

B.Y.O.B

*Bring your own body
(No weights required)*

Introduction

What are the biggest excuses for not exercising?

- ✓ No Time
- ✓ No Room
- ✓ No Equipment

My goal today is to show you how we can train anywhere, in very little time, in very little space, with only our own body weight. I will provide you with the tools to train the beginner, intermediate, or advanced participant.

Warm Up:

Toe touch drills

PNF hip pattern
Yoga flow
Duck walk

Bio motor skills-running (on spot, fwd, back,) hopping, skipping, jumping

Four Main Tweaks

How to make exercises easier or harder

- 1) Add speed-to increase intensity adding momentum generated by speed adds to the mode of any exercise

E.g. explosive push ups, jump squats

- 2) Manipulate lever arm of exercise

E.g. push up from knees is easier than push ups from feet; a longer lever arm push up is harder

- 3) Reduce base of support

E.g. 3 point push up, 1 leg squat vs. 2 leg squat

- 4) Add movement to any exercise to challenge stability demands

E.g. adding a reach from a one legged stance

Lower Body Exercises:

Beginners-segmental training:

What is segmental? To take a muscle group and train in isolation as to prepare for compound movements- 1.e.side lying abductor and glute activation strengthening before lunges and squats

Ref.Guy Voyer

The Lunge:

One of the most challenging exercises for the lower body.

Assure there is ear, shoulder ,hip alignment

Vary tempo-eccentric/concentric, 1 ¼ add in, stutter reps, jumps, add rotation, lever arms

The Squat:

Split stance, tempo changes etc, 2 legged

The One Leg Squat:

Add reach-balance challenge

Inch Worms

Bear Crawl

Upper Body Exercises:

Push Up Progressions:

From elbow-entry level-also incorporates shoulder stability as well as entire core-include variation from side and with rotation

T- Stability Roll:

On hands-allows shoulders and core to be trained in a multi-planar fashion. (Almost impossible to do on any machine) This exercise is a must for anyone to perform if they are in a sport involving pushing bodies away.

Variety for the Push Up:

Tempo changes, staggered hands, elevated feet (on wall)

Dips:

Assure there is ample shoulder flexibility
Variety-tempo changes, hand, body and foot placement

Supermans:

General conditioning for upper back

Prone on the Floor:

Vary tempo, arm position, speed

Core:

Sit Ups:

Although not the most functional exercise, they are important for hypertrophy and strength
Variety-arm and leg lever position, tempo changes, speed

Planks:

Front and side

Lower Abs:

Lo abs coordination-level 1, 2, 3,
Straight legs-to provide hip flexor room and strength-(use of aids under low back to avoid injury)

Pike V-UPS-advanced

*The sky is the limit!
Train hard. Train smart.
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Thank You for Attending

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