

WINTER & INDOOR EXERCISE

Starting Point:

1. **Set a goal** and write it with reasons why it will be done.
2. **Walk** at least 10,000 steps **every** day (use pedometer). These steps include all walking for the day as well as steps taken during any other exercise session.
3. **Home Program** – can you spend 15-20 minutes one, two or three times per week to get your self ready for spring? Is it worth it?

Simple Home based program (assuming minimal equipment):

Exercise	Repetitions
Push ups	10-20
Squats	15-25
Step Ups	25-50 each leg
Bench Dips	10-20
Lung Squats	15-20 each leg
Skipping (with rope)	50-200 turns
Lower abdominals	10-15
Reverse Hyperextensions	10-15
Jog/step on spot or in corridor	1-2 mins

Repeat this circuit as follows:

1. *Apprentice athlete* – 1 or 2 times
2. *Rising Star* – 2 or 3 times
3. *Elite* – 3 or 4 times

- *Stretch before & after exercise (download stretching document)*

What you will need:

- To learn how to do all activities (***see explanations below***)
- Yourself with comfortable clothes and appropriate footwear
- A bottle of purified water
- A mat or towel to do floor exercises on
- Floor space
- A chair or bench to do dips on
- A skipping rope
- A step or bench for step ups
- Some motivating music
- A positive attitude and a GOAL

How to maximise your steps for the day:

- Put your pedometer on as soon as you get out of bed (take it off when you get in the shower!)
- Get up 5 minutes earlier and park a bit further away from where you are heading and walk

- Use stairs instead of lifts and escalators
- Walk around the office when talking on the phone or thinking.
- Walk to do small errands instead of driving
- Walk at lunch time
- Set your self a goal and keep walking until it is achieved
- When playing with your children choose a physical activity
- If you don't have children run after your partner to make some!!
- Walk with your partner after dinner – a great way to improve your relationship as well as getting healthier!

Strength Considerations

- Make sure you understand each exercise and how to do it.
- There are exercise explanations below.
- Keep an accurate record of all training.
- Aim to work gradually harder with each repeat session either by increasing intensity or doing more reps.
- Don't do more repetitions than the maximum number on the above chart, instead increase resistance.
- Ensure you warm up adequately and stretch at the end of each session.
- Listen to your body and rest when appropriate.
- Be realistic and make sure you can happily maintain the above schedule.
- Carefully read exercise descriptions below so that you understand how to do each exercise and how to increase intensity.
- Consider some professional assistance if wanting to take your resistance training to the next level.

EXERCISE TECHNIQUES

PUSH UPS

Technique:

1. Adopt a prone position (face down) with hand on the floor, fingers forward and arms & body straight.
2. Hands are directly below shoulders and slightly wider than shoulder width.
3. Ensure TVA and gluteals are activated.
4. Head should be in strict alignment with the body.
5. Maintain a straight body position.
6. Slowly lower chest to the floor to a point where the elbows are at right angles or slightly less.
7. From this lowest point push the heel of your hands into the floor and slowly return to the starting position.
8. Repeat the movement.

Progressions (easiest to hardest):

1. Hands against a wall (body almost upright).

2. Hands against the dining table or the back of a chair or couch (body on a 45 degree angle).
3. Hands on the floor, on the knees.
4. Hands on the floor, on the toes with body straight.
5. Hands on floor, feet raised on a chair, body straight.

SQUATS

Technique:

1. Standing upright with feet flat on the floor, slightly wider than shoulder width apart and toes pointed out on a slight angle.
2. Place your hands on your hips, by your side or straight out in front of your body.
3. Keep your chin up and your eyes focused straight ahead.
4. Keep your shoulders back and chest out.
5. Activate your TVA.
6. Maintain a flat and relatively upright back throughout the movement.
7. From this starting position bend your legs and lower your hips, in a controlled manner, towards the ground as if sitting in a low chair.
8. Aim for a position where the thighs are parallel to the ground.
9. From this position, push your heels directly into the ground and straighten your body back to the starting position.
10. It is vital that you keep your feet flat on the ground and your knees in direct line with your feet throughout the movement.
11. Repeat the movement.

Progressions:

1. Add weights to increase the load.
2. Light weight can be held with arms by your side. For example; water bottles, bricks, bags and weight inside.
3. Moderate weight can be held to your chest. For example; babies or small children, sand bags, bags full of magazines or any objects with no handles.
4. Heavier weight can be held above your head or on your shoulders. For example small children, furniture etc.

Further Progressions:

1. Squats have great potential for slow reps and pause reps.
2. Partial reps are a great way to maintain muscle contraction and increase the intensity. Move down into a full squat position, but only come up part of the way for each rep (i.e. don't fully straighten your legs).

