

Body Weight Resistance Training

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These exercises can be done anywhere; no gym equipment needed! Remember, ACSM recommends strength training at least 2 times/week. Before exercising, warm up your muscles with 5 -10 minutes of a cardio activity. The warm up will reduce chances of injury, increase your heart rate and get blood pumping to your muscles. Cooling down with stretches, keep it gentle and don't bounce, hold each stretch for about 30 seconds. Aim to accomplish at least 8-12 repetitions of each exercise that follows:

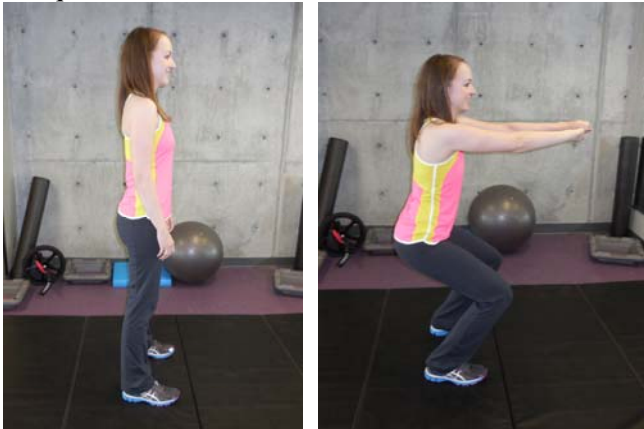
1. Push Ups



Target: Chest & Arms

Starting with arms wide, shoulders stacked over wrists, either on the knees or the feet, bend through the elbows lowering the chest towards the floor. Maintain strength in the abdominal muscles and length in the spine. Then, extend through the elbow joints, pressing the torso away from the floor. Avoid locking out joints.

2. Squats



Target: Legs & Glutes

Starting with feet wide, knees and toes facing the same direction, and strength in the abdominal muscles, bend at the knees and hips, keeping the chest lifted tall, sitting the glutes back behind you (as if there were an imaginary chair you were going to simply touch with your glutes). Notice your weight shift primarily in to your heels as you sit back in to a squat. Then, lengthen through the legs and stand tall again.

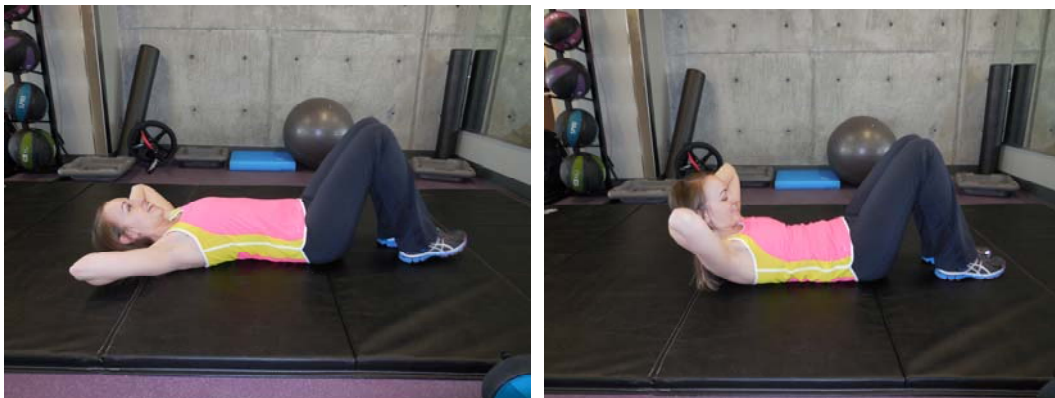
3. Clock Lunges



Target: Legs & Glutes

With your hands on your hips, lunge forward with your right foot, sinking down until your right knee is bent 90 degrees [A]. Make sure weight is primarily placed in the heel of the front foot and the shoulders remain stacked over the hips. Bend through the front knee, lowering the back knee towards the floor, keeping height in the torso. When in the lowest position of a lunge, peek down and make sure you can still see your front toes (indicating your knee is stacked over your ankle safely). Return to standing. Take a big step to the right and lunge again [B]. Step back to center. Lunge back with your right leg [C]. That's 1 rep. Do 10, then repeat with your left leg.

4. Crunches



Target: Rectus Abdominus

Lie down on the floor with knees bent, heels relaxed on the floor and hands behind the head (for gentle, light support). Keeping the elbows wide, out to the sides, lift the shoulder blades up and away from the floor, aiming to lift the chest up towards the ceiling, contracting the abdominal muscles. Maintain consistent space between the chin and the chest.

5. Superman's - Spinal Balance



Target: Rectus Abdominus & Lower Back

Starting on all fours (hips stacked over knees and shoulders stacked over wrists), extend one heel away from the body, towards the back of the room, at approximately hip height. Keeping shoulders and hips squared off to the floor, consider simultaneously lifting the opposite arm, reaching finger tips towards the front of the room. Maintain strength in the abdominal region as well as the lower back. Also maintain space between the shoulders and ears. Replace & switch to the opposite side.

6. Side Plank



Target: Obliques

Starting on all fours, move one foot out to the side, creating a “kickstand” and begin to open shoulders and hips, extending the other leg long and away from the body. Make sure you’re lifting up and out of the supporting shoulder. Maintain strength in the abdominal region, thinking of lifting the torso away from the floor. Return (with control) back to all fours and repeat on the other side.

*Disclaimer

***Consult a Physician prior to engaging in an exercise program**