



## Elite Training & Conditioning Camp CONDITIONING PROGRAM

**IMPORTANT INFORMATION FOR ALL ELITE CAMPERS:** On the following pages is a **six-week preliminary exercise program** to prepare you for a physically demanding training camp. This is a general program which is adequate for ages 8 to 16 and assumes that most will not have access to training equipment. It is important that your bodies are physically and mentally prepared for a strenuous week in order to delay fatigue, improve recovery time and get the most out of each day.

The most important fitness component to work on is your **aerobic cardiovascular fitness**. By doing aerobic training you will increase your respiratory and circulatory system's ability to deliver oxygen to muscle cells for energy production, you will increase your stored energy supply in the liver and muscles (glycogen) and you will be able to train at higher intensities with less fatigue and faster recovery. Aerobic exercise workouts will increase your volume of blood which will provide more nutrients and oxygen for energy production and remove waste products. It will also increase your heat tolerance which will allow you to train harder.

The other areas that you will work on will be your **muscular endurance, strength, flexibility, speed and power**. You will be put through a fitness test at the start of camp and a personal profile will be created. The content of the fitness test follows on the next three pages.

Best of luck with your training, we look forward to seeing you soon!

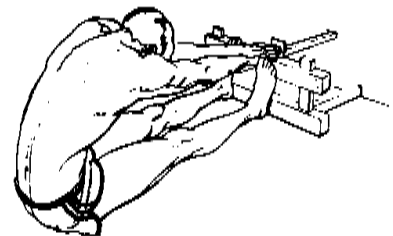
RNHC Off-Ice Staff

## FITNESS TEST

These personal results can be used as a baseline and future marker to determine your personal growth and development.

### FLEXIBILITY - The ability of joints to move through a range of motion.

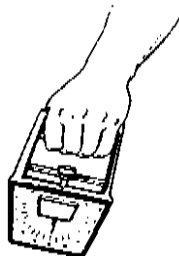
Keeping knees fully extended, arms evenly stretched, palms down, bend and reach forward (*without jerking*), pushing a sliding marker along the scale of the **flexometer** with the middle fingers as far as possible. Stretch the hamstring muscles first by doing the modified hurdlers stretch, twice on each leg. Hold each stretch for at least **20 seconds**.



*The Flexometer*

### STRENGTH - The ability of muscle to exert maximum force with one contraction.

You will squeeze a strength **dynamometer** with each hand. This will be repeated twice for each arm. Best score for each arm will be counted. This will indicate the strength in your forearm muscles.



*The Dynamometer*

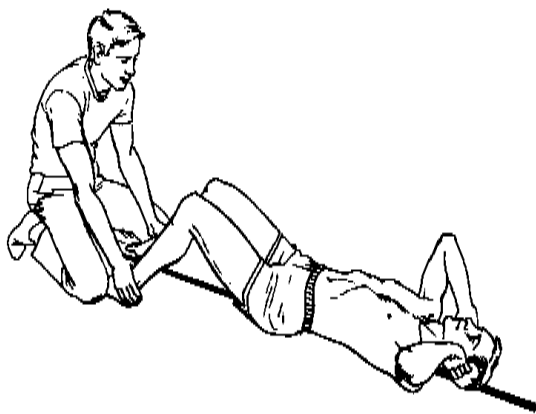


*One contraction  
with each arm*

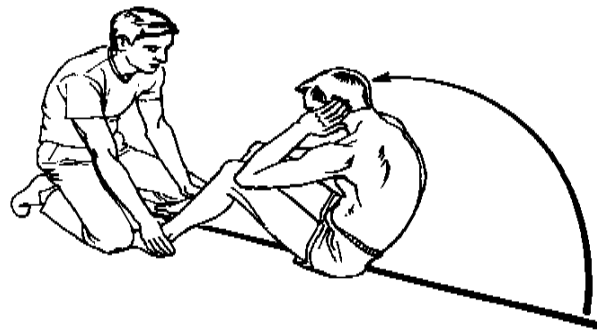
**MUSCULAR ENDURANCE - The ability of muscles to repeat or hold contractions.**

**1. Sit-ups**

If you suffer from lower back pain, you may not be able to do these. Perform as many sit-ups as possible in one minute. Knees bent at **90 degrees**, heels on the ground, hands maintain contact with your ears so you do not pull on neck, elbows touch knees.



