

SUNDAY STRENGTH – FALL 2019



PURPOSE:

- * Activation of deep core and glutes
- * Injury prevention

- * Improve body awareness and control
- * Promote shoulder and thoracic mobility

MOBILITY: REPEAT EACH EXERCISE 5 TIMES ON EACH SIDE OR A TOTAL OF 10 TIMES

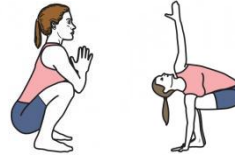
1. Chest opener/spinal rotation



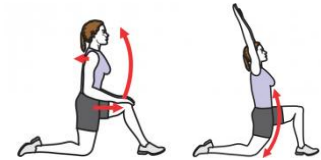
2. Calf



3. Calf/hip/thoracic/chest



4. Hip flexor



Exercises are in pairs (this is called super set), do the first exercise then move to the 2nd exercise without a rest. Complete the number of sets for super set #1 before moving on to super set #2.

1 to 3 sets (depends on the type of week you are in -> check your program on Training Peaks. Take a 1 minute break between each super set.

Ensure you have activated your deep core, glutes are on, maintain good posture – head/neck in neutral, shoulders away from ears, ribs locked down. When standing, try to maintain active forward body position, weight over front of feet, some flexion through ankle and knee joints. Challenge yourself!

SUPER SET #1

<p>Regular or Banded Push Up, 20 – 25 reps = 1 set</p> <ol style="list-style-type: none"> 1. Place the band across your shoulders and loop each end over each hand. 2. Engage your deep core and glutes, maintain a straight line body position: back in not arched, butt in not pointing to the ceiling; hands and elbows in-line with the shoulder. 3. Keep shoulders down, “away from ears”. 4. Lower to at least 90° at the elbow and push up! 	
<p>External Rotation, 10 reps each side = 1 set</p> <ol style="list-style-type: none"> 1. Hold the band in both hands on one hip, hand that is on the rotating arm should be over the belly button. 2. Elbow should be at 90°, arm rotates at the shoulder joint from the belly button to where the hand is in-line with the shoulder. 3. Keep shoulders down, “away from ears”. 4. Release needs to be controlled. 	

Rest 1 min, then

SUPER SET #2

<p>Single Arm Rows on one knee, 15 reps each side = 1 set</p> <ol style="list-style-type: none"> 1. Hold band with straight arms, shoulders away from ears. 2. Pull back, activating the lats and glutes and avoid leaning back as you draw the band back to your chest. 3. Keep hips square. Control the release. 	
---	--

Side Plank with hip dips, 10 reps each side = 1 set

1. Position yourself with you elbow directly under your shoulder, one foot on top of the other, stack hips should be stacked so top one faces the roof, not the wall!
2. Raise one arm up until hand forms a straight line with rest of body, head in neutral position, deep core engaged.
3. Lower your bottom hip to the floor without the top hip tilting forward. Lower for 2 counts and raise for 2 counts.



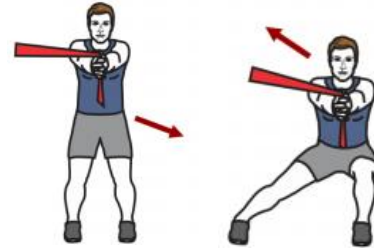
*Alternative is to raise the top foot about 10cm above the other.

Rest 1 min, then

SUPER SET #3

Side Lunge with banded core activator, 10 reps each side = 1 set

1. Hold band with straight arms, **shoulders away from ears**.
2. Step to one side, ensuring that your knee tracks over your toe as you lunge and avoid tilting upper body forward excessively. **Strong core!**
3. **Arms should stay straight**, hips square.
4. Push off outside leg to return feet to side by side. Repeat.



Prone Penguin, 15 reps = 1 set

1. Engage deep/lower abs, **squeeze glutes**, head/neck in neutral position.
 2. Rotate arms so palms face away from body.
 3. Lift chest off the floor, keeping feet on the floor. Keep breath even.
- *If you experience soreness in your lower back, activate your glutes!!



Rest 1 min, then

SUPER SET #4

Spiderman Push Ups, 10 – 15 reps each side = 1 set

1. Engage core and ensure lower back remains in neutral position (no arching). Start with hands directly under the shoulders.
2. As you lower your chest towards the floor, rotate the hip outwards and draw one knee up towards your elbow – knee is on the outside of the body, not underneath.
3. Ensure straight line body position as you push up! Everything moves together.



Single Leg Pelvic Raises, 10-15 reps each side = 1 set

1. Laying on your back with arms relaxed to your sides, raise one leg up so that your knees are in line – see pic.
2. Squeeze your glutes and raise your pelvis up, keep your hips level and maintain your knees at shoulder width apart.
3. Count to 3 at the top.
4. Control the lowering phase, when bottom touches the floor.

