

Week of 3/9/20

Before you begin go to the website hundredpushups.com There you will find a formula for training push ups in a progressive way. You will have to read through it. It talks about and instructs how to do a proper push up. It also asks you to do an initial test which will provide you with a starting point and from there you can follow the training approach appropriate for you. A continuing component of the training for the next few weeks will include push ups and this program provides you excellent guidance for improving with this fundamental exercise. If you are in the strength training class, you will be asked to journal and report in at the end of each week. Your push up progress report should be part of your weekly check-in.

3/11/20

Warm Up

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

Strength

- **Body Weight Leg Circuit**

1. **Move through the circuit, exercise a. to b. to c. to d. as quickly as possible (no rest between the sets).**
 - **Perform 3 circuits with 1-2 minutes recovery between each circuit**
- a. **Body Weight Squats** – 20x as quickly as possible. Squat to parallel
- b. **Alternate Lunges** – 10x each leg as quickly as possible. Get to thigh parallel to the ground depth.
- c. **Split Squats** – 10x each leg as quickly as possible, don't alternate.
 - i. Split legs (forward leg and backward leg).
 - ii. Squat the forward leg to parallel, trail leg's knee is very slightly off the ground.
 - iii. Don't let the forward knee drive ahead of the toe, heel remains flat on the surface.
 - iv. Keep head over shoulders and shoulders over the hips.
- d. **Squat Jumps** – 10x with maximum effort.
 - i. As fast and as high as you are able.
 - ii. Get off the ground as quickly as you can.

- **Mountain Climber/Groiner/Thrust Circuit**

1. **Move through the circuit, exercise a. to b. to c. to d. as quickly as possible (no rest between the sets).**
 - **Perform 3 circuits with 1-2 minutes recovery between each circuit**
- a. **Mountain Climber** – 10x each as quickly as possible
 - i. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position
 - ii. Bring right knee forward between the arms.
 - iii. Opposite leg is extended straight back.
 - iv. Quickly and simultaneously switch leg positions and continue so that each leg drives between the arms while maintaining neutral hip position 10x
- b. **Groiner** - 10x each as quickly as possible
 - i. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position

- ii. Bring the right foot flat on the ground next to and outside of the right hand
 - iii. The left leg, trail leg, is extended straight back
 - iv. Quickly and simultaneously switch leg positions and continue so that each leg drives outside the arms while maintaining neutral hip position 10x
 - c. **Thrust – 10x** as quickly as possible
 - i. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position
 - ii. Forcefully drive both knees inside the arms keeping the hips low and chest up
 - iii. With minimal hesitation, forcefully return to the starting or ready position
 - iv. As soon as the ready position is assumed complete another rep
 - d. **Thrust Frog – 10x** as quickly as possible
 - i. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position
 - ii. Forcefully drive both knees forward, landing the feet outside the hands keeping the hips low and chest up
 - iii. With minimal hesitation, forcefully return to the starting or ready position
 - iv. As soon as the ready position is assumed complete another rep
- **Quadruped Series**
 - 1. **Execute each exercise from the kneeling position (quadruped)**
 - a. **Quadruped Hip Abduction – 10x each side (picture illustration provided)**
 - i. Begin with the arms straight with the hands beneath the shoulders and knees beneath the hips and ankles **dorsiflexed** (toes pulled towards the shin)
 - ii. Keep the back flat and eyes looking down at the surface
 - iii. Begin by **abducting** the hip (laterally raising the thigh and maintaining the and ankle angle) as high as possible while maintaining the proper, back flat body position.
 - iv. Pause at the top of the movement then return to the ready position completing all the reps on one side and then repeating with the other.
 - b. **Quadruped Knee Circle Backward – 10x each side (picture illustration provided)**
 - i. Begin with the arms straight with the hands beneath the shoulders and knees beneath the hips and ankles dorsiflexed (toes pulled towards the shin)
 - ii. Keep the back flat and eyes looking down at the surface
 - iii. Begin movement by flexing the knee toward the chest while maintaining knee and ankle positions
 - 1. Arms remain straight, the back flat, hips level, and eyes looking down at the surface
 - iv. As the knee reaches the chest immediately **abduct** the leg (laterally raising the thigh) while extending the at the hip and moving the knee posteriorly
 - 1. Keep the knee bent at 90 degrees and ankle dorsiflexed
 - v. At the point of maximum hip abduction and extension, continue to circle the hip bringing the knee back to starting position
 - vi. Execute all repetitions before training the other side
 - c. **Quadruped Knee Circle Forward – 10x each side (picture illustration provided)**
 - i. Begin with the arms straight with the hands beneath the shoulders and knees beneath the hips and ankles dorsiflexed (toes pulled towards the shin)
 - ii. Keep the back flat and eyes looking down at the surface

