

Strength Training For Everyone

Coach Jenny Stinson

Lower Body

- Ball sit (or in chair) – Squeeze your buns together. It will automatically cause your abs to contract thus strengthening them.
- Wall sit (on ball or flat wall) – With the ball in the small of your back, gently lower your body into a squat position so that your quads (thighs) are parallel with the ground. Hold this for as long as you can and increase the time as you get stronger. Great exercise to strengthen your quads.
- Toe raises while doing wall sit – While in your squat position against the wall, place your hands in one fist behind your back. Then raise your heels up and down. Great exercise for quads and calves.
- Spiders – From a standing position, lunge forward with left leg, keeping your back leg as straight as possible. Place both your hands just inside the forward leg with your fingertips touching the ground. Hold for 1-2 seconds, come back to a standing position and repeat with other leg. Warning: Start out with a few spiders and gradually increase as you get stronger. Great for quads, glutes, inner thighs, hamstrings, calves.
- Hamstring curls (on ball or floor) – On floor: Lie down on the floor with your knees bent. Raise your hips, squeeze your buns, and hold for 5-10 seconds. Lower your hips and repeat. Start with a few and increase as you get stronger. On ball: Lie down with your back and shoulders on the floor and your heels on the ball. Raise your hips and pull the ball towards your glutes using your heels. Repeat. You can lessen the difficulty by lowering your hips to the floor between curls.

Upper Body

- Bicep curls – You can use any size weight or something as simple as Gatorade bottles.
- Regular curls: Be sure to keep your elbows tucked in by your sides. With your hands turned upwards holding the weight, bring the weights up toward your shoulders and back down again. Do not drop your arms all the way down – be sure to maintain the contraction.
- Hammer curls: Grip the weights like you would hold a hammer. Then simulate the motion of your arms as you run.

(For both of these curls, do as many repetitions as it takes to cause a muscle burn.)

- Shoulder press – You can use any size weight or something as simple as Gatorade bottles – or even no weight. Start with the weights in your hands like you are

holding on to a bar in an overhand position. You should hold the weights in this position level with your ears. Raise both hands above your head straightening your arms overhead. Bring back down to ear level. Do as many repetitions as it takes to cause a muscle burn.

Upper/Lower Body Combo

- Hold a ball or other object straight out in front of you. Lower to a squat position with your knees as parallel to the ground as possible. Facing forward, move the ball to the left, back to the center, then right. Repeat this sequence.

Core

- Plank (on ball or on floor) – On ball: Place your elbows on the ball and get in a pushup position taking care to keep your neck, back and legs aligned. Keep your body off the ball and hold your plank for 15-20 seconds. On floor: Same as with ball – just place elbows on the floor. For added difficulty on the ball, draw circles with your elbows one way, then the other.
- Pushups – Get in the pushup position but on your knees. Keep your neck, back, and legs aligned (do not allow your back to sway/dip). Lower your upper body until your nose touches the floor.
- Keyhole pushups – (Great for triceps) – Instead of the normal hand position for pushups, form a diamond with your thumb and forefingers together. Then lower your body, as in a regular pushup, and place your nose in the “keyhole” made by your fingers.
- Wide stance pushups – (Great for chest muscles) - Instead of the normal hand position for pushups, move your hands farther apart. Lower your body until nose touches the floor.
- Sit ups – Place a pillow under your lower to mid back. This will place you in a crunch position to begin with. Then do crossover sit ups bringing the left knee to your right elbow and right knee to left elbow. Take care not to do sit ups with your neck. You should not pull your neck up to meet your knees.