C2 TOWEL BICEP CURL

DATE	WEEK	SET	REPS
	1	3	12
	2	3	12
	3	4	15
	4	3	8

SET	1	2	3	4	5	6

NOTES

D1 STANDING WALK OUT

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	4	10
	4	3	8

SET	1	2	3	4	5	6

NOTES

PROGRAM DAY 3

A1 DEADLIFT

DATE	WEEK	SET	REPS
	1	5	6
	2	4	8
	3	5	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

A2 LEG WHIP

DATE	WEEK	SET	REPS
	1	3	8
	2	3	8
	3	3	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

B1 SKATER SQUAT

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	3	10
	4	3	12

SET	1	2	3	4	5	6

NOTES

B2 TEATOWEL SLIDER PUSH UP

DATE	WEEK	SET	REPS
	1	3	6
	2	3	8
	3	4	8
	4	3	8

SET	1	2	3	4	5	6

NOTES

C1 TOWEL SKULL CRUSHERS

DATE	WEEK	SET	REPS
	1	3	12
	2	3	12
	3	4	12
	4	3	12

SET	1	2	3	4	5	6

NOTES

C2 PRONE ON FLOOR

DATE	WEEK	SET	REPS
	1	3	10 SEC HOLD
	2	4	10 SEC HOLD
	3	4	15 SEC HOLD
	4	4	15 SEC HOLD

SET	1	2	3	4	5	6

NOTES

D1 BENCH LEG EXTENTION

DATE	WEEK	SET	REPS
	1	3	8
	2	3	12
	3	4	10
	4	3	10

SET	1	2	3	4	5	6

NOTES

D2 ARM MARCH

DATE	WEEK	SET	REPS
	1	3	6/SIDE
	2	3	8/SIDE
	3	3	10/SIDE
	4	3	12/SIDE

SET	1	2	3	4	5	6

NOTES

WARM UPS



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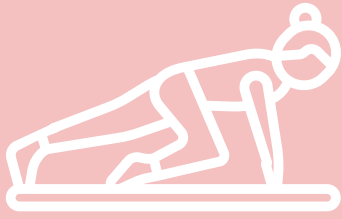
90-90 HIP LIFT EXHALE (6 BREATHS)



The daily warm up and mobility routine should be completed before each workout, you can also perform this on your 'off days' to help improve movement quality

EXECUTION

- Lay on your back with both heels supported on a stool, box, or chair.
- You should have a 90-degree bend at your hips and your knees.
- Squeeze your heels down in to the box. You should feel the muscles at the back of your thigh activate.
- Keep squeezing your heels down until your tailbone lifts off the floor by approximately 1 inch.
- Reach your arms straight out in front of you, palms facing each other.
- Take a deep breath in through your nose, and exhale hard, reaching your fingertips towards the ceiling as you exhale.
- Repeat for the appropriate number of breaths.



DEADBUG

(8 PER SIDE)



Warm ups begin with core activation, the foundation of all that we do

EXECUTION

- Laying flat on your back on the floor or a mat, try to get as much of your spine in contact with the ground surface as you can. Think about making a double chin, and lifting up your belt buckle.
- Raise your arms straight up towards the ceiling, and make a 90-degree bend at the hips and knees to create a 'table top' with your shins.
- Without any part of your spine losing contact with the floor, reach your left arm up above your head and extend right left leg.
- Push your heel away, and pull your toes back towards you as you extend, imagine you are standing on that leg.
- Fully exhale as you reach the longest part of the movement.
- Without allowing your heel to touch the floor, slowly return back to the setup position.
- Repeat with the right arm and left leg for the appropriate number of repetitions.



SINGLE LEG GLUTE BRIDGE

(8 PER SIDE)

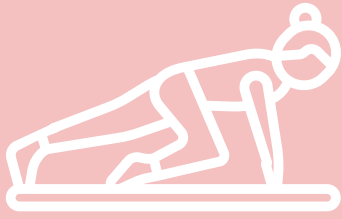


This warm up is designed to activate the major muscles you're about to use, and to ensure your body is in the best position to optimise performance and results



EXECUTION

- Lay flat on your back on the floor or a mat, knees bent towards the ceiling and feet planted flat on the floor.
- Take one foot off the floor and grab that knee with both hands.
- Tuck your chin to the chest to protect the neck, and press the grounded foot into the floor to drive your hips towards the ceiling.
- The finished position should see your body in a straight line from your shoulder, through your hip, to your knee.
- Return slowly to rest your hips on the floor without letting go of your knee.
- Repeat for the appropriate number of repetitions.



SIDE LYING WINDMILL

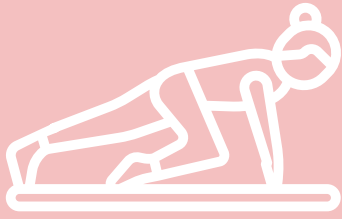
(6 PER SIDE)



The routine focuses on activation of the glutes and the core, and then mobility of the thoracic spine and hips

EXECUTION

- Lie on your side with one leg flexed in front of you, and the other extended behind.
- Put a pillow, towel, or foam roller beneath the knee of the top leg to ensure your hips remain facing forwards.
- Place both arms straight out in front of you, palms together.
- Keeping your abdominals engaged, and your hips facing forwards, attempt to draw a circle on the floor with the fingertips of the top hand by reaching it up and overhead.
- Once you reach 180 degrees and your upper body is in a 'T' shape, then bring the arm back across your body to the start position.
- Ensure your head follows your hand by fixing your gaze on the fingertips of the moving arm.
- Repeat for the appropriate number of repetitions on each arm.



KNEELING GLUTE STRETCH

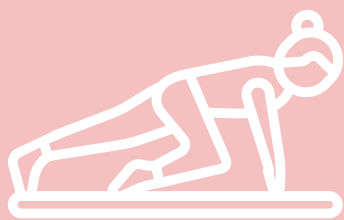
(6 PER SIDE)



EXECUTION

- Get into an 'all fours' position on the floor, with your hips above your knees.
- Tuck your right ankle into the back of the opposite knee making a 'figure 4' position with the legs.
- Keeping the ankle anchored, and the hands flat to the floor, rock your hips back and towards the righthand side.
- You should feel a stretch through the outside of the right buttock.
- Repeat for the appropriate number of repetitions on each side.

