



EXERCISE PHOTOS, TIPS AND INSTRUCTIONS

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BARBELL SQUAT

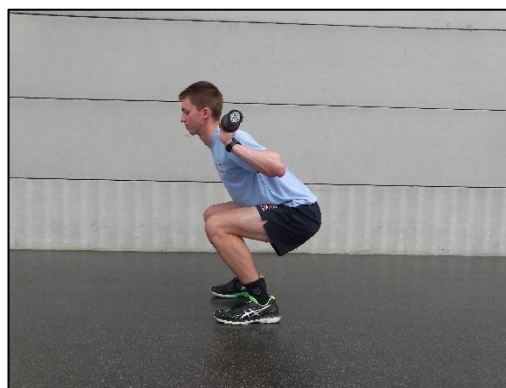
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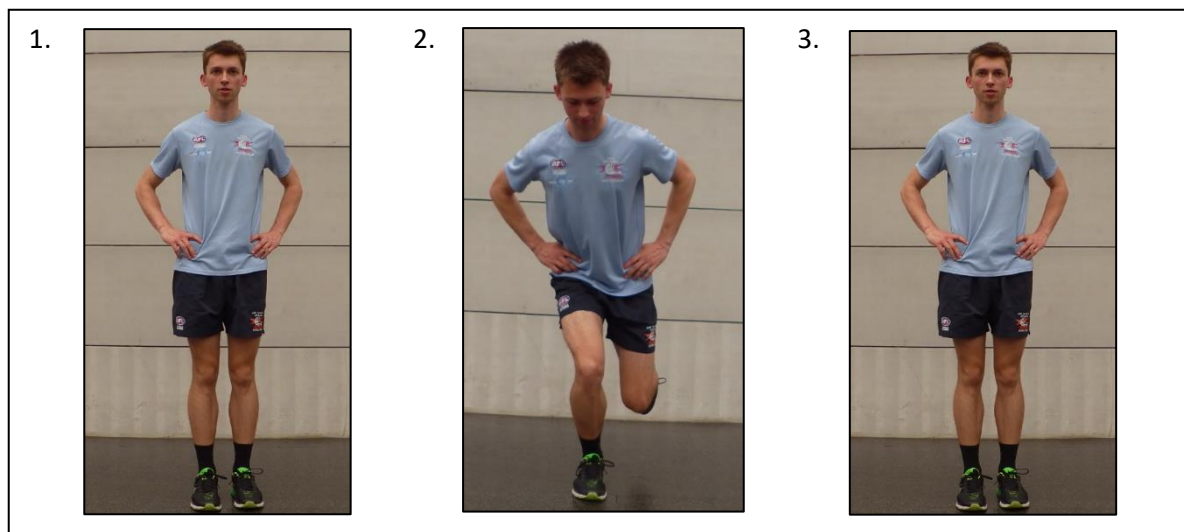
Instructions / Tips

- Have the bar on the upper back & have the elbows slightly lifted. Have the hands in a comfortable position, facing the front. **** different squats have a different holding position (e.g. front squat or goblet squat). ****
- Have the feet wider than hip-width apart and slightly pointed out.
- Descend by letting the knees & hips flex, so the thighs are approximately parallel with the floor. Try to keep the back as straight as possible, without leaning forward too much. The knees should track over the middle of the foot (do not let knees roll in).
- When extending – keep the feet flat on the floor, extend hips and knees and maintain the same torso angle.

Main Muscles Used

- Quadriceps (Rectus Femoris, Vastus Medialis, Vastus Lateralis & Vastus Intermedius)
- Gluteal Muscles (Gluteus maximus, Gluteus Medius & Gluteus Minimus)