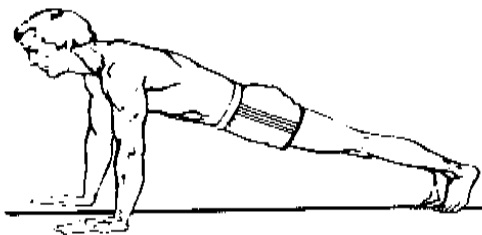
*Hands on ears ... knees bent 90 degrees*



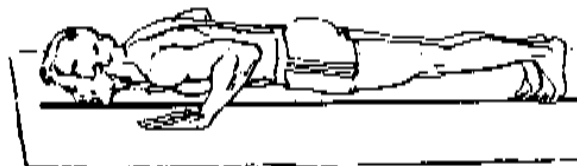
*Elbows touch knees*

**2. Push-ups**

If you suffer from lower back pain, you may not be able to do these. Hands are positioned so that when you come down toward the mat and the elbows are bent 90 degrees, the hands and forearms are under the elbow joint. Push up so that the elbows are straightened and arms are fully extended. The upper body must be kept in a straight line so the bum does not stick up. **The push-ups are performed consecutively without time limit. You do as many as you can.**



*Arms fully extended*



*Elbows bent 90 degrees*

**MUSCULAR ENDURANCE - The ability of muscles to exert force with speed.**

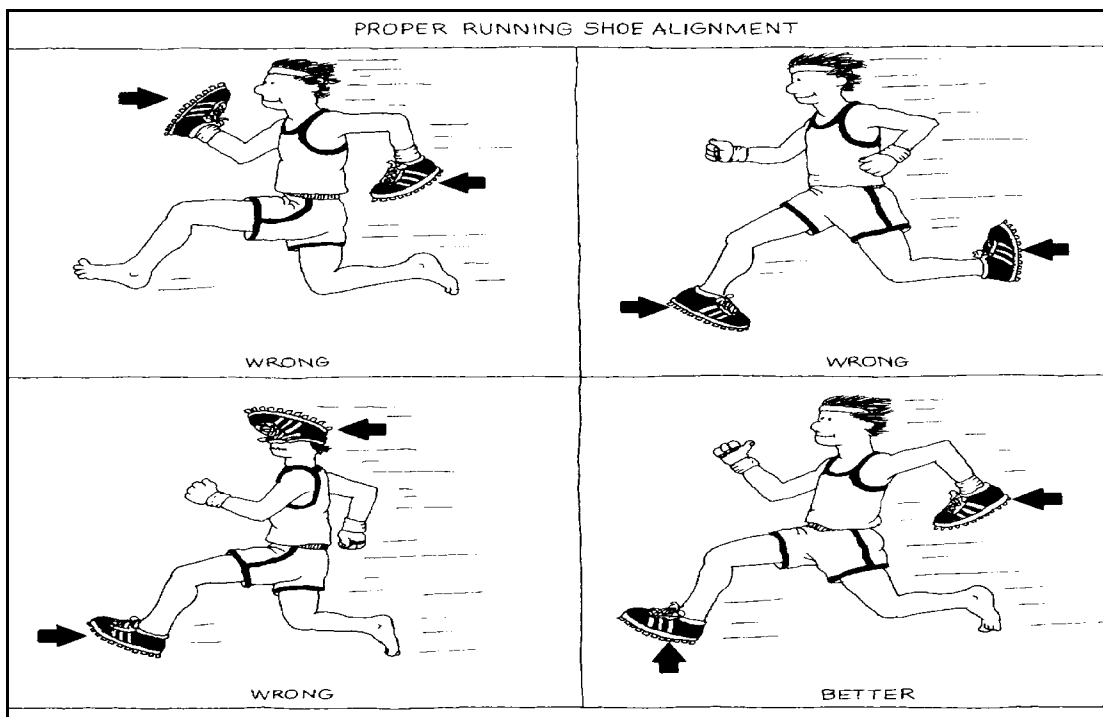
You will perform a vertical jump against a wall to determine how high you can jump. A formula will take your weight into account and determine your leg power.

**AGILITY - The ability to change direction quickly.**

You will perform a timed shuttle run. Laying on your stomach at point "A", you will get up and sprint to a line **10 meters** (30 feet) away at point "B", then return to the line at point "A", then change direction and repeat a second time.

**AEROBICS**

This is your most important indicator of your level of fitness. You will perform a twelve minute run. The number of meters you run will be used in a formula to determine your predicted **Maximum Oxygen Uptake**. This has a great influence on your ability to produce energy, delay fatigue and recover **more quickly**.



## EXPLANATION OF ACTIVITIES

### STRETCHING

- ◆ Jog or ride 3 to 5 minutes before stretching
- ◆ Do an easy warmup stretch before exercising hard and a longer cool down stretch after workouts (*especially the plyometrics*)
- ◆ Hold stretches 20 - 30 seconds
- ◆ At the end of each stretch, hold it, then contract the muscle against resistance such as the floor, a bench or your hands. Now stretch a little further and hold. Repeat this.
- ◆ As you stretch, breath out and concentrate on thinking about your muscles relaxing like jelly.

