Body weight training session

16 april 2020

Warming up => optional
For example:
- Running or biking at moderate pace
- Running or walking up and down a staircase
- Stationary jogging (alternating with jumping Jacks, knee lifts, heals to buttocks etc)

Mobiliteit / Stabiliteit / kracht
- Perform all exercises in a slow and controlled way (concentric 2 seconds, eccentric 4 seconds)
- Precision in technique and execution are most important
- Circuit style: perform all exercises in a block without pause...take a few breaths and repeat the complete block
- X= as many reps as possible (to failure) but a max of 60 seconds
- You can use any means of resistance available (bottles, dumbbells, tubings, heavy books/objects etc.)

Block 1

Crunch with both legs extended towards ceiling
Supine position with both legs up towards ceiling, head and shoulders of the floor, arms towards ceiling/toes, lift your upper body controlled 5-10 cm op, hold for a moment, lower the upperbody to starting position
Immedeately followed by

Split (Bulgarian) Squats (right side only)
Stand with left foot on a elevation (a chair, a commode, nightstand) back of the body and right foot on the floor, contract the abdominals and core and squat down, extend the legs to starting position
reminder: divide weight over the entire foot and don’t use left leg (left leg only for balance)
Immedeately followed by

Push Ups with feet elevated (chair, stairs, low table, commode, night stand) and hands on floor
Eventueel met voeten op de grond
Immedeately followed by

Split (Bulgarian) Squats (left side only)

Block 2

Explosive lunge: alternating front and back (left side only)
Stand with feet hip width, lift the left foot and place it behind the body on the floor making a lunge (left knee moves towards floor), step back and place the left foot immediately in front of the body on the floor (making a lunge to the front), step back towards the back making a lunge to the backs
Immedeately followed by
**Block 1**

**Row crunch**
- Seated position with both feet on the floor and knees at chest, arms extended forward, on the inhale extend both legs while pulling your arms towards the chest, on the exhale extend the arms while pulling your knees towards the chest
  - Immediately followed by

**Explosive lunge front and back (only right side)**
- Immediately followed by

**Triceps nose cracker with resistance**
- Supine position with a resistance in each hand (or one weight in both hands), arms extended towards ceiling, bend the elbow and lower the resistance towards your nose (not moving the elbow), hold for a moment, extend the arms back towards ceiling without moving the elbow
  - 2-4 12

**Block 3**

**Dead row (combi dead lifts en bent over row)**
- Stand with a resistance in your hands, knees slightly bend, move the upper body from the hip forward without changing the shape of the spine, hold position, pull the arms towards the chest (a rowing motion), extend both arms towards the floor, hold for a moment, extend the spine towards the starting position
  - Reminder: try not to change the shape of the low back
  - Immediately followed by

**Reverse Crunch**
- Supine position with both legs extended towards ceiling, head and shoulders of the floor, hands behind head, lift the hips of the floor, hold for a moment, lower the hips back towards the starting position
  - Immediately followed by

**Resisted shoulder front raises**
- Stand with a resistance in your hands, knees slightly bend, raise the arms in front of the body towards horizontal, hold for a moment, lower the arms towards starting position
  - 2-4 10-15

**Block 4**

**Static squats against wall**
- Standing with back against the wall, knees in a 90 degree angle, hold position
  - Immediately followed by

**Plank shoulder tap (alternating left and right)**
- Plank position, lift the left arm and tap your right shoulder, left hand back on the floor, lift right arm and tap your left shoulder, right hand back on the floor
  - Immediately followed by

**Hammer curl**
- Standing with a resistance in your hands, thumbs up, knees slightly bend, elbows in your side, bend the arms towards the chest (keep elbows in your side), hold for a moment, relax and lower the arms towards hips/belly (keep elbows in your side)
  - 2-4 X

**Cool down** => optional (8-15 minutes)
- walking or biking at moderate pace
- Stationary jogging