

THE 30 ESSENTIAL EXERCISES

The key to any strength training class is knowing where to start:
Targets/Goals/Intentions/Drivers

CORE SERIES AND BODY POSITIONS OPTIONS

SUPINE- HEEL TAPS
PRONE- BACK EXTENSIONS
SIDE LYING- LATERAL HIP LIFTS
BRIDGE- BRIDGE WITH SINGLE LEG TAPS
QUADRUPED- BIRD DOG- OPPOSITE ARM/LEG
PLANK- PLANK WITH SINGLE LEG LIFTS
SEATED- V SITS
KNEELING- LIFTING/CHOPPING
LUNGING- FORWARD WITH FLEXION/EXTENSION
STANDING- HIP HINGING/SINGLE LEG

COMPOUND MOVEMENT SERIES

SQUAT
PUSH UP
STATIONARY LUNGE
BENT OVER ROWS
LATERAL SQUATS
CHEST PRESS
CROSS OVER LUNGES
OVERHEAD PRESS
REAR LUNGES
TRICEP DIPS

SINGLE JOINT MOVEMENT SERIES

SEATED SINGLE LEG LIFTS
LATERAL SHOULDER RAISES
SIDE LYING LEG LIFTS- ABDUCTION
BICEPS CURLS
CALF RAISES
TRICEP EXTENSION
SIDE LYING LEG LIFT- ADDUCTION
SHOULDER BENT ELBOW EXTERNAL ROTATIONS
STANDING REAR HIP EXTENSION
REVERSE FLYS