

# Strength Training

Below you will find a strength circuit training that will help you to increase your muscle endurance and decrease fatigue. For each exercise you will find three different level of difficulty (easy, medium and hard). We recommend you start with the easy level of difficulty and progress to medium and then to difficult. The gains in strength can be different in each muscle group. Please feel free to progress and pick the medium/hard option in some muscles groups and keep working with the easy level in others. Listen to your body. We recommend you train with company just in case you need help. Stop immediately and ask for help if an exercise makes you feel dizzy, increase nauseas or pain, promote chest pain or difficulty breathing. Stop doing an exercise if cause pain in your joint and contact Carolina for modifications.

<b>F</b> requency	Twice a week.
<b>I</b> ntensity	Moderate intensity / RPE 4-7. Start with one set of 12 to 20 repetitions for each exercise with each side and then progress to 2 sets if you feel you can unless other directions are indicated for the exercise. Do not overstrain.
<b>T</b> ime	20 -40 minutes
<b>T</b> ype	See below. You will have easy, moderate and hard options. Start with the easy or moderate option and once you can do 2 set of 20 repetitions, progress into the next level. Please push yourself a little bit but not too much that you overstrain yourself. If the next day or even 48 hours after you trained you feel a lot of pain in your muscles, you probably did too much. Next time slow down and do less or less difficult options. Never perform an exercise that promote pain in your joints. Muscle and joint pain are different. Please contact us if you have questions, we will help you to modify the workout.
<b>Precautions</b>	If your doctor told you that your bones are weak (osteopenia/osteoporosis), please be sure to contact them and ask if those exercise are okay for you. You can also contact <a href="#">Carolina Chamorro</a> to tailor your exercise plan. In general, weight bearing exercise and progressive resistance training might help you to increase bone density <b>BUT</b> you must be cautious with the progression and exercise you choose. Be cautious with exercises that challenge your balance, contact sport, exercises that cause spinal flexion, rotation or side bending and high impact activities like jumping.

## Easy

### Leg extensions

While sitting on the Fitball or a chair, have your back straight and your core engaged. Slowly extend one leg in front of you so your toes point to the ceiling. Hold the position for a moment then return the foot to the ground and switch legs.

**Progression:** alternate legs at the beginning.



To make it harder do 20 repetition with right leg and then switch to the left.

**Adaptations:** If you have balance issues, sit on a chair instead of a Fitball. If you want to try the Fitball, put this against a wall so this will be more stable or ask someone to hold the ball for you.

## Moderate

### Sitting and standing

Sitting and standing from a chair or fit ball. Sit in a chair. If your knees tend to collapse inward when you stand, you may need to encourage your glutes to engage more. Doing the sit-to stand exercise with a small object between your legs can help with this. If you have a small exercise ball, or even a kid's bouncy ball, this is ideal, but almost any



small object can work. Press the ball (or other object) between your legs, and squeeze your legs together to keep the object in place as you stand.

## Hard

### Fitball Squat

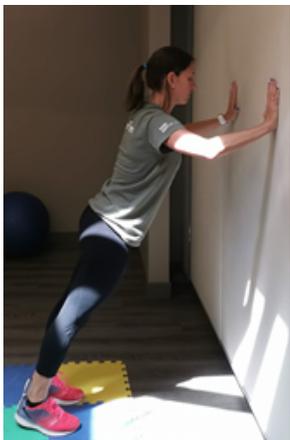
Stand with a Fitball behind your back and pressed up against a wall. Your feet should be



slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out, letting the fit ball roll up your back. Hold your arms out for balance. Stand and return to the starting position.

### Standing wall push up

Starting position is with feet and legs together, about 2 feet from a wall with your arms straight out in front of you. Your palms should be on the wall at about shoulder-level height and shoulder-width apart. If you feel like you're reaching too far, move your feet closer to the wall. Bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Ensure your back stays straight and your hips don't swing. Push back to the starting position



and repeat.

### Half push ups

Get down on your hands and knees and assume the standard push-up position. Next, bend your elbows and lower your body down until it is halfway to the ground. Ensure your back stays straight and your hips don't swing. Push yourself back up to the starting position.