### AEROBICS

- ◆ Jog at a comfortable pace on grass or dirt if possible. A route with hills or running stairs is best.
- ◆ Your pulse should be between 145 and 175, so if you take your pulse for ten seconds your pulse count should be between 24 and 29 beats in ten seconds.
- ◆ The same intensity applies to bicycling or roller-blading.

### INTERVAL TRAINING

- ◆ Running, riding, roller-blading or skipping
- ◆ Hard intervals of 30 to 45 seconds with easy rest periods of 1½ to 2 minutes of slower activity. (*This simulates hockey shifts and prepares the body to handle lactic acid.*)

### PLYOMETRICS

- ◆ These are jumping or speed movements to improve hockey power and speed
- ◆ Be sure to warm up and stretch before and after.
- ◆ Allow rest between each interval.
- ◆ Think speed and power and drive or move feet as quickly as possible.

### IMPORTANT NOTES

- ◆ Drink fluids before, during and after your training sessions.
- ◆ Sweet drinks and other carbohydrates are especially important to drink and eat within the first 30 to 60 minutes after your workout. For example ... fruit, raw vegetables, breads, jam, bagels or muffins. Your body is optimally prepared to reload your muscles and liver with fuel during the first hour after a workout.
- ◆ Do the midsection workout every day. The power from your legs gets transferred to upper body through a strong midsection. Also, a strong midsection provides stability.

## STRETCHING PROGRAM

- ◆ This stretching program should achieve the following things if done on a **regular basis**:
- ◆ Reduce muscle tension and relax the muscles. This allows increased blood flow to the muscle which allows for the increased delivery of oxygen and fuel to provide more energy. This increased blood flow also removes more waste.
- ◆ Help coordination by allowing for increased mobility and easier movement.
- ◆ Increase range of motion i.e. skating stride longer.
- ◆ Prevent injuries such as muscle strains.
- ◆ Make strenuous activities like running, cycling and hockey easier because it prepares you for the activity by signaling the muscle that it is about to be used.
- ◆ Increase the amount of power that can be generated through a muscle since there is less resistance to explosive contractions.

### Precautions:

- ◆ Gently ease into any stretching exercise with slowness and control.
- ◆ Always be comfortable while stretching.
- ◆ Never bounce, this only tightens up the muscles you are trying to stretch.
- ◆ Be careful not to over stretch as this may damage muscles and/or tendons.
- ◆ These exercises should not hurt, but exhibit caution when performing exercises that are related to an area of injury. If an exercise bothers your injury then don't do it.

**N.B. The dots on the figures on the following two pages indicate the main areas on the body that are being stretched.**



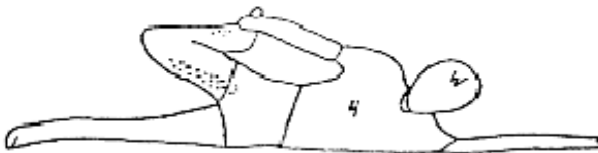
#1 - 45 seconds each side



#2 - 45 seconds each side



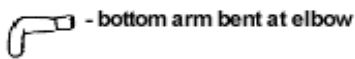
#3 - 60 seconds



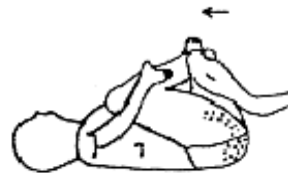
#4 - 45 seconds each side



#5 - 60 seconds each side



#6 - 45 seconds each side



#7 - 60 seconds each side



#8 - 60 seconds each side



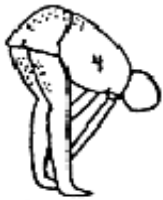
#1 - 45 seconds each leg



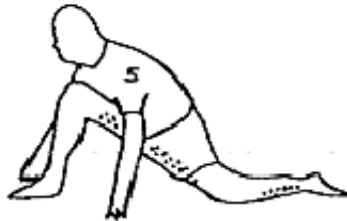
#2 - 45 seconds each leg



#3 - 60 seconds each leg



#4 - 60 seconds



#5 - 60 seconds each leg



#6 - 60 seconds each leg



#7 - 60 seconds each leg

3 - bottom arm bent at elbow



#8 - 45 seconds each side

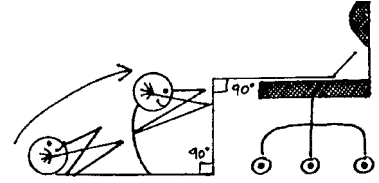


#9 - 60 seconds

## DAILY PROGRAM OUTLINE

- ◆ Jog 3 to 5 minutes then stretch.