Try to keep moving during the warm up exercises and flow from one to the next



ROCK BACK ADDUCTOR WITH REACH

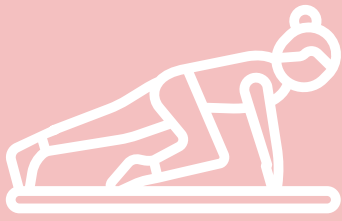
(8 PER SIDE)



Flowing from one position to the Next helps raise body temperature and heart rate whilst mobilising

EXECUTION

- Get into an 'all fours' position on the floor, with your hips above your knees.
- Extend your right leg out to the side at 90-degrees to your body, placing the foot flat on the floor.
- Keeping the hands planted on the floor rock your hips backwards until you feel a stretch on the inside of the right thigh.
- Once you reach this rocked back position, reach and rotate your right hand towards the ceiling, ensuring that your head follows the path of the right arm.
- Rotate the right arm back to the floor, and rock your hips forward to release the stretch.
- Repeat for the appropriate number of repetitions on each side.



DYNAMIC SPIDERMAN

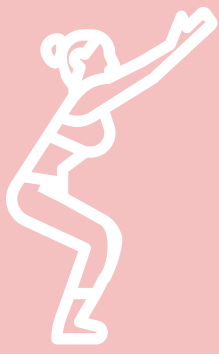
(6 PER SIDE)



EXECUTION

- Position yourself in a high plank position, with your hands just wider than your shoulders, and your fingers spread.
- Squeeze the muscles of your buttocks and abdominals to protect your spine.
- Engage the muscles of the upper back by 'shrugging downwards'.
- Step your right foot to the outside of your right hand.
- As the foot steps forward, try to lift the chest without arching your back, the abdominals will have to work hard to achieve this.
- Step the right foot back to the high plank position and repeat for the appropriate number of repetitions on each side.

Proximal stability builds distal mobility, a strong and stable core will allow for more available range



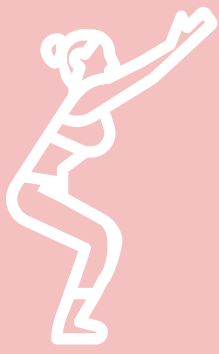
WALL SLIDES (X8)



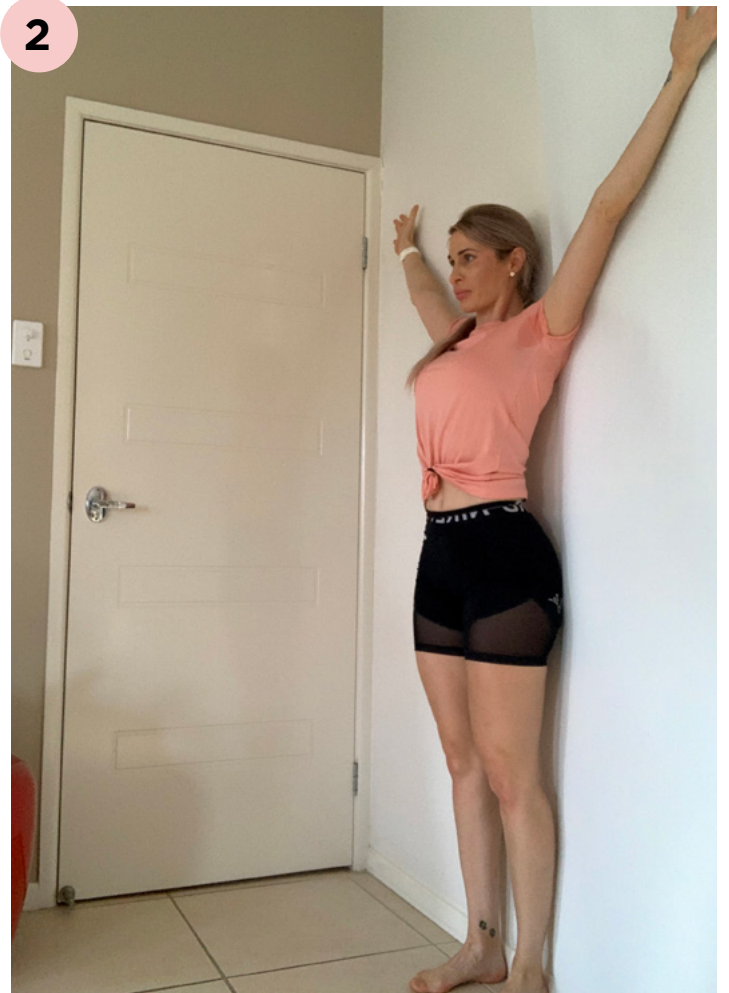
Warms up end in a standing position, arms overhead. Then we're ready to go!

EXECUTION

- Stand facing a wall or other smooth surface. You should be roughly two feet away from it.
- Step one foot forwards so it is up against the bottom of the wall, this helps maintain a neutral levus throughout the movement.
- Lean forwards and place both forearms parallel to each other on the wall at approximately your shoulder height.
- Brace your abdominals hard and slide your forearms up and out on the wall, ensuring that your elbow and wrist remain in contact with the wall.
- Keeping the chin tucked in, reach your hands as high as you can manage. You should feel a stretch in your upper back.
- Keeping elbow and wrist in contact with the wall, slide the forearms back down and repeat for the appropriate number of repetitions.



BACK TO WALL FLEXION (X8)



Warms up end in a standing position, arms overhead. Then we're ready to go!

EXECUTION

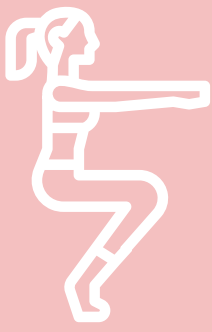
- Stand facing away from a wall or other smooth surface. Your body should be up against the surface with feet hip width apart
- With your arms by your sides with elbows straight, brace your abdominals hard and slide your straight arms up and out along the wall, ensuring that your elbow and wrist remain in contact with the wall.
- Keeping the chin tucked in, reach your hands as high as you can manage. You should feel a stretch in your upper back and side body.
- Keeping elbow and wrist in contact with the wall, slide the arms back down and repeat for the appropriate number of repetitions.