SINGLE LEG SQUAT



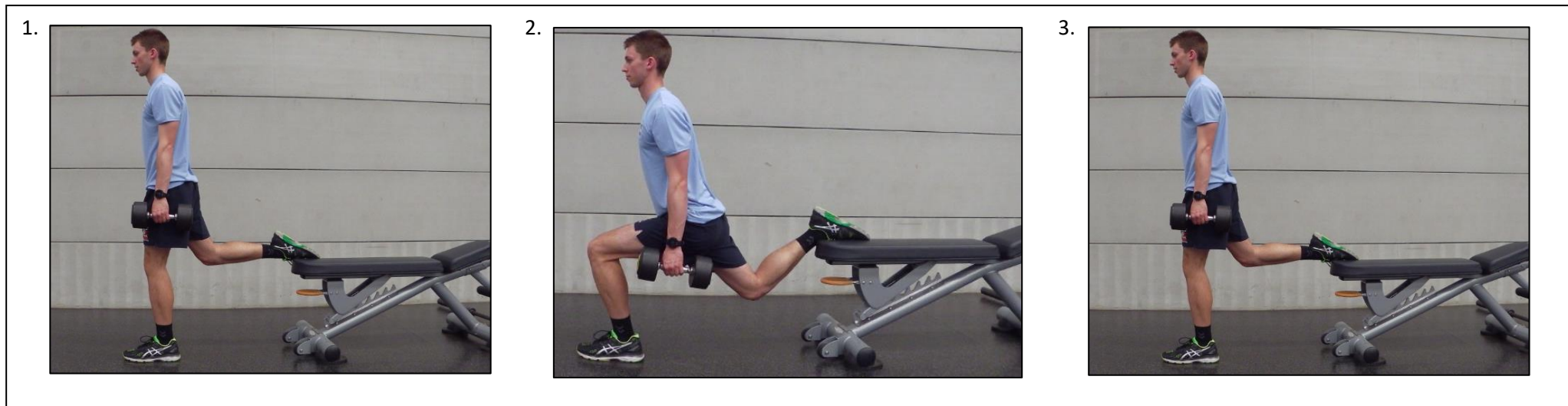
Instructions / Tips

- Throughout the entire movement, keep the knee tracking over the middle of the foot. Do not let the knee roll / fall inwards.
- When standing on one leg: flex the knee and keep it tracking over the middle of the foot. Go down as far as possible and then extend back to the starting position.
- Keep the hips in a neutral position and try to keep an upright posture throughout the movement.

Muscles Used

- Quadriceps
 - Rectus Femoris
 - Vastus Medialis
 - Vastus Lateralis
 - Vastus Intermedius
- Gluteus Maximus
- Hamstrings
 - Semimembranosus
 - Semitendinosus
 - Rectus Femoris

DB SPLIT SQUAT



Instructions / Tips

- With the rear foot elevated on a stable bench, chair or box etc. maintain a steady posture and align the ankle, knee and hip on the front leg.
- Squat up and down with a steady tempo whilst maintaining an upright posture and a straight back. Maintain balance and keep the ankle, knee and hips all aligned. Ensure your knee tracks over the middle of the foot and do not let the knee roll in.
- The knee / shin position on the front leg should be kept as straight as possible. Do not let the knee flex too far forward.

Muscles Used

- Quadriceps
 - Rectus Femoris
 - Vastus Medialis
 - Vastus Lateralis
 - Vastus Intermedius
- Gluteus Maximus
- Hamstrings
 - Semimembranosus
 - Semitendinosus
 - Rectus Femoris

DEADLIFT

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Instructions / Tips

- Have with the bar close to the shins with your arms extended and your shoulders over the bar. Look forward with your chest & head up, and keep your back straight. ****Different starting position for Romanian Deadlift (RDL)****

- Extend the knees & hips and keep a straight back throughout the movement. Keep your arms straight & extended and do not flex them or let them come up before the shoulders.