BENCH OR CHAIR DIPS

Technique:

1. Sit on a chair, bench or coffee table with your hands placed just wider than shoulder width apart, face down and fingers forward over the edge of the bench.
2. Straighten your legs and slide your body forward so that your bottom moves just off the bench and your arms are supporting your weight.

3. From this starting position, slowly lower your body weight by bending your elbows.
4. Keep your head up, shoulders back, elbows back and fingers forward throughout the movement.
5. Lower yourself as far possible, without taking your elbow joint past 90 degrees.
6. From the bottom of the movement push the heel of your hands down into the bench, straighten your elbows and return to the starting position.
7. Repeat the movement.

Progressions:

1. Start with feet on the floor and legs bent as right angles.
2. Straighten legs & repeat movement.
3. Elevate feet on to a seat or a bench etc.
4. With your feet elevated, place a weight of some sort on your mid section.
Examples; sand bag, large water bottles etc.

LUNGE SQUATS

Technique:

1. Stand in a wide lunge position with right foot forward and left foot back.
2. Make sure you have enough width between your legs for balance.
3. Lift your left foot up onto your toes.
4. Keep your head up and shoulders back.
5. Make sure your hips are square on.
6. Activate and contract your left gluteal so that you feel a stretch through the hip flexor on the same leg.
7. From this starting position, slowly lower your left knee directly down to the floor.
8. Aim to stop your left knee just above the ground.
9. Your right knee should only move marginally and definitely not move past the toes on the right foot.
10. From this position, push your right heel into the ground, straighten your legs and return to the starting position.
11. Repeat the movement.
12. At the completion of the set with the right leg forward, repeat with the left.

Progressions:

1. Add weights to increase the load.
2. Light weight can be held with arms by your side. For example; water bottles, bricks, bags with weight inside etc.
3. Lunge Squats have great potential for slow reps, partial reps and pause reps.

LOWER ABDOMINALS

There are many myriads of exercises for the abdominals. I have chosen one specifically aimed at strengthening the lower abdominal region and transversus abdominis, muscles largely responsible for lower back stabilisation. If you would like to add any others, feel free.

Technique:

1. Lay on your back, on the floor, with legs bent and feet close to your bottom.
2. Activate your TVA.
3. Tilt your pelvis backwards and push your lower back hard into the floor.
4. Keep your head and shoulders on the floor and breathe normally.
5. Keeping legs bent and lower back pushing forcefully into the floor, slowly raise your left leg up and lower it down and then repeat with your right leg.
6. Repeat this movement.
7. Use a guide such as a rope or belt or some sort, placed under your back and directly below the naval to ensure that you are maintaining adequate pressure between your lower back and the floor.
8. You should be unable to pull this rope at any stage of the movement.
9. In this exercise muscular failure occurs when you are no longer able to maintain adequate lower back pressure on the floor.
10. To continue with exercise beyond this stage will cause potential harm to lower back.

Progressions:

1. Start by adopting the position and holding for 30-60 seconds (i.e. no leg movement).
2. Alternatively lifting bent legs from the floor.
3. Start with knees back, legs at 90 degrees and feet off the floor. Slowly lower alternate bent legs to the floor and return.
4. Start as progression 3, but lower both feet to the floor together (keep legs bent).
5. As above, but gradually straighten legs.
6. It is crucial with this exercise that you do not progress until you have mastered the level you are on.

REVERSE HYPEREXTENSION**Technique:**

1. Lay face down on a table or desk that you are securely holding on with your hands and your hips are just off the surface.
2. You may need to place a pillow between your hips and the table for comfort.
3. Start with your legs straight and your toes on the floor.
4. By contracting your gluteals, raise your straight legs as high as possible.
5. Make sure your gluteals are as hard as possible.
6. Hold this position for 2-3 seconds and then slowly lower your toes back to the floor.
7. Repeat the movement.

Progressions:

1. Start by lifting one leg at a time.
2. Lift both legs together.
3. Place a weight of some sort around your ankles or between your legs.
4. Increase the time of the hold at the top of the movement.

Let me make one point quiet clear at this stage. The program will have a fantastic effect if done properly and consistently. You do need to understand however that, over time as your body gets stronger and adapts to even the hardest of progressions, the strengthening effect will plateau. From that point, for you to continue to improve, you will need to find further ways of increasing loads and stimuli. For most people this will require some more specific strength equipment and knowledge that you won't get from this program.

- **We** recommend that if you are attempting this program you have some training experience.
- If you don't we suggest that you get some guidance from a fitness professional.
- Ensure that you understand each exercise and are able to perform them with correct technique.

Please understand that by attempting any of these activities you take full responsibility and credit for amazing results, but also any injuries that may occur as a result of incorrect technique or because the proper precautions haven't been taken.

Andrew strongly recommends that medical clearance be obtained, if there is any doubt as to the ability of the individual, to successfully and safely complete the above program on a regular basis.