WORKOUT

1



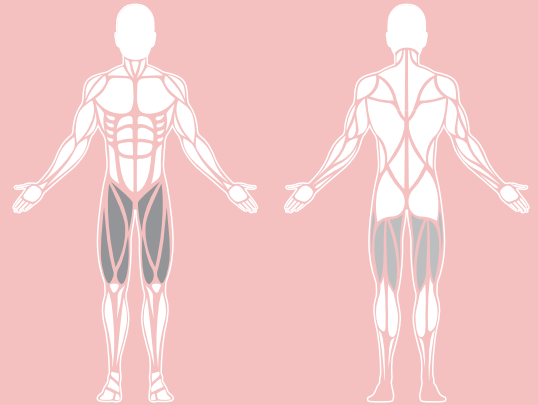
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GOBLET SQUAT



MUSCLE MOVEMENT

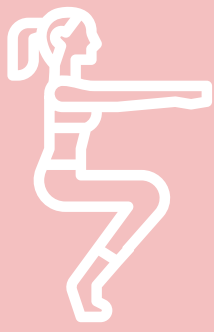


● PRIME MOVER | QUADRICEPS

● SECONDARY MOVERS | HAMSTRINGS

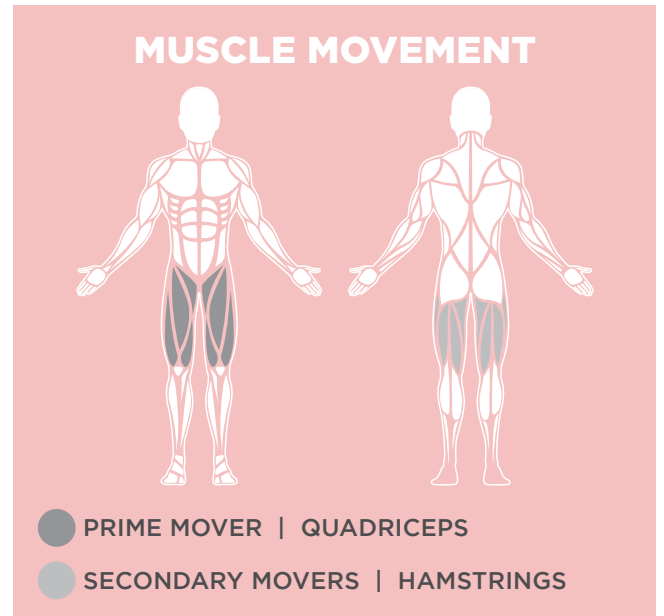
EXECUTION

- Place feet a little wider than hip width, weight distributed evenly.
- Grasp a weight or a robust object in two hands and hold it a few inches away from your chest.
- Tuck your pelvis underneath you by squeezing your buttock and your abdominals.
- Push your feet outwards as if you are trying to stretch the floor between them.
- Take a deep breath in, and actively flex your hips to pull yourself down into a squat position, maintaining the brace around your midsection.
- Aim to pull your hips 'between' your feet rather than 'behind'.
- Drive the feet into the floor to come back to standing.
- Exhale hard through the final third of the movement and contract the glutes and abls to ensure a full finish to the rep.
- Repeat for the appropriate number of repetitions.



SPLIT SQUAT

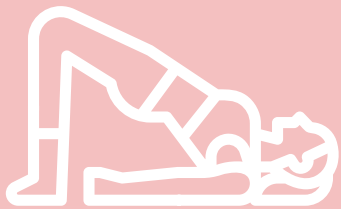
(STATIC LUNGE))



EXECUTION

- Adopt a lunge stance, one foot in front of the other, and both pointing forwards.
- Your foot spacing should be sufficient that when you kneel down you create right angles at both knees, and your back knee is directly beneath you.
- Grasp a weight or a robust weight in two hands and hold it a few inches away from your chest.
- Distribute your weight mostly over the front leg (think 'nose over toes').
- Take a deep bracing breath in, keeping the weight distributed over the front leg drive through the front foot to push yourself from a lunge position, up into a split stance.
- Repeat for the appropriate number of repetitions.





DEADBUG



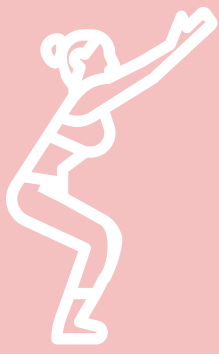
MUSCLE MOVEMENT

- PRIME MOVER | ANTERIOR CORE
- SECONDARY MOVERS | GLUTEALS



EXECUTION

- Laying flat on your back on the floor or a mat, try to get as much of your spine in contact with the ground surface as you can. Think about making a double chin, and lifting up your belt buckle.
- Raise your arms straight up towards the ceiling, and make a 90-degree bend at the hips and knees to create a 'table top' with your shins.
- Without any part of your spine losing contact with the floor, reach your left arm up above your head and extend right left leg.
- Push your heel away, and pull your toes back towards you as you extend, imagine you are standing on that leg.
- Fully exhale as you reach the longest part of the movement.
- Without allowing your heel to touch the floor, slowly return back to the setup position.
- Repeat with the right arm and left leg for the appropriate number of repetitions.



TOWEL ROW

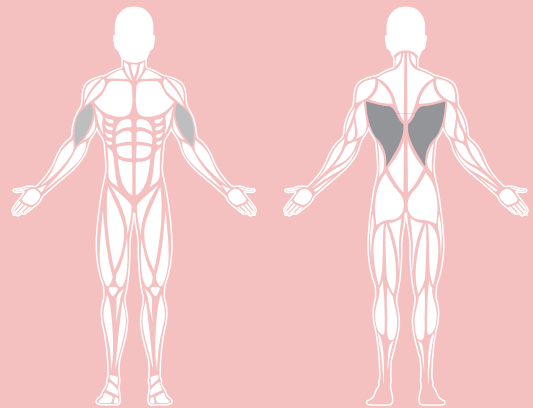
1



2



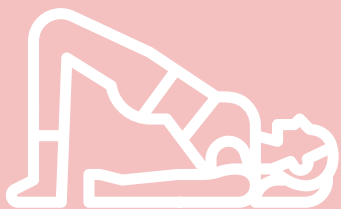
MUSCLE MOVEMENT



- PRIME MOVER | LATISSIMUS DORSI
- SECONDARY MOVERS | BICEPS

EXECUTION

- Put the short edge of a bath towel over the top of a door and close the door towards you onto it.
- Grasp the loose edges of the towel in a neutral grip.
- Place your feet towards the door and lean backwards so that your body forms an angle of approx 30 degrees to the floor.
- Squeezing your glutes and abdominals to protect your spine, and tucking your chin to your chest to protect your neck, pull yourself in a straight line towards the towel, you should feel the muscles in your upper back and the front of your arms working.
- When your chest reaches the line of the towel, slowly lower yourself back to the start position.
- Repeat for the appropriate number of repetitions.
- You can regress (make easier) this movement by adjusting to a more upright starting position.



