



PROJECT FITNESS

ABDOMINAL - FULL SIT UP ON SB

Reps : 20 Sets : 1 Intensity :

Tempo : slow Rest :

Preparation :

- Sit on the ball.
- Slowly roll down the ball until the ball is in the small of the back.
- Be sure you are balanced when back is fully extended.
- Keep feet in proper alignment facing straight ahead.
- Align feet directly under the knees.



Movement :

- Draw the belly button in towards the spine.
- Place your tongue on the roof of your mouth just behind your top teeth.
- Squeeze the glutes.
- Contract the abdominals while curling the upper torso towards your hips.
- Flex at the hips bringing the upper body to a fully upright position on the ball.
- Do not push with the legs to perform the hip flexion.
- Slowly lower the upper body to the starting position.



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COBRA - PRONE ON SB

Reps : 12 Sets : 1 Intensity :

Tempo : slow Rest :

Preparation :

- Lay in prone position with stability ball under sternum.
- Legs straight, and core and glutes activated.

Movement :

- Brace the spine by drawing your lower abdomen inward.
- Squeeze glutes and SLOWLY draw the shoulder blades backward (retraction) and downward (depression) while externally rotating the hands so the palms face away from the legs.
- The chin should be tucked in while lifting the torso off the stability ball. Hold position for recommended time.
- As strength increases, repetitions may be held for longer periods. Do not allow the head to extend backward.
- The chin should stay tucked.
- If client complains of discomfort in the low back, have him or her concentrate on squeezing the glutes (do not externally rotate the hips). Keep feet straight ahead throughout the entire exercise.





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CHEST PRESS - ON SB 2 ARM DB

Reps : ~12-15 Sets : 1 Intensity : 45# DB's

Tempo : slow Rest :

Preparation :

- Place head & shoulders on ball, keep chin up so neck is in neutral position.
- Position feet apart to form good base of stability.
- Activate transverse (pull belly button towards spine & hold).

Movement :

- Start with weights on chest.
- Push both weights towards the ceiling whilst exhaling.
- Upon reaching peak of repetition lower weights back to chest whilst inhaling and repeat.
- Keep body in "plank" position.
- Maintain even speed when performing the exercise.
- Push weights above the chest not over your head.



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ROW - BENT OVER 1 ARM (ON BENCH)

Reps : 12 Sets : 2 ea arm Intensity : 25-30# DB's

Tempo : Rest :

Preparation :

- With one knee and arm on a bench, achieved neutral spine, neck, and head.
- Grasp dumbbell.

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimal spinal alignment, slowly pull the dumbbell up toward the ceiling.
- Slowly lower dumbbell.
- Repeat movement sequence for recommended repetitions.
- Do not generate movement from arms and or shoulders. The movement should originate from your core.
- Do not round back.



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LAT PULL DOWN

Reps : 12-15 Sets : 1 Intensity : ~ 85 pounds.

Tempo : Rest :

Preparation :

- Place hands on bar at a grip width that will allow the wrists to be perpendicular to the bar when the elbows are at 90 degrees.
- Lean back just enough so that the bar descends in front of you (**NOTE:** This will vary from machine to machine).

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimum spinal alignment, **SLOWLY** start to pull the shoulder girdle downward. While the shoulder blades continue to move downward, the arms should follow.
- The return motion must include shoulder girdle upward rotation and elevation. Motion should be stopped just before the muscles relax.
- Do not allow head to "jet" forward.



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PULLOVER - ON SB WITH MB

Reps : 12-15 Sets : 1 Intensity : 8-10 pound MB

Tempo : slow Rest :

Preparation :

- Sitting on SB holding med ball (weight relative 5-10% of max strength in this area) draw in navel towards spine and squeeze glutes.
- Slowly walk out both feet and lean back onto SB, allowing head and shoulders to rest on ball.
- With core activated lift hips up level with shoulders and knees-bridge position and maintain.

Movement :

- With the MB overhead, slowly extend the arms up to a position perpendicular to the ground (as shown).
- Slowly lower with the arms straight so that the arms are parallel with the ground (as shown).
- Repeat for the desired number of reps.
- TRAINERS: If the client's lower back arches as they flex the weight overhead, this may indicate tightness in the lats, and a flexibility program may have to be initiated.



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Notes : keep hips up and shoulder blades into ball. don't shrug shoulders. take through comfortable range.