

Exercise Selection

The following worksheet helps you establish a simple and intense strength program outline based on convenient modes of exercise you can complete in the home. Most of these exercises are simple in nature so the intensity you get from the workout depends on the intensity and emphasis you put into each exercise. The particular nature in which you perform these exercises is your greatest challenge and should be your primary focus, leaving me to reiterate that it is not the actual exercise that is important, but the manner in which you perform it. This involves all the components you need to work to keep a youthful functional body.

Components of a complete exercise program - all exercises are categorized into the below components

Core is your trunk. From your hips to your shoulders, this involves everything having to do with the stability and integrity of your center - the hub for all other movements

Lower is your leg strength. This component involves any exercise contributing to strength in all muscles of your lower body

Push is your upper body strength. This component involves all the muscles you would use for pushing movements, specifically chest, triceps, and shoulders.

Pull is your upper body strength. This component involves all the muscles you would use for pulling movements, specifically lats, rear delts, biceps, and all other upper back muscles.

Balance is your ability to coordinate and handle advanced movements in unstable environments. This component involves the entire body and its ability to maintain and control your center of gravity, most of these exercises will be on one leg and or 1 arm and challenge your stability.

Endurance is your stamina and conditioning level. This component involves exercises that really tax your respiratory system

There are so many questions to answer in this discipline it is hard to keep up. The best way to get these answers is direct contact with a fitness professional. It is extremely difficult to put all the solutions down on paper because each person is unique and requires specific attention on different complications, but here is a short list of questions and answers regarding strength exercises to help you out.

Question	Answer
Why do I feel pain in certain joints - back, knees?	Incorrect body mechanics.
What does incorrect body mechanics mean?	<i>Your body was designed to work optimally in a neutral body position, an altered position will lead to inefficient and poor movement mechanics.</i>
Why isn't my body in a neutral position?	<i>The orientation of your skeletal & muscular systems adapt to your physical environment and the mechanical stress you place on your body. Over time your body alters it's position from neutral to accommodate the predominant position you hold through your day, ex. sitting at a desk.</i>
How do I attain a neutral body position to be able to move pain free?	<i>Follow the two rules of strength training.</i>
Why don't I have good balance?	<i>Just as you need to study to learn a subject or pass an exam, your neuromuscular system needs continual practice to improve the efficiency of a movement.</i>
Why is one arm or leg stronger than the other?	<i>It is very common to have a stronger side, and this usually starts with you being unaware that you have a preference to lean more on leg or overuse one arm. That side will then in turn display greater strength and coordination from the extra movement practice you have given it.</i>
How do I know if I am doing an exercise wrong?	<i>First and foremost, if it hurts don't do it. If you are feeling sharp pain in or around your joints you are probably not using that joint as it was intended to be used. Check your body position to see if anything looks out of neutral position just based on common sense.</i>

Directions: Pick one exercise from each of the six components and complete each exercise in circuit format using the tension and rest schemes listed below. The standard for the amount of time you would be doing the exercises, which is "time under tension", is 45 seconds, and standard rest is 30 seconds. Feel free to change the tension and rest schemes to your liking. This exercise format can also be used for the advanced exerciser as well by choosing more compound and complex exercises with minimal rest. You probably don't know every exercise on the list below, but you don't have to - just go with what you know and learn from there based on the definitions given for each exercise component.

1		Core		2		Lower			
Plank (elbows and toes)				Dead lift					
Sit-up				Partial squat					
Crunch				Deep Squat					
Cradle (supine, arms and legs off floor)				Lunge					
Floor bridge (supine, push hips in air)				Step-ups					
Quadruped (hands and knees)				Reverse Lunge					
Ball bridge hip extension									
Advanced				Advanced					
Plank - knee to alt elbow				Lateral lunge					
V-up toe touch				1 leg squat					
Rocking horse				1 leg dead lift					
Plank with rotation				Vertical jump					
Hamstring walk				Forward-reverse lunge					
3		Push		4		Pull			
Push-up				Row-up					
Muscle-up				Chin-up					
Overhead press				Band swim					
Lateral raise				Row					
Chest press				Bicep curl					
Triceps extension				Bent row					
Fly (with bands, dbs, etc)				Reverse fly (with bands, dbs, etc)					
Advanced				Advanced					
1 arm pushup				1 arm row					
Pushup with rotation				Rope climb					
1 leg shoulder press				1 leg row					
5		Balance		6		Endurance			
1 leg balance				Step-ups					
1 leg toe touch				Lateral quick step					
1 leg lateral hop				Front& back quick step					
1 leg balance with rotation				Jump rope					
Bosu walk				Lateral line hop					
1 leg knee raise				High knees					
				Lateral cone touch					
Advanced				Advanced					
Ball sit				1 leg hops					
Balance board				bosu up-downs					
Program Formatting:				Time under tension		Rest Between sets			
<div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">More strength based</div> <div style="font-size: 2em; color: blue; margin: 0 10px;">↓</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">More endurance based</div> </div>				90 seconds					
				60 seconds		45 seconds			
				45 seconds		30 seconds		Standard	
				20 seconds		15 seconds			
						0 seconds			

Rules of Strength Training: 1. Full comfortable range of motion
2. Neutral body position