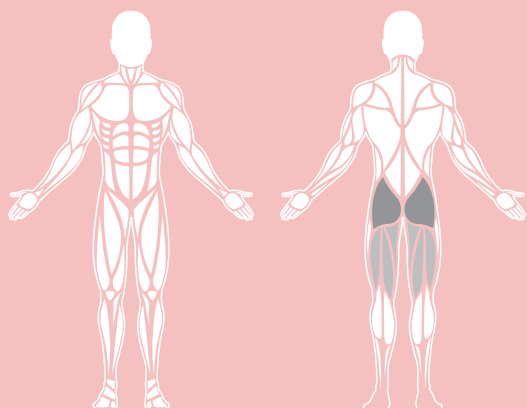
TEA TOWEL SLIDER HAMSTRING CURL



EXECUTION

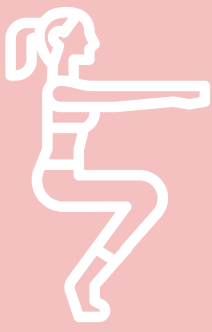
- Lay flat on your back on a smooth surface (wooden, tiled or linoleum floor).
- Place your heels on a folded-up towel.
- Keeping your gluteals and abdominals engaged lift your hips a few inches off the floor.
- Bend your knees to pull your heels towards you, sliding the towel along the floor.
- Continue to push your hips towards the ceiling as you pull your feet towards you (think about trying to get upside down!).
- You should feel the muscles in the back of your legs and your buttocks work hard.
- Slowly lower yourself back to the starting position, as best as possible keeping your hips off the ground.
- Repeat for the appropriate number of repetitions.
- If you don't have a smooth floor, switch for using a tea tray on a carpeted floor.

MUSCLE MOVEMENT



● PRIME MOVER | HAMSTRINGS

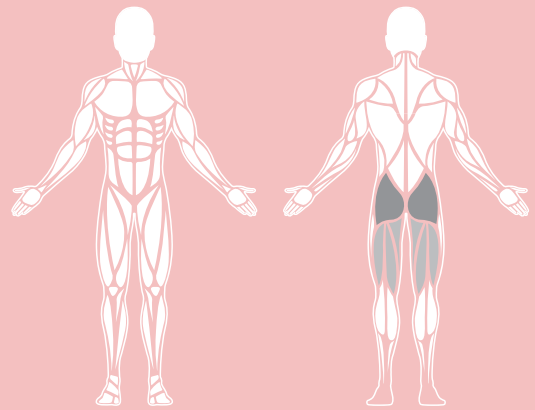
● SECONDARY MOVERS | GLUTEALS



SL HIP THRUST



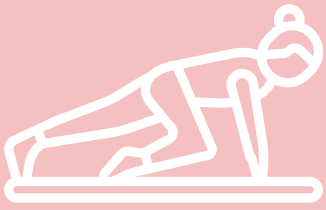
MUSCLE MOVEMENT



- PRIME MOVER | HAMSTRINGS
- SECONDARY MOVERS | GLUTEALS

EXECUTION

- Get into a bridge position with your shoulders on the edge of a chair, stool or your bed, and feet flat on the floor.
- Take one foot off the floor and grab that knee with both hands.
- Lower your hips down towards the floor whilst keeping your chin tucked to your chest to protect your neck.
- Press your foot into the floor to lift your hips back to the starting position. You should feel the muscles in your buttock working hard, assisted by those in the back of your leg.
- Repeat for the appropriate number of repetitions on each leg.



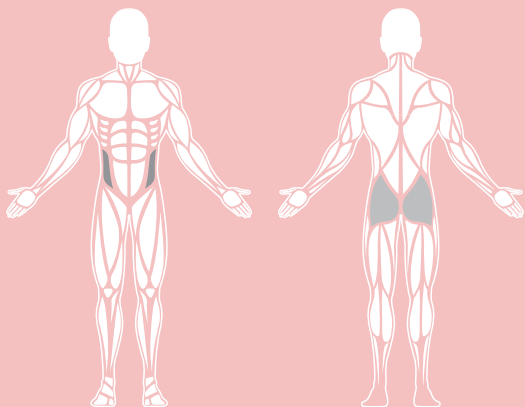
SHORT SIDE PLANK



EXECUTION

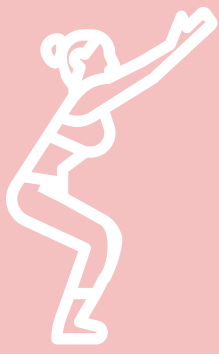
- Lie on your side with knees bent at 90-degrees (so feet are behind you).
- Extend your hips to neutral, viewed from above you should be in a straight line from your head, through your torso, hips, and thighs.
- Maintaining the neutral position, lift your hips off the mat, supporting your weight on your elbow and knee.
- Try to create a straight line between head, torso, hips and thighs, when viewed from either above or in front.
- Exhale fully and forcefully in this position.
- Repeat on the opposite side for the appropriate number of exhalations.

MUSCLE MOVEMENT



● PRIME MOVER | LATERAL CORE

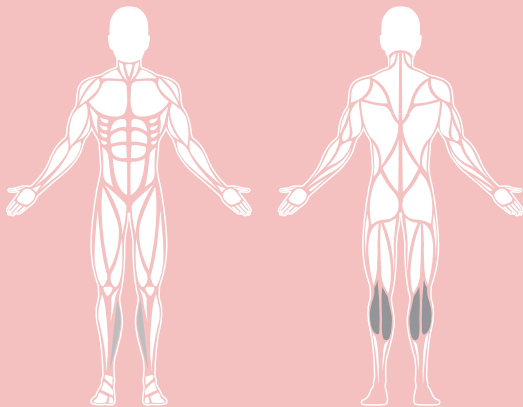
● SECONDARY MOVERS | GLUTEALS



STANDING CALF RAISES



MUSCLE MOVEMENT



● PRIME MOVER | GASTROCNEMIUS

● SECONDARY MOVERS | SOLEUS

EXECUTION

- Stand with the balls of both feet on the edge of a step, box, or sturdy object.
- Keeping your weight distributed between both feet. Lower your heels towards the floor until you feel a stretch in the muscles at the back of your lower leg.
- Keeping your weight in the balls of your feet, push yourself back up through the greatest range at your ankle until you come to a tip toes position.
- Pause for one count and then slowly lower yourself back down.
- Repeat for the appropriate number of repetitions.