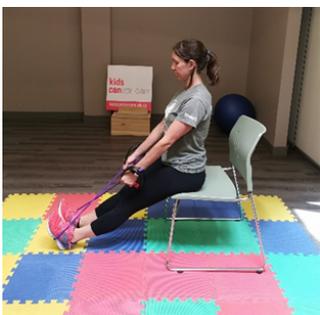


### Full push ups

Get down on your hands and feet and assume the standard push-up position. Next, bend your elbows and lower your body down until it is halfway to the ground. Ensure your back stays straight and your hips don't swing. Push yourself back up to the starting position.



### Seated Row



Sit on a chair and place the cable/band around your feet. Cross the band. Grab the handles and pull them towards the chest, squeezing the shoulders back and then re-extend the arms. Hands in neutral position. Back straight.

### Seated row

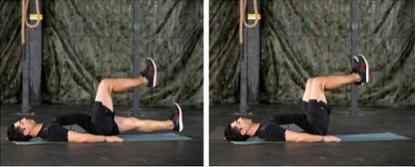


Same as before but sitting on the ground. If you have shorter hamstrings you might want to sit on the chair or fit ball.

### Row in fitball



Put the elastic band on the ground. Be sure that the Fitball is on the band. Lay down with your chest over the Fitball, legs extended and feet wide apart. If this position is uncomfortable either because you have a

<p>Chest open. You can start doing the moves without any resistant. You can also do one arm at a time.</p>		<p>PORT or you become dizzy please, sit on the Fitball instead.</p>
<p><b>Supine Toes taps</b></p>  <p>Image from: <a href="https://www.acefitness.org/">https://www.acefitness.org/</a></p> <p>Lie on your back and place your arms by your sides. Engage the abdominals and draw the navel toward your spine. Lift the knees to 90 degrees. On a two-count, lower your right foot to touch the floor, and on a two-count, return it back to 90 degrees. Alternate legs.</p> <p><b>Easy version:</b> Keep your feet on the floor, and slide your heel on the mat, alternating legs.</p>	<p><b>Dead bugs with Fitball</b></p>  <p>Image from: <a href="https://www.acefitness.org/">https://www.acefitness.org/</a></p> <p>Lie on your back and lift your knees to 90 degrees. Place a Fitball between your lower legs (near the knees) and press your hands and legs into the Fitball. Engage the core and draw the navel toward the spine. Extend the arms and legs—the straighter the limbs, the more challenging the pose. Make sure the knees stay at 90-degrees when returning to center (the calves touching the hamstrings makes the exercise easier).</p>	<p><b>Half planks with Fitball</b></p>  <p>Kneel and be sure your knees are under your hips and that your hips are at 90 degrees. Rest your elbows on the Fitball. Very slowly and with control let the Fitball slide forwards. The farther you go, the more difficult the exercise is. Keep a plank position, engaging the abs and keeping back and hips align and straight for 2 seconds and then come back rounding your back like in the cat-cow exercise.</p>
<p>Walk / dance /hula hoop/high knees. Please perform this exercise for 1 minute to challenge your cardiovascular system. Allow your heart rate to increase a bit. <b>RPE between 4 and 5.</b></p>	<p>Jump rope for 1 minute or do jumping jacks or run in place. Have fun and try to bring your heart rate up. <b>RPE between 5-6</b></p>	<p>Jump rope for 1 minute or do jumping jacks or run in place. Have fun and try to bring your heart rate up. <b>RPE between 5-6</b></p>

### Bridge

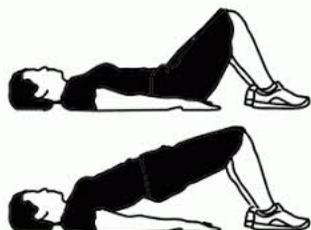


Image from:

<https://ascentpt.blog/2013/09/18/exercise-of-the-week-single-leg-bridge/>

Start lying down on the ground with your heels underneath your knees and your heels about hip distance apart. Place your arms by your side. When you exhale, think about pushing your heels into the ground which will lift your hips up and squeeze your glutes. Stay at the top for a moment and then drop back down. If you are not able yet to lift your hips, please just contract your muscles as if you wanted to lift your hips. Eventually you will be able to do it.

### Bridge on Fitball

Start lying down on the ground with your legs



over the Fitball.

