

EXERCISE PROGRAMS



Whole Body Strength Men



Whole Body Strength for Men

Introduction

This exercise routine is created for men and women with the goal of strengthening their overall body. Included in this workout are a range of exercises focusing on different muscle groups within the body.

Exercise intensity – moderate to high.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Advise your client that a banana is a great pre-workout food to have 30-45 minutes prior.
- ▶ Advise your client that a protein and carb focused meal is a great post-workout meal, i.e. chicken and rice.
- ▶ Strength training is best performed before cardio to ensure your client has enough energy to correctly perform a strength building routine.
- ▶ Inform the client that a rest day between strength training is advised. Once they improve and adapt to the program they can have consecutive strength training days. Three strength training days in a row is not recommended unless separate muscle groups are programmed.
- ▶ To promote muscle growth for you client, rest between sets should be 30-45 seconds long.
- ▶ Focus on the client's technique and posture throughout the workout.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Skipping - Jump Rope

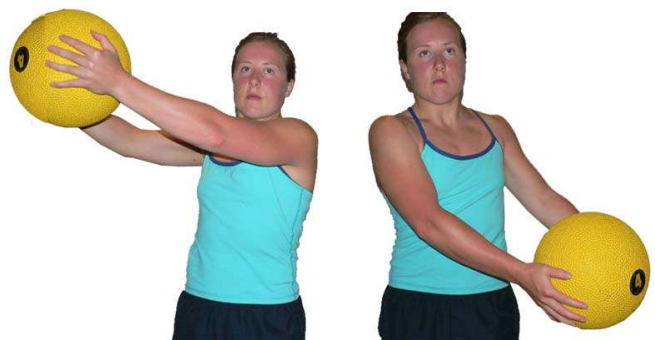
- Stand, feet close together, ends of rope in either hand
- Swing rope overhead
- Repeatedly jump or hop over the rope
- Ground contact on balls of feet
- Soft ground contacts



Complete 1 sets of 5 minutes repetitions. Rest 30s between sets.

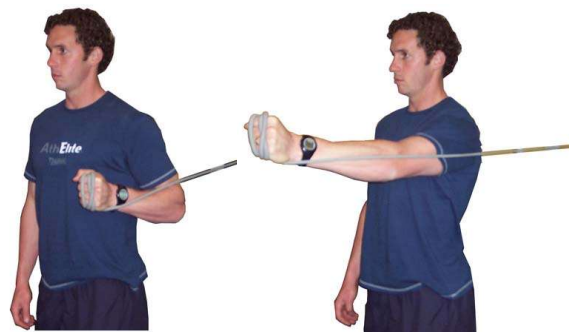
Woodchop

- Stand, feet shoulder width apart
 - Hold medicine ball in both hands, arms slightly bent
 - Rotate torso, position medicine ball low by the feet with the knees bent
 - Lift the medicine ball in a diagonal line to high above the opposite shoulder while standing, then lower the ball along the same line
 - Emphasis on full torso rotation & maintaining a strong, upright posture
 - Repeat in the other direction
- Complete 2-4 sets of 12 repetitions. Rest 30s between sets.



Chest Press - Adduction - Single Arm

- Hold end of a cable in one hand
- Face away from cord attachment
- Keep elbow close to side, extend the arm forward in a pushing action
- Maintain upright posture



Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Incline Bench Press - Alternate Arm - Dumbbell

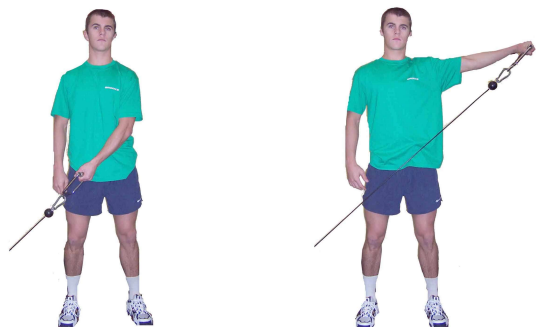
- Dumbbells positioned adjacent to shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Push dumbbells in an alternating fashion toward the roof



Complete 2-4 sets of 10 repetitions. Rest 30s between sets.

Lateral Raise - Cable

- Stand beside low cable
- Grip cable in far hand
- Palm facing toward leg
- Pull cable laterally to shoulder height
- Arm slightly flexed
- Maintain posture throughout



Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Bicep Curl - In 7s

- Stand barbell or dumbbells on thighs
- Palms facing forward
- Curl up to half way, and go back to neutral. Do this seven times
- Start fully flexed, and go down to half way, then back up again. Do this seven times.
- Complete a full curl seven times.
- Repeat all three stations 2-3 times.
- Maintain stable posture



Complete 2-4 sets of 7/7/7 repetitions. Rest 30s between sets.

Deadlift - Stiff Leg

- Grip barbell slightly wider than shoulder width
- Stand barbell on thighs
- Slightly flex knees
- Bend forward from the hips allowing barbell to slide down thighs to below the knee
- Look forward
- Maintain normal spinal curvatures throughout



Complete 2-4 sets of 8-18 repetitions. Rest 30s between sets.

Calf Raise - Seated

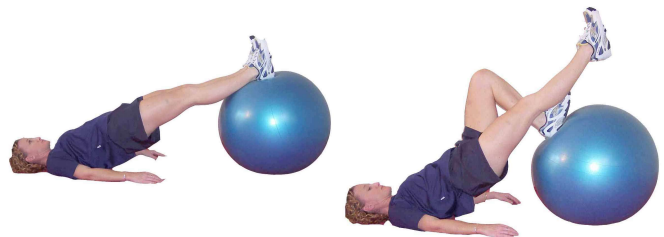
- Sit into the machine
- Weight resting across thighs
- Toes on plate, ankles hanging below toes
- Lift weight by extending ankles



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Leg Curl - Single Leg On Exercise Ball

- Lie on floor, one heel on crest of the ball
- Other heel slightly above ball
- Hips extended - shoulders, hips, knees & ankles align
- Bend knee to roll ball to buttocks
- Extend leg to return to start position
- Ensure hips remain square with shoulders
- Torso maintains a stable position throughout



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Holding L-Sits - Roman Chair

- Body weight supported by arms in Roman chair
- Back supported
- Keep legs straight by flexing the hips
- Hold for 30 seconds
- Lower slowly



Complete 2-3 sets of 30 seconds repetitions. Rest 15s between sets.