WORKOUT

2



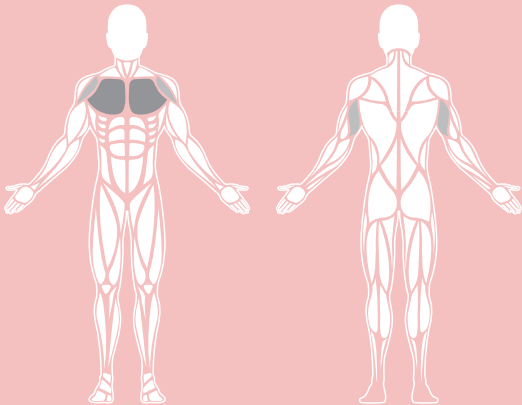
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PRESS UP



MUSCLE MOVEMENT



● PRIME MOVER | PECTORALS

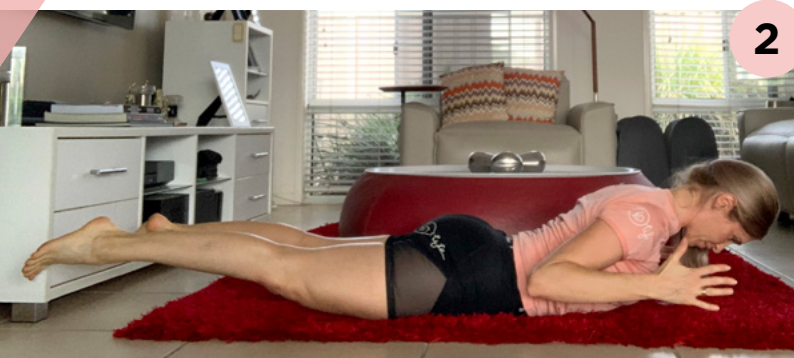
● SECONDARY MOVERS | TRICEPS, ANTERIOR DELTOIDS

EXECUTION

- Position yourself in a high plank position, with your hands just wider than your shoulders, and your fingers spread.
- Squeeze the muscles of your buttocks and abdominals to protect your spine.
- Engage the muscles of the upper back by 'shrugging downwards'.
- Stabilise the shoulder by attempting to 'screw' your hands outwards on the floor.
- Lower yourself down towards the floor, ensuring that you maintain a neutral spine and are one line from your ankle to your ear.
- Pause for a one count at the bottom and press your hands hard in to the floor.
- Press yourself back to the starting position maintaining the straight line, exhale firmly and fully at the top of the movement.
- Repeat for the appropriate number of repetitions.
- You can progress (make harder) this exercise by elevating the feet onto a step or stool.
- You can regress (make easier) this exercise by elevating the hands onto a step or stool.



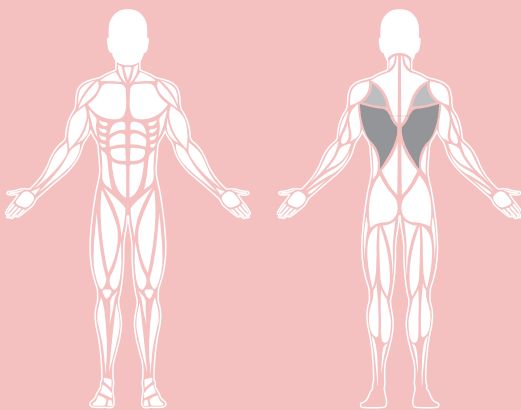
PRONE PULLDOWN



EXECUTION

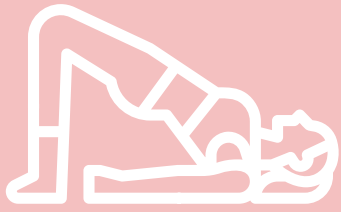
- Lay in a face down (prone) position on the floor.
- Reach your arms above your head at an approximate 30-degree angle, palms facing the floor.
- Lift your chest and legs off the floor by engaging the muscles of your upper back.
- Keeping your palms facing down 'pull' your elbows down and together, imagine you are trying to touch them together behind your lower back.
- You should feel all of the muscles of the upper back working.
- Without letting your hands or feet touch the floor, return to the start position.
- Repeat for the appropriate number of repetitions.

MUSCLE MOVEMENT



● PRIME MOVER | LATTISSIMUS DORSI

● SECONDARY MOVERS | RHOMBOIDS



HIP BRIDGE

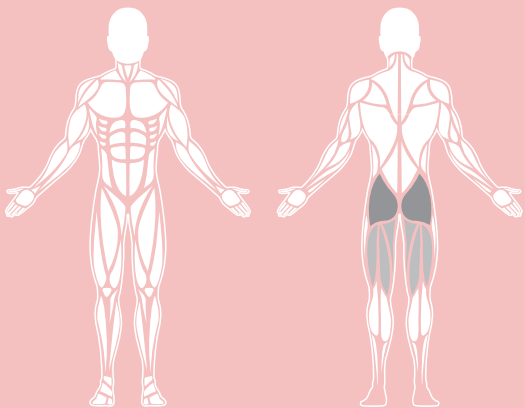
(2 UP 1 DOWN)



EXECUTION

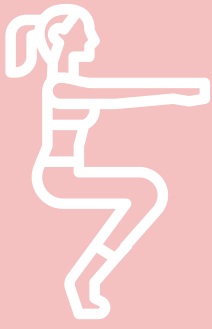
- Lay on your back on the floor, knees bent towards the ceiling and both feet flat on the floor.
- Engage the abdominal muscles to protect the spine.
- Press both feet into the floor to lift your hips towards the ceiling, ensuring the pressure is in the balls of your feet.
- At the top of the movement your body should make a straight line from your knee to your shoulder.
- Take one foot off the floor and straighten that leg out in front.
- Slowly lower yourself back to the floor using just the one grounded leg.
- Once your hips reach the floor place the outstretched foot back in the start position ready to perform the lift with both legs.
- Repeat for the appropriate number of repetitions on each side.

