

# EXERCISE PROGRAMS



## Whole Body Strength Women



## Whole Body Strength for Women

### Introduction

This exercise routine is created specifically for women who want to focus on toning and 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 and 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.

## Skiping - Jump Rope

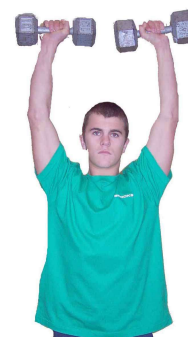
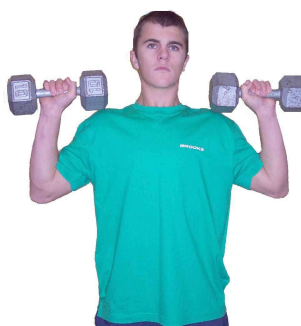
- Stand, feet close together, ends of rope in either hand
- Swing rope overhead
- Repeatedly jump or hop over the rope
- Ground contact on balls of feet
- Soft ground contacts



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

## Shoulder Press - Dumbbell with Twist

- Stand or sit with a dumbbell in each hand
- Position dumbbells in front of chest, palms facing towards the chest
- Press dumbbells overhead while rotating the arms to allow the palms to end facing forward
- Elbows remain directly under hands throughout the movement
- Slowly lower dumbbells back to start position



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

## Lat Pulldown

- Sit upright, look forward
- Wider than shoulder width grip
- Palms facing forward
- Pull bar to chin
- Return bar to start position



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

## Seated Row

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- Sit on machine
- Grasp handle, sit tall
- Extend the legs
- Pull handle to abdomen, retract shoulder blades
- Maintain upright posture

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

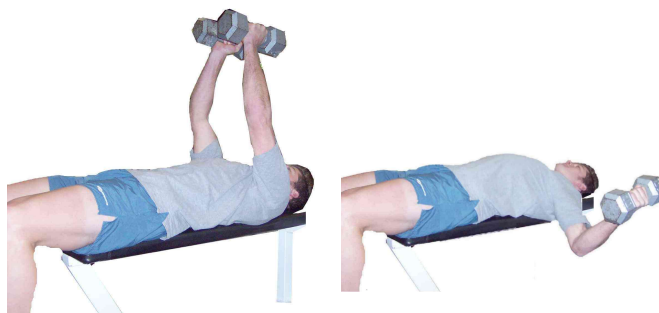


## Fly - Flat Bench

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- Lie on bench, dumbbell in each hand
- Start with dumbbells directly above shoulders
- Arms slightly flexed, palms facing inward
- Lower dumbbells laterally
- Slightly arch upper back, feel stretch across chest
- Lift dumbbells back to start position

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



## Reverse Fly - Bent Over

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- Stand dumbbell in each hand, palms facing inward
- Slightly flex knees, bend forward from hips
- Hands in front of knees
- Lift dumbbells laterally, pause at top of action
- Return dumbbells to start position
- Keep arms slightly bent & torso stable throughout

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



## Split Squat - Back Foot Elevated - Weight Overhead

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- Start in a split squat position, rear foot on box or bench
- Hold a weight overhead with arms straight
- Perform split squat in controlled manner
- Maintain upright torso

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



## Opposite Arm & Leg Extension - Kneeling

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- Kneel with hands on floor below shoulders
- Present lower abdominals
- Lift alternate arm & leg whilst maintaining neutral spine position
- Repeat on the other side



Complete 2-4 sets of 10-12 repetitions. Rest 30s between sets.

## Pike - Exercise Ball

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- Hands on floor, feet on the ball
- Body parallel to floor
- With straight legs, invert torso & roll ball towards hands
- Return slowly to start position



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

## Leg Curl - Single Leg On Exercise Ball

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- 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 8-10 repetitions. Rest 30s between sets.

## Elbow to Knee Crunch - Alternate Leg Extensions

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- Lie face up, hands behind low area of neck
- Bend knees to 90 degrees, feet off floor
- Curl up through the mid section & touch opposite elbow & knee
- At the same time extend the other leg
- Maintain the curl up position & repeat action on other side



Complete 2-4 sets of 25 repetitions. Rest 30s between sets.

## Cobra Stretch

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- Lie face down, feet & legs together, toes pointed
- Hands flat on the floor, elbows by side
- Inhale, push pubic bone into the floor
- Slowly extend elbows, lift chest & head & gaze upward
- Pull shoulder blades down & back
- Hold for 5-8 breaths
- Exhale, slowly lower head to the floor, relax completely



Hold for 20-30 seconds. Repeat 2-5 times.

## Glute Stretch - Lying - Legs Crossed

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- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest



Hold for 20-40 seconds. Repeat 1-3 times.

## Hamstring Stretch - Inverted "V"

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- From a standing position, place hands on floor
- Keep heels and palms flat on floor
- Attempt to flatten spine & keep legs straight
- Line of legs, torso and arms should resemble an inverted "V"



Hold for 20-40 seconds. Repeat 1-3 times.