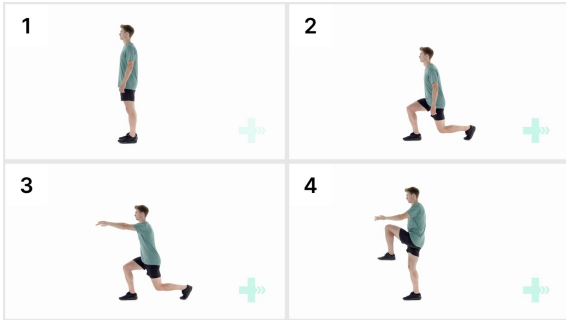


3 Sets / 5 Reps

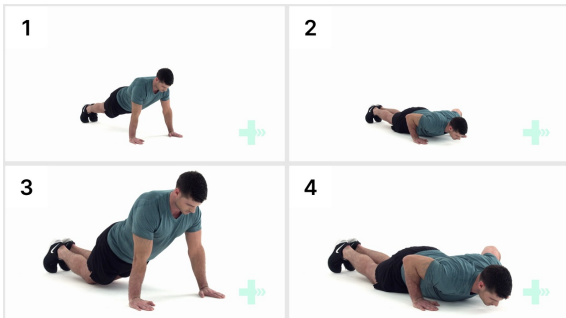


**1. Reverse lunge into high knee lift**

Stand up straight and take a large stride behind you with one leg. Keeping the movement flowing, drop your hips directly down towards the floor by bending both your knees and hips to 90 degrees. Simultaneously, lift both of your arms out in front of you. Spring back up from this position, driving your rear leg forwards into a high knee position towards your hands. Return to the lunge position, and repeat.

*SETS AND REPS PER SIDE*

2 Sets / 15 Reps



**2. Push up**

Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor. Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned with the shoulders. Press up into the start position using the arms and shoulders only, keep the backside in line with the back and shoulders and do not arch the lower back. This exercise can also be performed by starting with the knees on the floor and then commencing the press-up from this position.

*If unable to complete entire set from toes, move to a secured incline surface such as a kitchen chair or bed.*

2 Sets / 0 Reps / 45 s hold

**3. Isometric wall sit**

Stand up straight with a wall positioned behind you. Lean your back and buttocks against the wall, then walk your feet forward. Slide down the wall until you reach a 90 degree angle at your hips and knees. Ensure your back and buttocks remain in contact with the wall. Hold this position.

*If unable to maintain for 45 seconds, stop when necessary. Aim to work up to 45 seconds.*

*Rest for twice as long as working effort in between sets (e.g. 45 second wall sit - rest for 90 seconds).*



2 Sets / 15 Reps

**4. Reverse Snowangels**

Lie on your front with your feet on the floor and pull your hands and shoulders off the ground. Ensure you keep your hands and arms close to the ground with shoulder blades squeezed tight together at all times. With long arms, sweep your hands towards your feet, twisting the palms to face the ceiling when they reach the hips. Continue moving the hands towards one another until they touch. Use the above steps in reverse order to get back to the starting position.

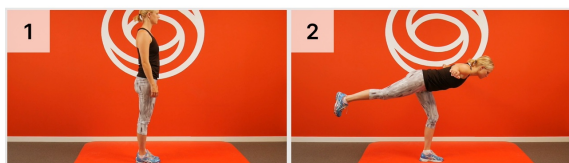
*Slow, controlled movement. Focus intently on the movement of the shoulder blade and maintaining a flat back with a neutral spine.*



**5. Arabesque**

Stand on one leg, knee slightly bent.  
 Straighten your arms out to the sides.  
 Lean forwards and straighten the other leg backwards to form a straight line with your body.  
 Hold your balance.