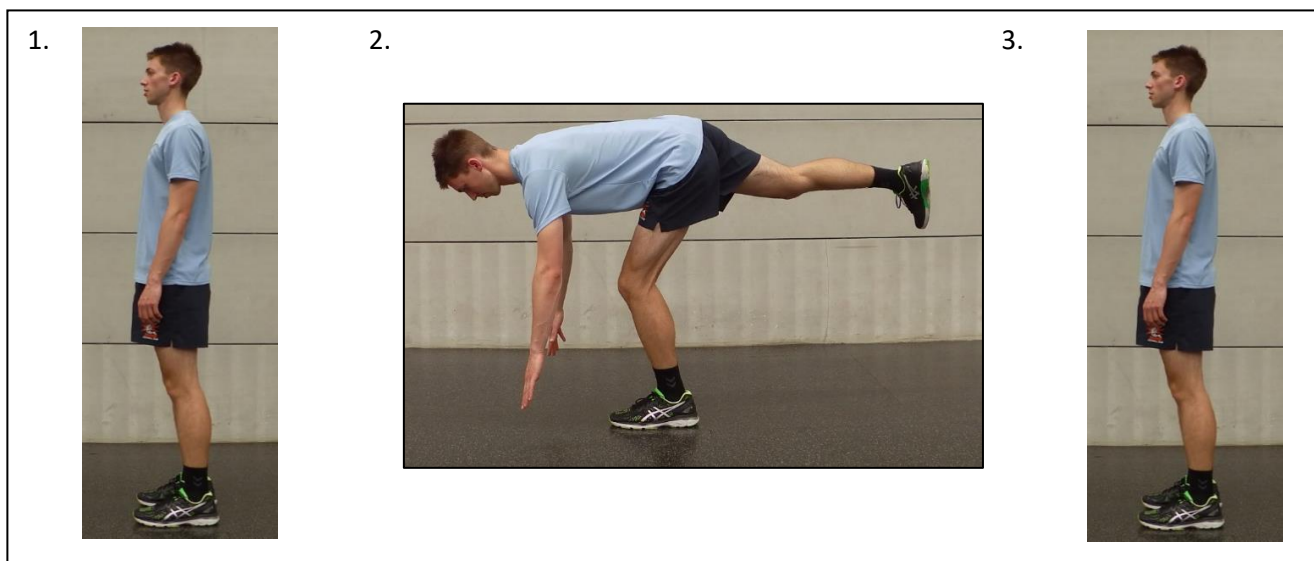
- As the bar comes above the knees, keep it close to the body, contract the glutes and extend your hips to establish a straight and erect position. Keep your back straight and do not over extend the hips.

Reverse these movements back to the ground, maintain a straight back and DO NOT round your back.

Muscles Used

- Gluteal Muscles
 - Gluteus Maximus
 - Gluteus Medius
 - Gluteus Minimus
- Hamstring Muscles
 - Semitendinosus
 - Semimembranosus
 - Biceps Femoris
- Back Muscles
- Quadriceps

SINGLE LEG DEADLIFT



Instructions / Tips

- Throughout the movement, keep the leg and the back straight and in the same line.
- Slowly lean forward and hinge the hips, keeping the back straight. Keep the head and chest up with the shoulders square whilst looking forward. Keep the arms straight throughout the movement and go down to approximately mid-shin level.
- Reverse the movements back to the starting position, whilst keeping a straight back.
- * You should be able to complete a normal double leg deadlift before doing this.

Muscles Used

- Hamstring Muscles
 - Semitendinosus
 - Semimembranosus
 - Biceps Femoris
- Gluteus Maximus
- Gluteus Minimus
- Gluteus Medius

GLUTE BRIDGE

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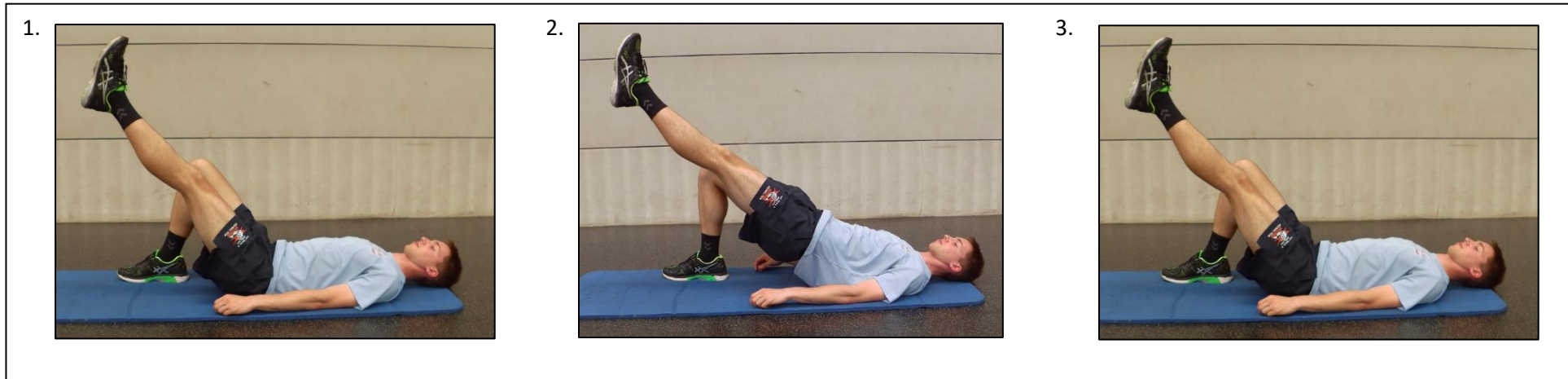
Instructions / Tips

- Start with both feet at shoulder width apart and keep the head & shoulders on the ground throughout the exercise.
- Contract the glute muscles and extend the hips to lift them off the ground. Continue the movement until the thighs are in line with the torso, and hold that position for 3 seconds.
- Slowly reverse the movements back to the ground and then repeat.
- Do not over extend the spine when extending the hips.