Place your arms by your side. When you exhale, think about pushing your heels into the ground which will lift your hips up and squeeze your glutes. Stay at the top for a moment and then drop back down.



Start lying down on the ground with your feet over the Fitball. Place your arms by your side. When you exhale,

think about pushing your heels into the Fitball which will lift your hips up and squeeze your glutes. Stay at the top for a moment and then drop back down. If you want to make it a bit more challenging, extend your legs when your hips are up in the air. Keep your hips stable and do not move them up and down. Bend your knees again and go down.

### Chest press with Pilates ball

Standing or sitting hold the pilates ball or a soft ball in front of your chest with arm extended at your shoulder level. Squish the ball with your hands when you exhale and release pressure when you inhale.

### Chest press with band

While sitting or standing, take an appropriate TheraBand colour and wrap it around your back so it comes under your arm pits. Have your back straight and your core engaged, start with your hands by your side and slowly punch them straight out in front of you. Make sure to not round your back and keep your shoulder

### Chest press with Fitball



	<p>down and wide while you do this. Bring your arms back in and repeat.</p>	<p>Grab a pair of dumbbells or wrap an appropriate elastic band around your back so it come under your armpits. Sit on a Fitball, and then walk your feet out until your upper back and neck are supported by the ball. Hold the dumbbells/band over your chest. Lower the dumbbells/elastic bands until they are just above the chest, keeping your elbows tight to your sides. Pause, then press them back to the starting position with your arms.</p>
<p><b>Stabilization on Fitball</b></p>  <p>Sit on a Fitball and try to keep your balance. If you feel comfortable on the Fitball, lift one foot and try to keep your balance-alternate both feet. Do this exercise for about a minute. If you feel comfortable try to bring the opposite arm off the ball.</p>	<p><b>Fitball curl up</b></p>  <p>While sitting on the Fitball (or in a chair), start sitting with your back straight and core engaged (1). Inhale, and start to lean back on the ball while keeping your core engaged (2). Once you have gone down as far as you can, exhale and return to the starting position (1).</p>	<p><b>Plank with Fitball</b></p>  <p>Start in a low plank position with your forearms on the floor and your feet and your knees and quadriceps on a fitball. Your body should form a straight line from your shoulders to your feet. If you feel comfortable you can do this exercise as showed in picture with your arms extended. If you slide the ball all the way to your shins and ankles the difficulty will increase. Hold this position between 20 and 60 seconds.</p>
<p><b>Standing reverse fly with band</b></p> <p>While sitting or standing, grab an appropriate TheraBand colour for the movement. You can</p>	<p><b>Reverse fly with bands</b></p> <p>While sitting or standing, grab an appropriate TheraBand colour for the movement. Grab the</p>	<p><b>Reverse fly with bands</b></p> <p>While sitting on a Fitball or standing, grab an appropriate TheraBand colour for the</p>

<p>always start the exercise without any band. If you feel confident with the band, grab the band with your hands about shoulder width apart and arms extended. Keep your core engaged and straighten one arm out to the side so your arms reach a 'L' shape. Relax your arms back to the starting position and alternate arms.</p>	<p>band with your hands about shoulder width apart and arms straight in front of your body. Keep your core engaged and straighten your arms out to the side so your body makes a 'T' shape. Relax your arms back to the starting position.</p>	<p>movement. Grab the band with your hands about shoulder width apart and arms straight in front of your body. Keep your core engaged and straighten your arms out to the side so your body makes a 'T' shape. Relax your arms back to the starting position.</p>
<p>Walk / dance /hula hoop/high knees. Please perform this exercise for 1 minute to challenge your cardiovascular system. Allow your heart rate to increase a bit. <b>RPE between 4 and 5.</b></p>	<p>Jump rope for 1 minute or do jumping jacks or run in place. Have fun and try to bring your heart rate up. <b>RPE between 5-6</b></p>	<p>Jump rope for 1 minute or do jumping jacks or run in place. Have fun and try to bring your heart rate up. <b>RPE between 5-6</b></p>
<h2 style="color: red;">Cool down</h2>		
<p>Please access an online exercise prescription <a href="#">here</a> or follow the stretching exercises document on the website.</p>		