*If balance is lost, reset and go again. Focus on rep quality.*  
**SETS AND REPS EACH SIDE.**



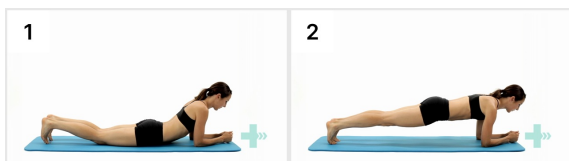
3 Sets / 0 Reps / 60 s hold

**6. Plank**

Lie on your front with your toes on the floor.  
 Place your forearms on the floor and push up, lifting your torso and legs.  
 Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.  
 Keep your buttocks squeezed and your hips level.  
 You will feel the core muscles working.

*If unable to maintain for 60 seconds, stop when necessary. Aim to work up to 60 seconds.*

*Rest for twice as long as working effort in between sets (e.g. 60 second second plank - rest for 2-minutes).*

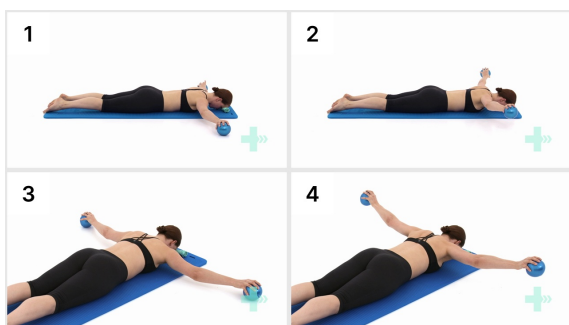


2 Sets / 10 Reps / 3 s hold

**7. Shoulder T raise in prone with weighted ball - palms down**

Lie on your front with your forehead rested on a small towel.  
 Hold a weighted ball in each hand.  
 Keeping them straight, move your arms out to your sides.  
 Your palms should be facing the floor.  
 Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.  
 Hold this position.  
 Relax and repeat.

*Weights are not required. Can be added to make more challenging.*  
**HOLD FOR 3-SECONDS EACH**



2 Sets / 0 Reps / 30 s hold

**8. Side plank**

Lie on your side, propping yourself up on your elbow.  
 Keep your legs straight and stacked on top of one another.  
 Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.  
 Hold this position for as long as you can, preventing the hips from sagging.

*If unable to maintain for 30 seconds, stop when necessary. Aim to work up to 30 seconds.*

*Rest for twice as long as working effort in between sets (e.g. 20 second side plank - rest for 40 seconds).*



# TRAINING PRINCIPLES - TRAINING FREQUENCY

## Does it really matter how frequently I do the exercises?

If you wish for the training to be effective, it is important to perform training regularly and commit for the long-term. A beginner may benefit from even one session a week. However, further down the line, when one becomes more familiar with resistance training, the frequency needs to be higher in order for training adaptations (e.g., strength gains) to take place.

According to research, two to three training sessions per muscle group per week are enough to achieve strength gains. With one training session a week, one is able to maintain achieved training adaptation (e.g., strength gains). In order to continue to enjoy the benefits of resistance training in the long-term, one must commit for the long-term.

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# TRAINING PRINCIPLES PROGRESSIVE OVERLOAD

Your body adapts to changes in the levels of applied stress (i.e. loading), which is important when trying to prevent overload injuries and increase your fitness levels. To be able to build capacity to endure sudden acute spikes of stress without getting injured, it is essential to increase tissue load tolerance. For some, these spikes can be the annual berry picking season and for some it can be the start of the soccer playing season.

**Progressive overload can sound like it should be something to avoid. However, it just means that the stress placed on your body and tissues is gradually increased. That can happen in several ways, but in training it can be done by:**

increasing durations and distance

shortening the rest periods

adding repetitions, sets and load

modifying the speed

When the stress placed on your body and tissues is gradually increased and occurs frequently enough, your body will adapt to the demands and become more resilient. In other words this means that your tissue tolerance increases and you can endure more load without getting hurt. But, if the stress applied to your body stays the same for too long, there is no need for the body to adapt and no increase in your fitness level or tissue strength will happen.

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