Muscles Used

- Gluteal Muscles
 - Gluteus Maximus
 - Gluteus Minimus
 - Gluteus Medius
- Hamstring Muscles
 - Semimembranosus
 - Semitendinosus
 - Biceps Femoris
- Erector Spinae
- Rectus Abdominus

SINGLE LEG GLUTE BRIDGE



Instructions / Tips

- Start with one foot at shoulder width apart and the other foot extended straight out. Keep the head & shoulders on the ground throughout the exercise.
- Contract the glute muscles and extend the hips to lift them off the ground. Continue the movement until the thighs are in line with the torso, and hold that position for 3 seconds.
- Slowly reverse the movements back to the ground and then repeat.
- Do not over extend the spine when extending the hips.

Muscles Used

- Gluteal Muscles
 - Gluteus Maximus
 - Gluteus Minimus
 - Gluteus Medius
- Hamstring Muscles
 - Semimembranosus
 - Semitendinosus
 - Biceps Femoris
- Erector Spinae
- Rectus Abdominus

SWISS BALL HAMSTRING CURL

1.



2.



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Instructions / Tips

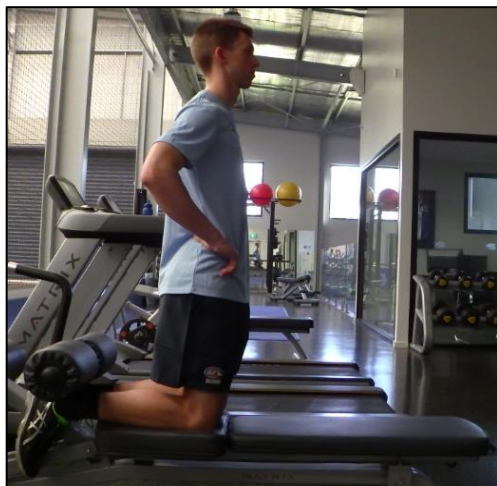
- Have the feet positioned on the swiss ball. Have the arms in a relaxed position on the ground, next to the body.
- Contract the glute muscles and extend the hips to lift them off the ground. Continue the movement until the thighs are in line with the torso. Keep the hips and torso at the same height and slowly flex the knees to bring the ball in towards the body.
- Extend the knees to reverse these movements back to the starting position.
- Do not over extend the hips and raise the body too high.

Muscles Used

- Hamstring Muscles
 - Semitendinosus
 - Semimembranosus
 - Biceps Femoris
- Gluteus Maximus
- Adductor Magnus

NORDIC HAMSTRING CURL

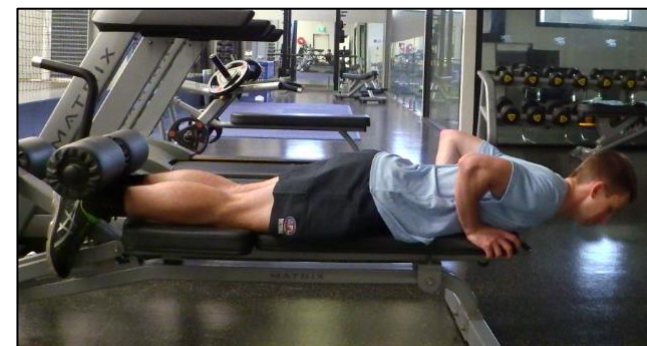
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Instructions / Tips

* If you do not have a machine to do this exercise, you can use anything or anyone to hold your feet down (e.g. couch, different machine, trainer, family member etc.).

- Start upright with your feet in a locked position and have the hands on hips / lower abdomen. Very slowly extend the knees for approximately 4 seconds, whilst maintaining a straight body position (avoid flexing the hips). The torso will be aligned with the thighs and down to the knees.

- After approximately 4 seconds or until you can go no further, release the movement down to the ground / bench and catch yourself with the hands.