MUSCLE MOVEMENT



● PRIME MOVER | GLUTEALS

● SECONDARY MOVERS | HAMSTRINGS



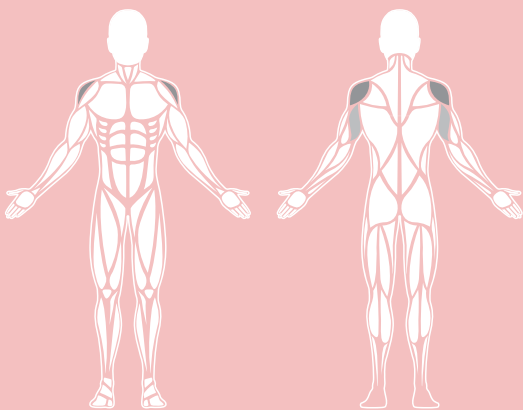
DOORWAY OVER HEAD PRESS



EXECUTION

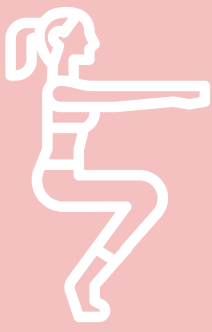
- Stand about 3 or 4 feet away from a sturdy door frame, with the door open.
- Lean forwards and place your hands on either side of the door frame, adjusting your feet so that you have an approximate 90-degree bend at the hips.
- Push up on to your toes so that your weight is felt in your hands against the door frame.
- Aim to make a horizontal straight line of your arms, through your upper back and to your hips.
- Slowly bend your arms, whilst continuing to lean into the doorframe, you should be tipping forwards as you do so.
- Once the door frame is in line with your ears, press with both hands to bring yourself back to the starting position.
- You should feel a strong contraction in the muscles of the shoulders and the backs of your arms.
- Repeat for the appropriate number of repetitions.

MUSCLE MOVEMENT



● PRIME MOVER | DELTOIDS

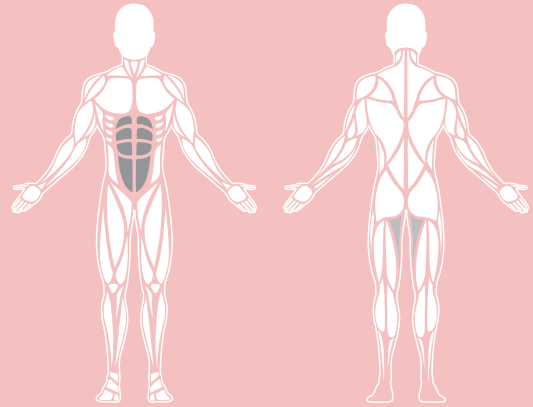
● SECONDARY MOVERS | TRICEPS



WIDE STANCE PUSH AWAY



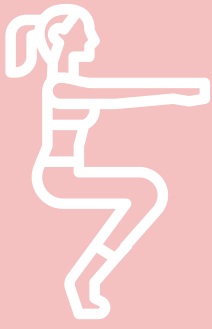
MUSCLE MOVEMENT



- PRIME MOVER | ANTERIOR CORE
- SECONDARY MOVERS | ADDUCTORS

EXECUTION

- Stand with your feet wide apart and your toes facing forwards, you should feel a light (but not maximal) stretch on the inside of both thighs.
- Grasp a weight or sturdy object with both hands and hold it in front of your chest.
- Squeeze the muscles of your buttocks to tuck your hips underneath you, you should feel the muscles on the inner thigh activate as a reaction.
- Press the weight straight out in front of you, exhaling hard as you do so.
- You should feel the abdominal muscles, the inner thigh muscles, and the muscles in your buttocks working hard.
- After the full exhale bring the hands back to the start position and repeat for the appropriate number of repetitions.



TOWEL BICEP CURL

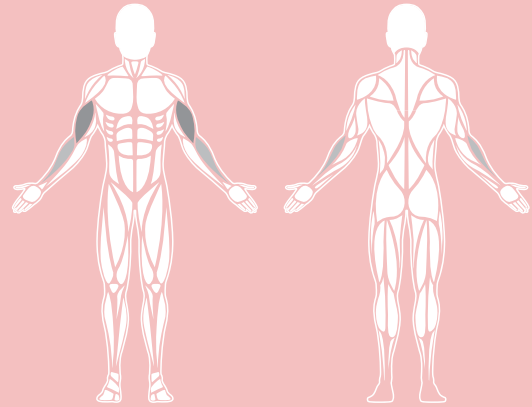


1



2

MUSCLE MOVEMENT



● PRIME MOVER | BICEPS

● SECONDARY MOVERS | BRACHIORADIALIS

EXECUTION

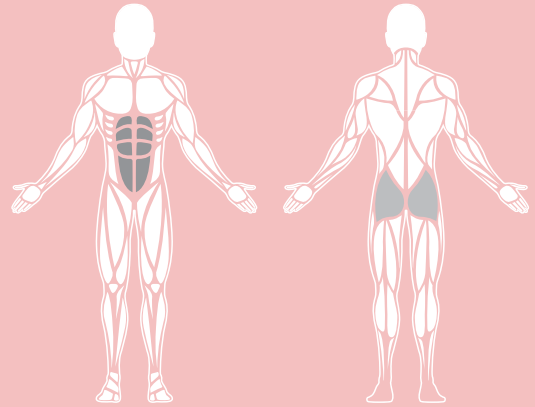
- Put the short edge of a bath towel over the top of a door and close the door towards you onto it.
- Grasp the loose edges of the towel in a neutral grip.
- Place your feet towards the door and lean backwards so that your body forms an angle of approx. 30 degrees to the floor.
- Squeezing your glutes and abdominals to protect your spine, and tucking your chin to your chest to protect your neck, slowly flex your arm at the elbow to bring your forehead in line with the towel.
- At the top of the movement you should feel a string contraction in the muscles at the front of your arm.
- Slowly lower yourself back down to the start position and repeat for the appropriate number of repetitions.
- Progress (make harder) this movement by moving your feet further towards the door and having a more horizontal body angle.
- Regress (make easier) this movement by moving your feet further away and starting from a more upright position.



STANDING WALK OUT



MUSCLE MOVEMENT



● PRIME MOVER | ANTERIOR CORE

● SECONDARY MOVERS | GLUTEALS

EXECUTION

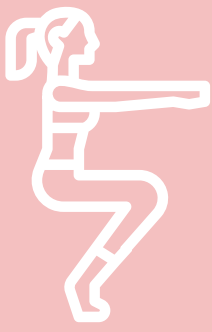
- Stand tall with enough floor space around you.
- Imagine you are trying to touch the crown of your head to the ceiling.
- Fold forwards until you can place your hands on the floor in front of you, softening your knees as much as you need to.
- Gradually walk your hands out in front of you until you reach a press up position.
- Engage your abdominal muscles as you lengthen out to ensure you don't 'sag' towards the floor.
- Exhale fully and forcefully at the longest point.
- Gradually walk your hands back towards your toes, standing up as you do so.