### MID SECTION



Sit-ups - Upper Abs

It is important to work stomach and lower back daily since the mid section either stabilizes or is involved in most activities. These muscles need to be strong as well as have sufficient muscular endurance to prevent fatigue and injury. (Refer to illustrations)

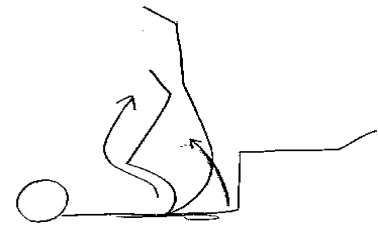
1. **Abdominals** - Work the lower Abs (*stomach muscles*) first then the oblique (*side*) muscles and finally the upper abdominal muscles.

Do **15 to 20** of each type in sequence and as you get used to the exercises (*they become easier*) then increase the number.

After each set (*a group of 15 to 20 repetitions*) rest **15 seconds** and do a pelvic tilt (*raise bum about one inch off the floor as you pinch your lower back into the floor.*)

#### A. Sit-Ups - Lower Abs - Leg Raises

- ◆ hands under bum (*palms down*)
- ◆ bring knees towards chest and push feet up towards ceiling - pause and return.



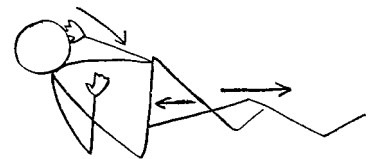
Sit-ups - Lower Abs  
- Leg Raises

#### B. Sit-Ups - Oblique (*side muscles*)

- ◆ chin toward chest
- ◆ hands on ears
- ◆ extend one leg and bring opposite elbow and knee together
- ◆ alternate knee moves forward while extending the other leg

#### C. Sit-Ups - Upper Abs

- ◆ knees at **90 degrees** (*perhaps on a chair or bench*)
- ◆ hands on ears (*do not pull on neck*)
- ◆ raise shoulder off ground (*nose towards ceiling*) pause and return.



Sit-ups - Obliques

**D. Back Extensions - (see illustration)**

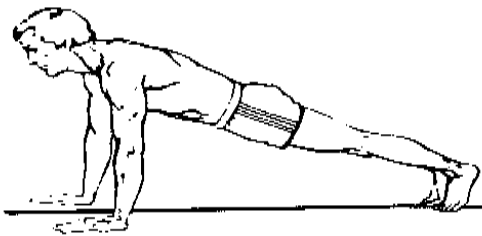
- ◆ lay on stomach with arms outstretched and raise opposite arm and leg - pause - return
- ◆ alternate
- ◆ do **15 to 20** to start then gradually increase
- ◆ roll up a towel and put under hip pelvic bone



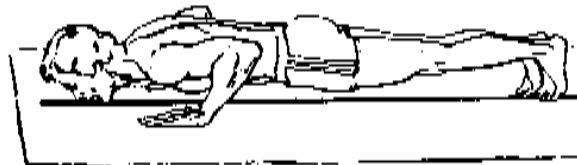
**Back Extensions**

**E. Push-Ups**

- ◆ as many as you can do
- ◆ elbows bent to **90 degrees**
- ◆ eventually drive up but go down slowly



**Arms fully extended**



**Elbows bent 90 degrees**

**NOTE: when exercising breath out (exhale) as you exert yourself (contract your muscles) and breath in as you return.**

## AEROBICS

- ◆ Get your heart rate up to **145 to 175 beats per minute** which is a **10 second pulse count of 24 to 29**.
- ◆ Keep your heart rate in this zone for **20 to 30 minutes**.
- ◆ Do this aerobic program **3 times per week**. You can run, bicycle, roller-blade, skip, etc. If you are cycling, if possible use toe straps and pull up on the pedals in order to get a better hamstring workout.
- ◆ If necessary, wear thin socks under your thicker socks to help prevent blisters.

## STRENGTH EXERCISES

- ◆ Do these exercises **two or three times per week**. *Allow at least a day's rest between strength training sessions.*

### A. Side Double Leg Raises

- ◆ these work the **Abductor** muscles on the sides of the legs
- ◆ lie on left side
- ◆ raise legs together **12 inches** off floor
- ◆ left side then right side
- ◆ do as many as you can do



*Side Double Leg Raises*

### B. Lying Lower Leg Raises

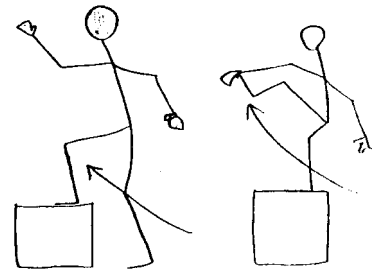
- ◆ these work on the **insides** of the thighs
- ◆ lie on side ... hips forward ... keep knee bent
- ◆ lift the lower leg up
- ◆ repeat as many times as you can