- iii. Begin movement by extending the hip backward, maintaining knee and ankle positions
 1. Continue by abducting the hip (laterally raising), maintaining knee and ankle positions and circling the hip (knee and thigh) toward the same side shoulder
 2. At the point of maximum flexion, bring the knee to center (adduct the hip) and back to the starting position keeping the active knee above the ground as you execute the prescribed number of repetitions

d. Quadruped Straight Leg Reach Lateral – 10x each side (picture illustration provided)

- i. Start in quadruped position with one leg extended posteriorly with the dorsiflexed foot at hip height
- ii. Both arms are straight with the hands beneath the shoulders, one knee beneath the hip and ankles dorsiflexed
- iii. Keep the back flat and eyes looking down at the surface
- iv. Begin movement by laterally abducting and flexing the extended leg at the hip joint keeping that foot at hip height throughout.
- v. Move through a maximum range of motion and at the point of maximum hip flexion reverse direction
- vi. The extended leg remains at hip height throughout all repetitions. Upon completion of designated reps switch to the other side

- **Hundredpushup.com test**

1. Perform the test

- **Supine Alphabet – Core**

1. Lie on your back with both hands under your butt at the glute and hamstring junction
 - This will assist you in pressing your low-back into the surface
2. Raise both legs keeping them together at a 45-degree angle from the floor
3. Execute the exercise by drawing in the air the alphabet in capital letters
 - Maintain 45-degree angle throughout
 - If you feel strain in the low back during the exercise, pause, reset the low-back into the floor and continue

- **Summary for 3/11/20 on next page**

3/11/20

1. Warm up 3-5 Minutes

2. Body Weight Leg Circuit – 3x

- Execute the exercises as quickly and skillfully as possible, moving to the next exercise immediately. Recover 90 seconds at the end of each circuit.
- Perform 3 circuits
 1. Body Weight Squats – 20x
 2. Forward Lunge Alternate – 10x each
 3. Split Squats – 10x each
 4. Squat Jumps – 10x

3. Mountain Climber/Groiner/Thrust/Thrust Frog Circuit

- Execute the exercises as quickly and skillfully as possible, moving to the next exercise immediately. Recover 90 seconds at the end of each circuit.
- Perform 3 circuits
 1. Mountain Climber – 10x each
 2. Groiner – 10x each
 3. Thrust – 10x
 4. Thrust Frog – 10x

4. Quadruped Series

- Quadruped Hip Abduction – 10x each
- Quadruped Knee Circle Backward – 10x each
- Quadruped Knee Circle Forward – 10x each
- Quadruped Straight Leg Reach Lateral – 10x each

5. Push Ups

- Hundredpushup.com/test.html

6. Core – Supine Alphabet

3/12/20

This workout is to be trained as a circuit; move from one exercise immediately to the next. It is important to review the workout before beginning. I will provide a clean sheet at the end of the directions and explanations. Please read and familiarize yourself with these exercises before you begin.

This circuit will combine strength with fitness. Do your very best to immediately begin the next exercise upon completing the prior one. Today we will complete this circuit one time although if you haven't been challenged enough then feel free to complete a second circuit. If you do a second circuit, take two minutes between circuits. Give me your feedback on this circuit when you summarize your journal.