WORKOUT

3



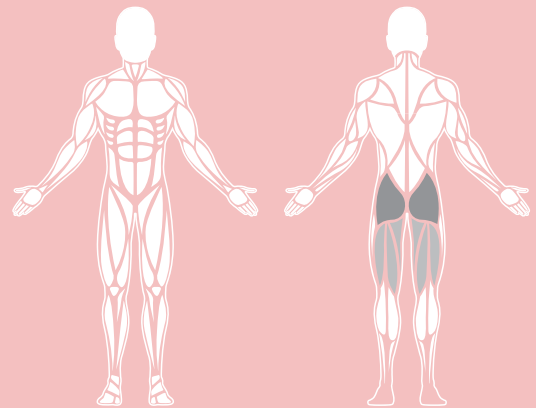
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DEADLIFT



MUSCLE MOVEMENT

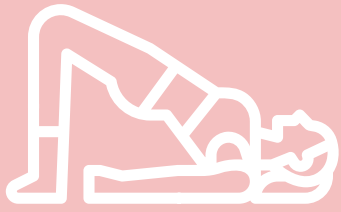


- PRIME MOVER | HAMSTRINGS
- SECONDARY MOVERS | GLUTEALS

EXECUTION

- Stand with your feet either side of any sturdy object (sandbag, flagon of water, backpack).
- Push your hips back and away from you so that your upper body hinges forward and over the object.
- Keeping your arms straight, grasp the object with both hands, ensuring that its centre of mass is between your feet and below your armpits.
- Squeezing your hands tight, try to also squeeze your armpits, making the muscles of the upper back engage.
- Ensuring that your chest always remains higher than your hips, drive your hips forwards lifting the weight directly upwards in a straight line in front of you.
- Finish the movement in your tallest position, imagine touching the crown of your head to the ceiling, and lifting your belt buckle towards your chin.
- Slowly lower the weight back to the starting position by pushing your hips backward from under you, re-establishing the hinge position.

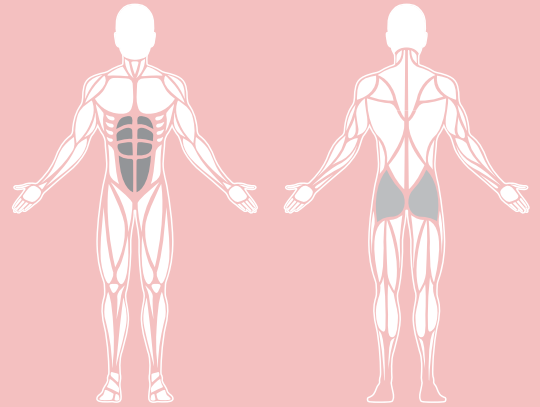
38 Repeat the movement for the appropriate number of repetitions.



LEG WHIP



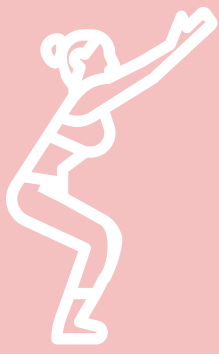
MUSCLE MOVEMENT



- PRIME MOVER | ANTERIOR CORE
- SECONDARY MOVERS | GLUTEALS

EXECUTION

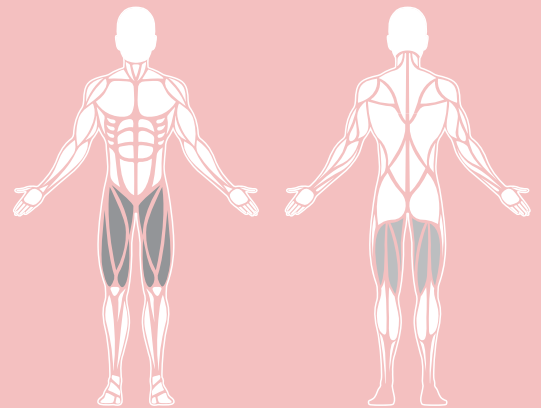
- Start by laying on your back on the floor or mat, with your knees bent and feet planted.
- Pushing your feet into the floor, lift your hips into a bridge position. Your weight should be balanced between your feet and your shoulders.
- Lift your left foot off the floor and straighten your left leg up towards the ceiling.
- Pull your left toes back towards you, as if you are stepping on the ceiling.
- Allow the left leg to fall to the left whilst not allowing any rotation in your hips or torso.
- Use the muscles on the inside of your left thigh to 'pull' the leg back to the starting position.
- Repeat for the appropriate number of repetitions on each side.



SKATER SQUAT



MUSCLE MOVEMENT



● PRIME MOVER | QUADRICEPS

● SECONDARY MOVERS | HAMSTRINGS

EXECUTION

- Stand tall with a light counterbalance in each hand.
- Shift all of your bodyweight across to one leg, and lift the other off the floor.
- Start to sit back and squat with the grounded leg.
- The non-working leg should be allowed to drift behind, and the hands reach in front to counterbalance, weight stays over the grounded foot.
- Aim to descend to at least have your thigh parallel to the floor and then push back to the start position.
- The action should mimic that of a cross country skier, or a skater.
- Repeat for the appropriate number of repetitions on each leg.



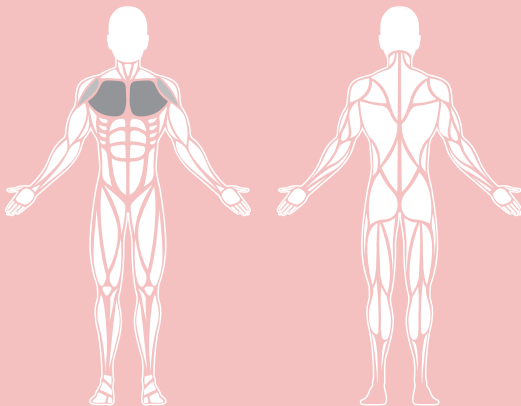
SLIDER PUSH UP



EXECUTION

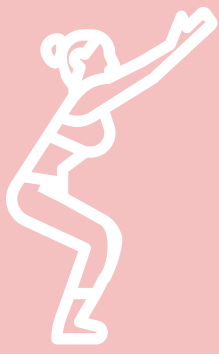
- Position yourself in a high plank position, with your hands just wider than your shoulders, and your fingers spread, one hand should be on a towel, the other on the floor.
- Squeeze the muscles of your buttocks and abdominals to protect your spine.
- Engage the muscles of the upper back by 'shrugging downwards'
- Stabilise the shoulder by attempting to 'screw' your hands outwards on the floor.
- Lower yourself down towards the floor as in a regular press up, however, this time the hand on the towel will slide up and overhead.
- This press up variation should feel more load in the grounded arm, and a challenge to core stability on side of the sliding arm.
- Repeat for the appropriate number of repetitions on both sides.