*Lying Lower Leg Raises*

**C. Power Step-Ups on a Box  
(or Triple Stair Step-Ups and Single Stair Step-Downs)**

- ◆ these work on the **quads** which are the front thigh muscles
- ◆ kick leg ... extend and touch opposite hand with foot (*power up*)
- ◆ step down & repeat alternating leg



**Power Step-Ups  
and Step-Downs**

**D. Leg Curls / Hamstring Curl**

- ◆ lay on stomach and curl your legs up
- ◆ resistance can be provided by crossing your legs while lying on your stomach and using your top leg to resist the bottom leg from curling up. Then use the bottom leg to resist the top leg from straightening. This way both legs get a workout.
- ◆ Switch legs.



**Leg Curls/Hamstring Curls  
... one leg resists the  
movement of the other**

**E. Heel Raises (Calf Muscles)**

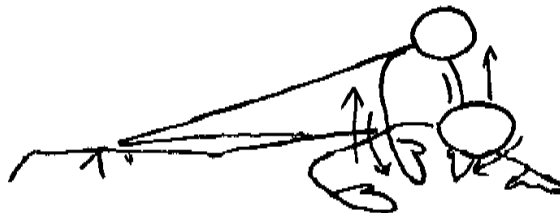
- ◆ stand on a 2" to 4" thick plank (*or something similar*) with the heels hanging over.
- ◆ hold a weight (*if possible*) while rising up onto the balls of your feet.
- ◆ then lower your heels down to just about touch the floor.
- ◆ stand on one leg and do as many repetitions as possible before switching legs.



**Heel Raises  
... do as many  
repetitions as  
possible**

**F. Clapping Push-ups or Decline Push-ups (Chest Muscles)**

- ◆ for **Clapping Push-ups**, drive up and clap your hands together before dropping to repeat another push-up.



*Clapping Push-ups*

- ◆ for **Decline Push-ups**, put your feet on a bench or chair and do push-ups.



*Decline Push-ups*

**G. Chin-ups (Lat Muscles - under arms)**

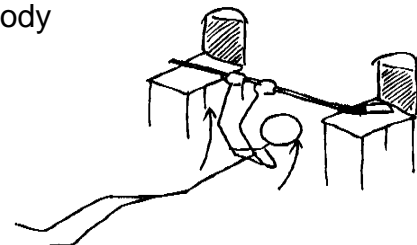
**Regular Chin-ups:** *(if you have an overhead bar)*

- ◆ pull chin up above the bar and slowly return

**OR**

**Lying Down Chin-ups:**

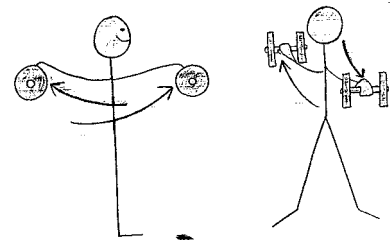
- ◆ place a bar or pole between two chairs
- ◆ lay on your back with your chin under the bar/pole and while keeping your body stiff, pull yourself up so your chin is at the bar
- ◆ slowly return to the floor
- ◆ repeat as many times as possible



*Chair Chin-ups*

### H. Straight Arm Raises

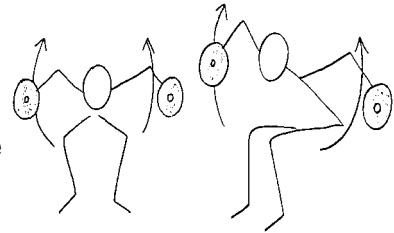
- ◆ these work on the **Deltoid** (*shoulder*) muscles
- ◆ feet shoulder width apart
- ◆ hold a dumbbell or small object and lift arms to front, side and back



**Straight Arm Raises**

### XIV. Sitting Bent Over Flies

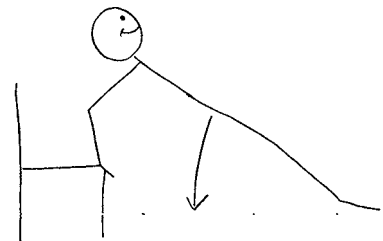
- ◆ these work on the **Rhomboids & Traps** which are between the shoulder blades
- ◆ keep chest against thighs
- ◆ raise arms with weights to sides - pause - return
- ◆ these muscles will balance all the push ups you do for the chest



