

HEALTHY LIVING

Corporate Health Promotion



Total Body Strength Training

Practice the following exercises to improve total body strength and endurance. Most of these exercises can be performed with body weight alone. Focus on mastering exercise technique and tolerance using slow and controlled movements. Continue to improve your fitness by challenging yourself with additional sets, reps, or exercises as the movements become easier to perform.

Training Tips

1. Slow controlled movements
2. No bouncing or ballistic movements
3. No forcing beyond comfort
4. No pain through full range of motion
5. Maintain a normal breathing pattern

What are the benefits of strength exercises?

The benefits of strength training are almost endless to those who wish to increase muscle size and tone. Here are other benefits of strength training:

- Increased muscle strength
- Increases in tendon, bone, and ligament strength
- Inspired physical performance
- Reduced risk of injury
- Increased self-esteem, confidence and self-worth

Getting Started....

An exercise plan will help review your progress after a specific period (e.g. 4 weeks). For progressive exercises, make a SMART exercise plan and record it in your exercise tracking sheet. Don't just jump off your bed and lift 50 lbs of weights. REMEMBER, your plan must be:

S.M.A.R.T.

- S** – set a specific goal
- M** – measure your progress
- A** – arrange your environment for success
- R** – recruit support of friends, family, and peers
- T** – treat yourself, reward progress



The benefits of strength exercise have a great influence on our physical performance, physical appearance and metabolic efficiency.

How Much?

- ✓ **Resistance:** Medium to Heavy
(If you are unable to execute the exercise properly, decrease your weight!)
- ✓ **Repetitions:** 8 to 12 controlled movements
- ✓ **Sets:** 1 to 2
- ✓ **Rest:** 30 to 60 seconds between each set

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

Lower Body Exercises

Basic Squat

Preparation:

- Stand with feet shoulder width apart, knees and toes pointing forward.

Movement:

- Lower the body by bending both knees (avoid caving knees inward)
- Push the hips back as if preparing to sit in a chair
- Be sure the knees do not past the toes
- Return to starting position



Standing Calf Raise

Preparation:

- Stand in proper alignment with hands on hips and feet straight ahead

Movement:

- While maintaining total body alignment, raise heels off floor and hold
- Lower slowly and repeat
- Progress to calf raise off a step for more range of motion.



Standing Side Leg Lift

Preparation:

- Stand in proper alignment with hands on hips and feet straight ahead. If you feel more comfortable, you may use a chair on the side to hold on to.

Movement:

- While maintaining total body alignment, lift leg out to the side and hold for 2 seconds.
- Lower slowly and repeat lift.



Upper Body Exercises

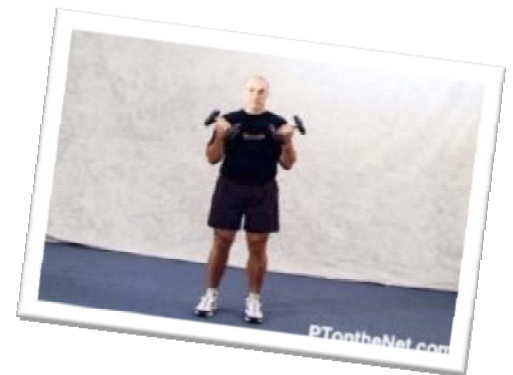
Bicep Curls

Preparation:

- Stand with feet shoulder width apart, and knees slightly bent
- Brace spine by tightening abdominals
- Arms naturally hanging on sides

Movement:

- Grip handles firmly.
- With palms facing forward, bend arms at the elbow, keeping the elbows above the hips.
- Return to starting position and repeat



Push Ups (optional: Knee Push-Ups)

Preparation:

- Lying face down, place hands at a width that will allow the elbows to bend at 90°
- Making sure that the body remains neutral, throughout movement, push to extend elbows

Movement:

- Lower the body by bending at the elbows. Stop when elbow reaches 90°
- Push back to starting position
- Repeat



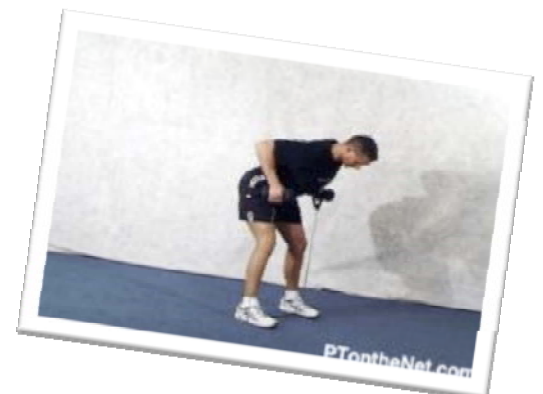
Back Rows

Preparation:

- Position client as pictured, in neutral spine, with the tubing under her/his feet

Movement:

- Draw elbows back, and squeeze shoulder blades together
- Pull tubing towards the body
- Slowly release the tension by extending arms to front of body
- Repeat



Shoulder Front Raises

Preparation:

- Stand tall, gripping dumbbells or resistance band (anchor band under feet)
- Start with arms extended, with hands in front of thighs

Movement:

- Keeping arms extended, raise the arms to chin level
- Pause briefly, and slowly lower the arms to starting position
- Repeat



Core Exercises

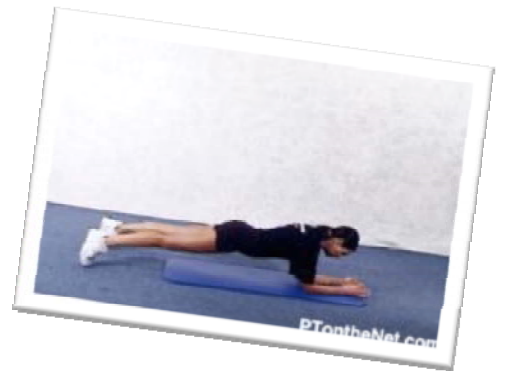
Plank

Preparation:

- Assume a prone position with elbows bent and closed fists positioned under your shoulders

Movement:

- In optimal postural alignment tighten buttocks and lift body up onto forearm
- While maintaining the abdominal draw-in contraction, hold optimal alignment for 6-8 SECONDS and repeat 10 times
- Your spine should be in a neutral position from neck to lower back and your gluteus (butt muscles)



Reverse Crunches

Preparation:

- Lie on the floor with knees bent and shoulders flat against the floor.

Movement:

- Bring your abdomen and draw knees in to your chest
- Hold and release
- Do not use momentum during the movement. Use abdominal contraction to draw knees in
- Return feet to floor and repeat