MUSCLE MOVEMENT



● PRIME MOVER | PECTORALS

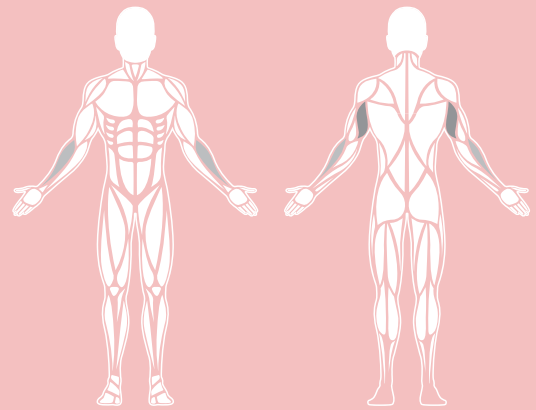
● SECONDARY MOVERS | ANTERIOR DELTOIDS



TOWEL SKULL CRUSHER



MUSCLE MOVEMENT



● PRIME MOVER | TRIUCEPS

● SECONDARY MOVERS | BRACHIORADIALIS

EXECUTION

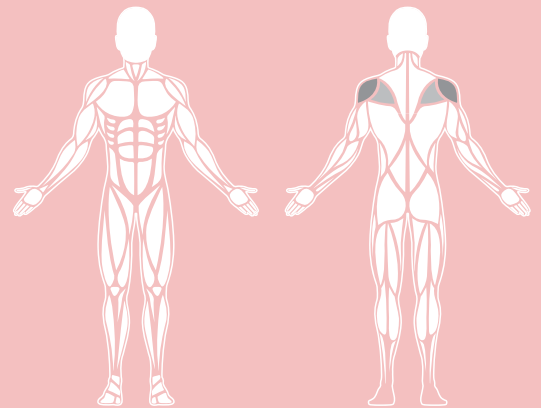
- Put the short edge of a bath towel over the top of a door and close the door towards you onto it.
- Grasp the loose edges of the towel in a neutral grip, but this time facing away from the door.
- Place your feet towards the door and lean forwards so that your body forms an angle of approx. 30 degrees to the floor.
- Flex your arms at the elbow, keeping the upper arm still as your body lowers towards the floor. You should feel a stretch in the muscles at the back of your arm.
- Maintaining the straight line of your body straighten your arms to push back to the starting position. You should feel the muscles on the back of your arms working hard.
- Repeat for the appropriate number of repetitions.
- Please ensure you use a door that closes towards you, not away from you!



PRONE T



MUSCLE MOVEMENT



● PRIME MOVER | POSTERIOR DELTOIDS

● SECONDARY MOVERS | RHOMBOIDS

EXECUTION

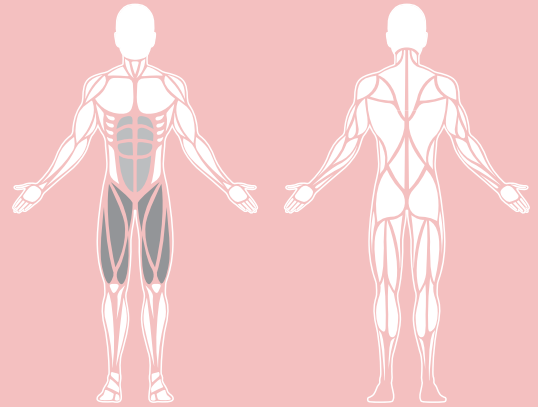
- Lay flat on the floor, face down, and with your arms out at 90-degree angles to your body.
- Resting your forehead on the floor, rotate your arms so that your thumbs are pointing straight up.
- Keeping your arms straight your forehead and thighs on the floor, raise your arms up towards the ceiling, your arms should stay straight, and your thumbs pointing upwards.
- Aim to get your arms as high as possible without arching your back, and keeping your forehead, hips and thighs on the floor.
- Repeat for the appropriate number of repetitions or hold for the appropriate time.



BENCH LEG EXTENSION



MUSCLE MOVEMENT



● PRIME MOVER | QUADRICEPS

● SECONDARY MOVERS | ANTERIOR CORE

EXECUTION

- Set up with your feet on a box, chair, or the edge of your sofa and your upper body supported by your forearms.
- Ensure your weight is spread evenly between your feet and your forearms.
- Your abdominals should be working hard to maintain position and protect your spine.
- Initiate the movement by bending your legs at the hip and knee, your centre of gravity should shift backwards as you do so.
- As your knees get close to the floor, reverse the motion by pushing your feet down and straightening the leg at the knee, you should feel the muscles on the front of your thigh working hard.
- Finish the action by returning to a straight line from your ankle to your ear.
- Repeat for the appropriate number of repetitions.



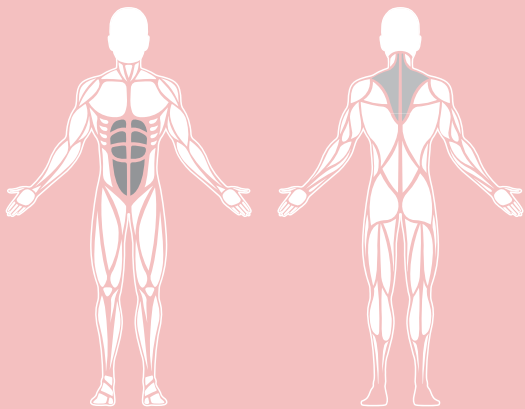
ARM MARCH



EXECUTION

- Position yourself in a high plank position, with your hands just wider than your shoulders, and your fingers spread.
- Squeeze the muscles of your buttocks and abdominals to protect your spine.
- Engage the muscles of the upper back by 'shrugging downwards'.
- Distribute all of your weight over one hand, and lift the other from the floor, you should feel all of the muscles of your core working hard.
- Press the lifted arm overhead and try to get the arm as straight as possible and as far away from the floor as you can, you should feel all of the muscles round the shoulder blade working hard.
- Return to the high plank position and repeat for the appropriate number of repetitions on each side.

MUSCLE MOVEMENT



● PRIME MOVER | ANTERIOR CORE

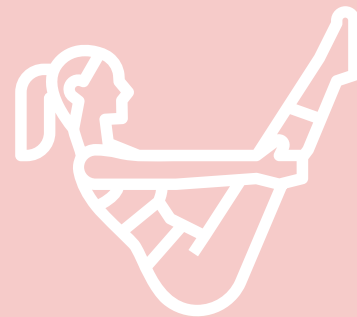
● SECONDARY MOVERS | LOWER TRAPS



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