**Sitting Bent Over Flies**

### J. Chair Dips

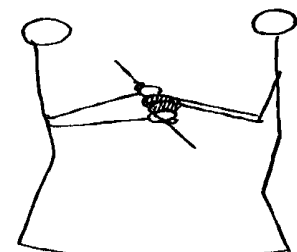
- ◆ these work on the **Triceps** which are the muscles at the back of the arms
- ◆ elbows slightly bent
- ◆ lower bum to just above floor
- ◆ keep body stiff when you return to starting position



**Chair Dips**

### K. Biceps

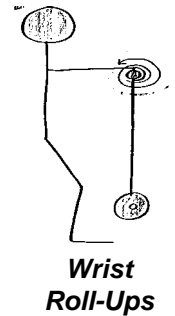
- ◆ use one hand to resist the other hand from doing an arm curl or hold a hockey stick and have a partner resist you as you curl & then extend it



**Partner resistance  
Bicep Curls - Tricep  
extensions**

### L. Wrist Roll-Ups

- ◆ these work the **forearm** muscles
- ◆ arms straight out & legs slightly bent
- ◆ attach a string to a weight and a stick
- ◆ hold arms in front and roll up the string onto stick
- ◆ roll up and roll down string until you can't do any more.



## PLYOMETRICS

***"Strength plus Speed equals Power"***

- ◆ These exercises are for **speed**.

### Guidelines

- ◆ **Note:** In **Week One** and **Week Two**, do not do as many repetitions.
  1. Move as **fast**, as **high** or as **hard** as you can *during the jump*.
  2. If you find it too hard, reduce the **time** or **number** of jumps.
- ◆ Refer to the following descriptions and illustrations.

#### A. Knee To Chest Thrusts

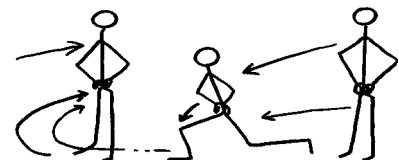
- ◆ **3 x 30** seconds and **2 minute** rest between sets
- ◆ knee to chest in sprint start position
- ◆ full extension of leg
- ◆ keep bum down (*low*)
- ◆ switch legs after a set with one leg



**Knee to Chest Thrusts**

#### B. Forward Falls to Split Squat Position

- ◆ fall forward into lunge position = squat
- ◆ **3 x 20** each leg then **2 minute** rest
- ◆ powerful push back to stand with feet shoulder width



**Forward Falls to Split Squat Position**

**C. Single Leg Wide Circles**

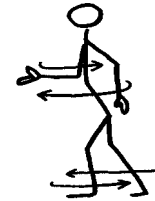
- ◆ bent over in sprint start position
- ◆ knee to chest and out to form a circle
- ◆ keep bum down (*low*)



*Single Leg Wide Circles*

**D. Leg Switches (Standing Split Stance)**

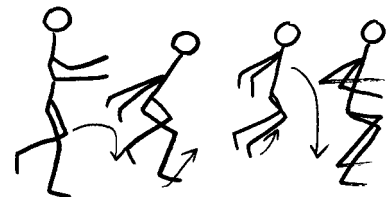
- ◆ 3 x 30 seconds then 2 minute rest
- ◆ quick switch of feet



*Leg Switches*

**E. Single Leg Bends and Jumps**

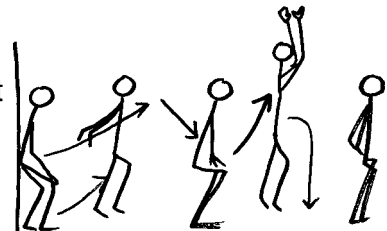
- ◆ bend to squat position on one leg
- ◆ drive up and hop off ground
- ◆ 10 to 20 repetitions on each leg
- ◆ when you jump, try to bring the knee up high as well



*Single Leg Bends and Jumps*

**F. Wall Sit, Hop & Jump**

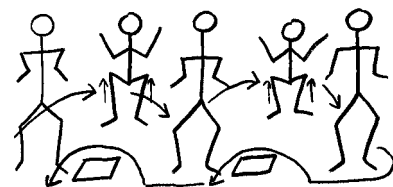
- ◆ wall sit for 15 seconds then explode out with strong jump forward followed by a quick vertical jump.