Warm Up

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

- 1. Speed Squat – 10x**
 - a. Hands behind your head or on your hips
 - b. Squat to thigh parallel to the ground and back to full height as fast as possible
- 2. Supine 2 Leg Hip-Lift – 10x**
 - a. Lying on your back, bend your knees to 90-degrees with your feet flat on the ground, hip width apart.
 - b. Dorsiflex your feet (pull toes to the shin) pressing your heels into the surface
 - c. Lift your hips to the ceiling keeping the knees straight ahead. Pause then lower, softly touching your butt to the surface and immediately repeat.
- 3. Push Ups – 10x**
- 4. Squat Jumps – 10x with maximum effort.**
 - a. As fast and as high as you are able.
 - b. Get off the ground as quickly as you can.
- 5. V-Up Alternate – 10x each (see picture illustration)**
 - a. Lie supine (on your back) with legs straight and arms overhead
 - b. Raise one straight leg to the ceiling and simultaneously reach both hands, elevating the shoulders, and flexing the abdominal muscles to meet the raised leg.
 - c. Pause for an instant then lower the leg and extend the arms overhead, then repeat with the opposite leg.
 - d. The combination of the left leg then right leg equals one repetition.
- 6. Lunge Backward – 10x each**
- 7. Handwalk Circle – 360-degrees each direction (see picture illustration)**
- 8. Mountain Climber – 10x each as quickly as possible**
 - a. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position
 - b. Bring right knee forward between the arms.
 - c. Opposite leg is extended straight back.
 - d. Quickly and simultaneously switch leg positions and continue so that each leg drives between the arms while maintaining neutral hip position 10x
- 9. Russian Twist – 20x**

- a. Seated on the floor, raise both legs with the knees being slightly bent and feet off of the ground
- b. With the arms fully extended away from the body and the palms of the hands together, rotate the shoulders and upper body from one side to the other.
 - i. Over and back equals one repetition.
 - ii. Keep the upper torso in a neutral spine position

10. Push ups – 15x

11. Supine 2 Leg Hip-Lift – 10x

- a. Exercise #2 repeated

12. Thrusts – 10x as quickly as possible with focused technique

- a. Begin in the push up position with the hands directly underneath the shoulders maintaining neutral hip position
- b. Forcefully drive both knees inside the arms keeping the hips low and chest up
- c. With minimal hesitation, forcefully return to the starting or ready position
- d. **As soon as the ready position is assumed complete another rep**

13. Reverse Crunches – 20x

- a. Lying supine on the surface, lace the hands together behind the head and slightly bend both knees, keeping the feet together and off the ground.
- b. Execute the crunch by drawing both knees towards the forehead then extend both legs, keeping the feet off the ground.
- c. Always keep the low-back pressed into the surface.

14. Push ups – 15x

Foam Roll if available

Below is the workout without explanation

This circuit will combine strength with fitness. Do your very best to immediately begin the next exercise upon completing the prior one. Today we will complete this circuit one time although if you haven't been challenged enough then feel free to complete a second circuit. If you do a second circuit, take two minutes between circuits. Give me your feedback on this circuit when you summarize your journal.

Warm Up

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

- **Speed Squat – 10x**
- **Supine 2 Leg Hip-Lift – 10x**
- **Push Ups – 10x**
- **Squat Jumps – 10x with maximum effort.**
- **V-Up Alternate – 10x each (see picture illustration)**
- **Lunge Backward – 10x each**
- **Handwalk Circle – 360-degrees each direction (see picture illustration)**
- **Mountain Climber – 10x each as quickly as possible**
- **Russian Twist – 20x**
- **Push ups – 15x**
- **Supine 2 Leg Hip-Lift – 10x**
- **Thrusts – 10x as quickly as possible with focused technique**
- **Reverse Crunches – 20x**
- **Push ups – 15x**

