Body weight training session

25 Maart 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

Side Squats (alternating sides: left and right)
Standing position, feet hip width apart, move your left leg 20-30 cm to the left on the floor, squat down, hold for a moment, squat up and put the left foot back next to the right foot, repeat but now stepping to the right side
Immediately followed by
Crunch with both knees over hip
Supine position with both knees in a 90 degree angle over the hip, head and shoulders of the floor, hands behind head or crossed over chest, lift the upper body 5-10 cm, hold for a moment, lower the upper body hack towards starting position, repeat
Immediately followed by
Push Ups with hands on an elevation (step or chair) and feet on the floor
When this is too challenging: with both knees on the floor
When it is too easy: alternatingly lift a leg of the floor while making the push up
2-4 X

2-4 sets of each exercise of this block..... than next block of exercises

Block 2

Reverse lunge from an elevation/platform (alterating sides: left and right)
Standing on an elevation/platform (a step or stairs), step with left foot back towards the floor into a lunge, hold for a moment, step back on the elevation/platform, repeat but with the right leg
Immediately followed by
Diagonal crunch with feet on the floor (alternating sides: left and right)
Supine position with both feet at buttocks on the floor, head and shoulders of the floor, hands behind head, on the exhale rotate the left elbow towards the right knee, on the inhale move the upper body back towards starting position (head and shoulders still of the floor) repeat but now rotating the right elbow towards the left knee
Immediately followed by
Triceps dips with hands on a staircase or chair and feet on the floor

Hands back of the body on a staircase or chair, elbows not locked, feet on the floor, legs extended but knees not locked, lower the upper body by bending the elbows, at deepest point hold for a moment, extend your arms/elbows into starting position, repeat

2- 4 sets of each exercise of this block..... than next block of exercises

<table>
<thead>
<tr>
<th>Block 3</th>
<th>Sets</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single leg deadlift (left and right)</td>
<td>2-4</td>
<td>10-15</td>
</tr>
<tr>
<td>Standing with a resistance in left hand, knees not locked, extend the right leg to the back while bending the upper body from the hip forward (retain slight bend in low back and right knee), hold for a moment, extend the hip back in starting position (not changing the curve in low back and in knee), repeat <strong>Immediately followed by</strong></td>
<td>2-4</td>
<td>10-15</td>
</tr>
<tr>
<td>Reverse crunch</td>
<td></td>
<td></td>
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<tr>
<td>Supine position with both feet extended up towards ceiling, head and shoulders of the floor, hands behind head, on the exhale lift the pelvis up towards the ceiling (not really moving the upper body ), hold for a moment (not rolling back immediately), slowly controlled lower the pelvis towards the floor, repeat <strong>Immediately followed by</strong></td>
<td>2-4</td>
<td>x</td>
</tr>
<tr>
<td>Shoulder side raises with resistance</td>
<td></td>
<td></td>
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<tr>
<td>Standing with resistance in each hand, knees and elbows slightly bend, on the inhale raise the arms lateral into a horizontal line, hold for a moment, on the exhale lower the arms slowly and controlled back towards the hips</td>
<td>2-4</td>
<td>x</td>
</tr>
</tbody>
</table>

2- 4 sets of each exercise of this block..... than next block of exercises

<table>
<thead>
<tr>
<th>Block 4</th>
<th>Sets</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front lunges (left and right)</td>
<td>2-4</td>
<td>10-15</td>
</tr>
<tr>
<td>Standing position, step forward with left foot moving the right knee towards the floor (not touching), hold for a moment, step back and close feet together, repeat....after 10-15 reps change of legs <strong>Immediately followed by</strong></td>
<td>2-4</td>
<td>10-15</td>
</tr>
<tr>
<td>Plank</td>
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<td></td>
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<tr>
<td>Leaning on elbows and toes, knees of the floor, straight strong back (head/shoulders/hips/knees/ankles) in a straight strong line, tall spine and neck, hold the position......if it's too easy start alternatingly extending an arm forward <strong>Immediately followed by</strong></td>
<td>2-4</td>
<td>30-60 sec</td>
</tr>
<tr>
<td>Bent over row</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing with resistance in each hand, knees slightly bend , upper body bend forward with hip in a 90 degree angle, arms extended towards floor, pull the hands into the chest, hold for a moment, lower the arms back towards starting position, repeat</td>
<td>2-4</td>
<td>x</td>
</tr>
</tbody>
</table>

2- 4 sets of each exercise of this block..... than finished or cool down

**Cool down** => optional

For example:
- walk/stroll outside
- biking at low intensity
- stationary jogging