*Wall Sit, Hop & Jump*

**G. Lateral Side Hops**

- ◆ 12-18 inches high objects
- ◆ quick hops laterally back and forth
- ◆ knees high
- ◆ quick take offs
- ◆ 3 x 10



*Lateral Side Hops*



6.	<b>Exercise</b> Skate Stride Run	<b>Muscle(s)</b>	Dates																	
	Technique/Tips <ul style="list-style-type: none"> <li>✓ Extend diagonally when you lunge out</li> <li>✓ Get low</li> <li>✓ Drive off plant foot</li> </ul>		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
		Dates																		
			R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
7.	<b>Exercise</b> Single Leg Bend	<b>Muscle(s)</b>	Dates																	
	Technique/Tips <ul style="list-style-type: none"> <li>✓ Bend to squat position on one leg</li> <li>✓ Drive up &amp; hop off ground</li> <li>✓ 10 to 20 reps each leg</li> </ul>		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
		Dates																		
			R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
8.	<b>Exercise</b> Wall Sit & Hop/Jump	<b>Muscle(s)</b>	Dates																	
	Technique/Tips <ul style="list-style-type: none"> <li>✓ Wall sit for 15 seconds then explode out with a strong jump forward followed by a quick vertical jump</li> </ul>		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
		Dates																		
			R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
	<b>Exercise</b>	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
		Dates																		
			R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
	<b>Exercise</b>	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
		Dates																		
			R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	

Skinfolds	Girths	Skinfolds	
Triceps _____	Chest _____	Triceps _____	Date: _____
Biceps _____	Waist _____	Biceps _____	
Sub Scapular _____	Hip (Gluteal) _____	Sub Scapular _____	
Supra Iliac _____	Right Thigh _____	Supra Iliac _____	
Medial Calf _____		Medial Calf _____	
SOS _____	Date _____	SOS _____	

# Personal Weight Training Work Sheet

Name: \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Age \_\_\_\_\_

## Warm Up Routine

### Plyometrics & Speedskating 2

Warm Up: 20 leg ups  
 20 Alternate Knee Pumps  
 20 ¼ Sit ups  
 20 Back Extensions



1.	<b>Exercise</b> Power Push-ups	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	<ul style="list-style-type: none"> <li>✓ Drive up and double claps</li> <li>✓ Think explode &amp; speed with your hands</li> </ul>																			
			Dates																	
2.	<b>Exercise</b> Double Leg Bounds	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	<ul style="list-style-type: none"> <li>✓ Horizontal jump for distance then a quick take-off for vertical jump</li> <li>✓ Use arms in both jumps</li> <li>✓ Reach for the sky</li> </ul>																			
			Dates																	
3.	<b>Exercise</b> Double Leg Speed Hop	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	<ul style="list-style-type: none"> <li>✓ 3 x 20 yards – 2 minute rest</li> <li>✓ *Height!</li> <li>✓ Knees high and forward</li> <li>✓ Quick take offs</li> <li>✓ Thrust arms</li> </ul>																			
			Dates																	
4.	<b>Exercise</b> Lateral Side Hops	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	<ul style="list-style-type: none"> <li>✓ 12-18 inch high object</li> <li>✓ Quick hops laterally back and forth</li> <li>✓ Knees high</li> <li>✓ Quick take offs</li> <li>✓ 3 x 10</li> </ul>																			
			Dates																	
5.	<b>Exercise</b> Single Leg Speed Hop	<b>Muscle(s)</b>	Dates																	
	Technique/Tips		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	<ul style="list-style-type: none"> <li>✓ 2 x 10</li> <li>✓ Knee high and forward</li> </ul>																			
			Dates																	

6.	<b>Exercise</b> Skipping (3 x 20 Yards)	<b>Muscle(s)</b>	Dates																	
	Technique/Tips ✓ 3x 20 yards ✓ Big skip with knee up & out ✓ Follow landing with a short step, then another big step ✓ Use arms		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
7.	<b>Exercise</b> Alternate Leg Bound	<b>Muscle(s)</b>	Dates																	
	Technique/Tips ✓ 3 x 20 yards ✓ Extend leg out as far as possible		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
8.	<b>Exercise</b> Knee Tuck Jump	<b>Muscle(s)</b>	Dates																	
	Technique/Tips ✓ QUICK ✓ Knee to chest ✓ Tuck feet under body		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
9.	<b>Exercise</b> Split Squat Jump	<b>Muscle(s)</b>	Dates																	
	Technique/Tips ✓ 3 x 5 ✓ Split staggered stance ✓ Low squat then power to clear ground and re-land in same squat position		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
10.	<b>Exercise</b> Front Double Leg Hurdle Hop	<b>Muscle(s)</b>	Dates																	
	Technique/Tips ✓ Use an object (pylon) 12-18 inches high ✓ 5 or 6 objects ✓ Knees up, quick takeoffs ✓ 3 sets		R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	

Skinfolds	Girths	Skinfolds	
Triceps _____	Chest _____	Triceps _____	Date: _____
Biceps _____	Waist _____	Biceps _____	
Sub Scapular _____	Hip (Gluteal) _____	Sub Scapular _____	
Supra Iliac _____	Right Thigh _____	Supra Iliac _____	
Medial Calf _____		Medial Calf _____	
SOS _____	Date _____	SOS _____	





