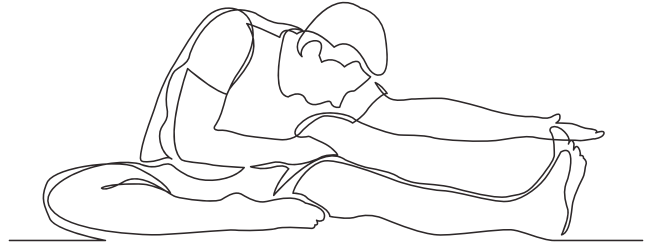


BODYWEIGHT FUNDAMENTALS

Strength Training for Adults



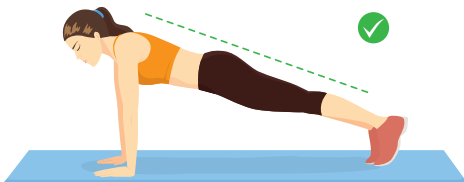
This program is for all levels and does not require equipment.

Exercise 1: Front and Rear Support

These promote core activation and stability.

Front Support

1. Begin on hands and feet, feet together, hands shoulder width apart.
2. Splay and dig fingers into ground, rotate biceps to face forward.
3. Spread shoulder apart, allowing shoulders to come forward towards the ground.
4. Allow a slight arch in the middle of the back
5. Straighten legs and attempt to maintain a straight line from shoulders to feet.



Rear Support

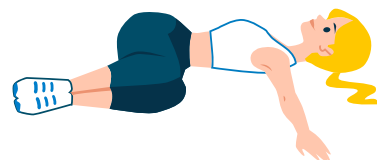
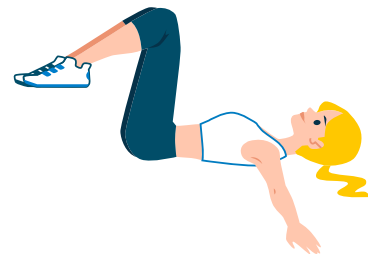
1. Begin seated, legs straight, hands shoulder width apart, fingers facing away.
2. Gradually push body up
3. Maintain a straight line from feet to shoulders, tensing the core to prevent the lower back from arching.



Exercise 2: Oblique Twists

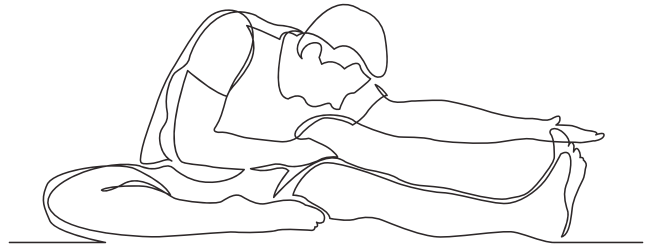
This exercise strengthens the sides of the core (Obliques).

1. Begin by laying on back, arms extended to the side forming the letter T, hips and knees raised, legs bent 90-Degrees, toes pointed.
2. As you bring the knees down one side, the opposite shoulder stays grounded on the floor.
3. From there, engage obliques and twist back to starting position.
4. Repeat other side.



BODYWEIGHT FUNDAMENTALS

Strength Training for Adults



Exercise 3: Hollow Body Hold

Strengthens the front of the core, abs (Rectus Abdominis).

Variations: Beginner (Dead Bug), Intermediate (Hollow Body Hold), Advanced (Hollow Body Hold Arms extended)

1. Begin by laying your back flat to the floor.
2. It is important that the lower back is flat to the floor.
3. Raise the shoulders and hip off the floor thus engaging the front of the core/abs.

Beginner: Dead Bug



Intermediate: Hollow Body Hold



Advanced: Hollow Body Hold, Arms extended



SETS AND REPS:

	BEGINNER	INTERMEDIATE	ADVANCED
Front/Rear Support	3 Sets x 10 secs	3 Sets x 30 secs	3 Sets x 1 min
Oblique Twists	3 Sets x 5 reps (each side)	3 Sets x 10 reps (each side)	3 Sets x 15 reps (each side) Straight Legs
Hollow Body Hold	3 Sets x 30-45 secs Dead Bug	3 Sets x 30-45 secs Hollow Body Hold	3 Sets x 30-45 secs Hollow Body Hold, Arms extended

- TIPS:**
1. the core/abs recovery quickly, try these everyday but don't over-do it where your too sore the next day.
 2. Ensure the belly button comes inward as you breath out then brace the core. Try not to hold your breath.
 3. Feel free to place a small pillow or blanket under your lower back for comfort.