6.	<b>Exercise</b> <b>Hamstring Curl</b>	<b>Muscle(s)</b> Biceps Femoris	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Laying down on machine, pull legs to your buttocks</li> <li>✓ Slowly extend until you are almost extended</li> <li>✓ One leg at a time will focus on the mid and upper hamstrings</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
7.	<b>Exercise</b> <b>Calf Raises</b>	<b>Muscle(s)</b> Gastronemius	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Use leg press or a stair with a weight on your hand</li> <li>✓ Lower your heel to feel a stretch then raise heel and contract calf at the top of the movement</li> <li>✓ Use a medium weight and high reps</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
8.	<b>Exercise</b> <b>Lunges</b>	<b>Muscle(s)</b> Quads, Gluteus Maximus	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ With a dumbbell in each hand step forward about 2 to 3 feet</li> <li>✓ Lower body until thigh is parallel with the floor</li> <li>✓ Don't let your knees pass your foot when lunging forward</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
9.	<b>Exercise</b> <b>Back Hyper-Extensions</b>	<b>Muscle(s)</b> Lower Latissimus Dorsi	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ In a back extension machine or laying flat on the floor</li> <li>✓ Raise chest from floor until you are hyper-flexed</li> <li>✓ Hold for 2 seconds, then relax</li> <li>✓ Put hands under your chin, elbows out</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
10.	<b>Exercise</b> <b>Reverse Crunches</b>	<b>Muscle(s)</b> Lower Abdominals	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Sitting on bench, buttocks at the end</li> <li>✓ Hands holding bench behind your buttocks</li> <li>✓ Extend legs out from bench then bring them to your chest</li> <li>✓ Repeat until failure</li> <li>✓ Don't let your legs fall below bench height</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S

Skinfolds		Girths		Skinfolds		Girths	
Triceps	_____	Chest	_____	Triceps	_____	Chest	_____
Biceps	_____	Waist	_____	Biceps	_____	Waist	_____
Sub Scapular	_____	Hip (Gluteal)	_____	Sub Scapular	_____	Hip (Gluteal)	_____
Supra Iliac	_____	Right Thigh	_____	Supra Iliac	_____	Right Thigh	_____
Medial Calf	_____			Medial Calf	_____		
SOS	_____	Date	_____	SOS	_____	Date	_____



16.	<b>Exercise</b> Upright Row	<b>Muscle(s)</b> Trapezius	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Grip bar in the center with both hands together</li> <li>✓ Raise bar close to your body up to your chin</li> <li>✓ Keep shoulders down, and elbows up</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
17.	<b>Exercise</b> Pull Downs	<b>Muscle(s)</b> Latissimus Dorsi	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Wide grip</li> <li>✓ Start off with your head below the pulley</li> <li>✓ Pull down until the bar touches just below your neck</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
18.	<b>Exercise</b> Cable Push Downs	<b>Muscle(s)</b> Triceps	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Stand directly below cable</li> <li>✓ Contract triceps as you push down</li> <li>✓ Keep your elbows close to your body</li> <li>✓ Don't lean over the bar</li> <li>✓ Best to do low weight, high repetitions</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
19.	<b>Exercise</b> Preachers Curls	<b>Muscle(s)</b> Biceps	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Grasp inner part of bar</li> <li>✓ Rest arms on support</li> <li>✓ Keep elbows directly below shoulders</li> <li>✓ Pull bar to your chin and hold for a second</li> <li>✓ Don't rock to gain momentum</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
20.	<b>Exercise</b> V-Grip Cable Rows	<b>Muscle(s)</b> Latissimus Dorsi	Dates																	
	Technique/Tips		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	<ul style="list-style-type: none"> <li>✓ Sit on floor, knees slightly bent</li> <li>✓ Feet hip width apart</li> <li>✓ Bend at your hips not your back</li> <li>✓ Bring bar to stomach</li> <li>✓ Keep elbows close to your body</li> </ul>		Dates																	
			W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S

Skinfolds		Girths		Skinfolds		Girths	
Triceps	_____	Chest	_____	Triceps	_____	Chest	_____
Biceps	_____	Waist	_____	Biceps	_____	Waist	_____
Sub Scapular	_____	Hip (Gluteal)	_____	Sub Scapular	_____	Hip (Gluteal)	_____
Supra Iliac	_____	Right Thigh	_____	Supra Iliac	_____	Right Thigh	_____
Medial Calf	_____			Medial Calf	_____		
SOS	_____	Date	_____	SOS	_____	Date	_____