Main Muscles Used

- Hamstrings
 - Semimembranosus
 - Biceps Femoris
 - Semitendinosus
- Gluteus Maximus
- Gastrocnemius (calf)

CLAMS



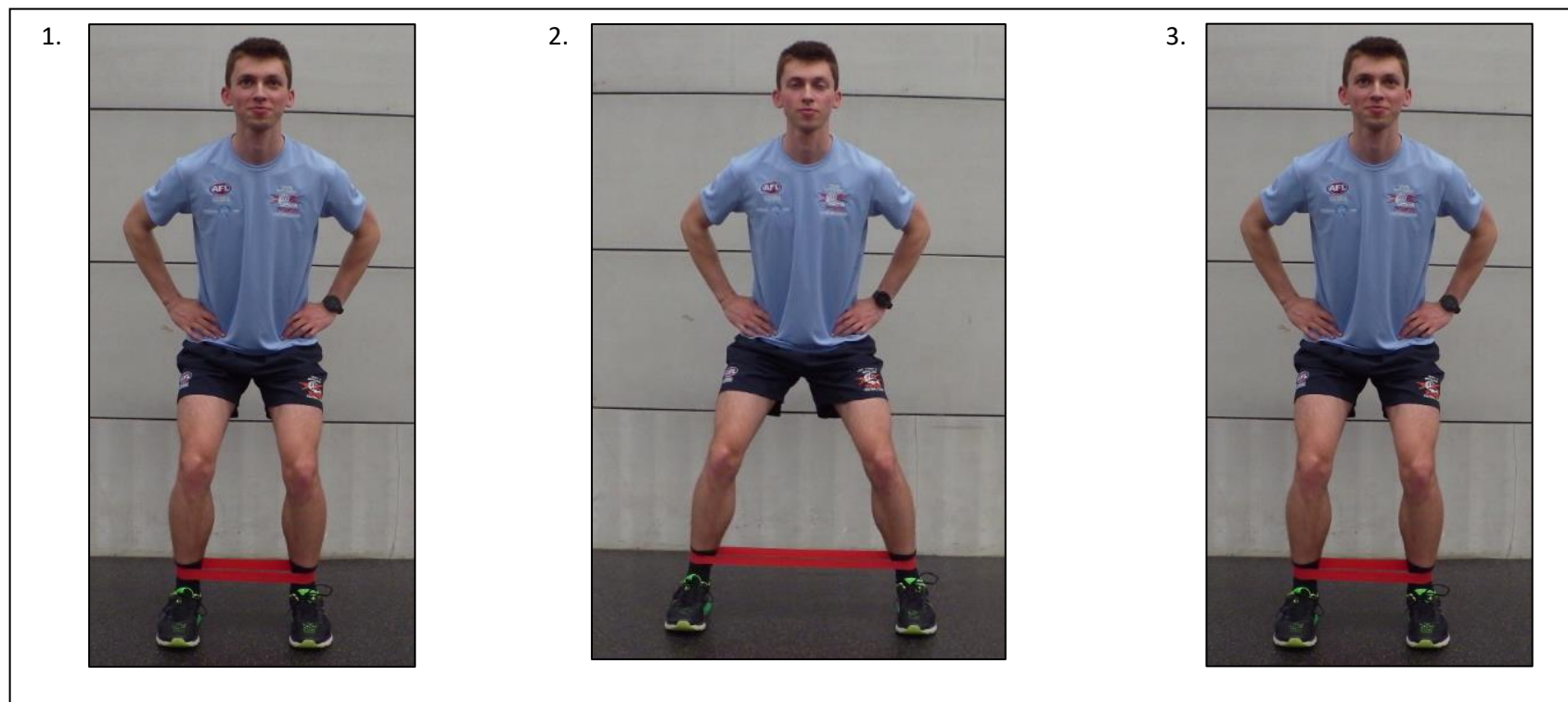
Instructions / Tips

- Lying on one side of the body. Have the hips and shoulders square, and keep the hip still throughout the entire movement.
- Have the band placed above the knees (see picture) and externally rotate the hip by abducting the knee away from the body. Keep the body still whilst externally rotating the hip.
- As the exercise gets easier increase the tension of the band.

Main Muscles Used

- Gluteal Muscles
 - Gluteus Medius
 - Gluteus Minimus
- Piriformis
- Tensor Fascia Latae

CRAB WALKS



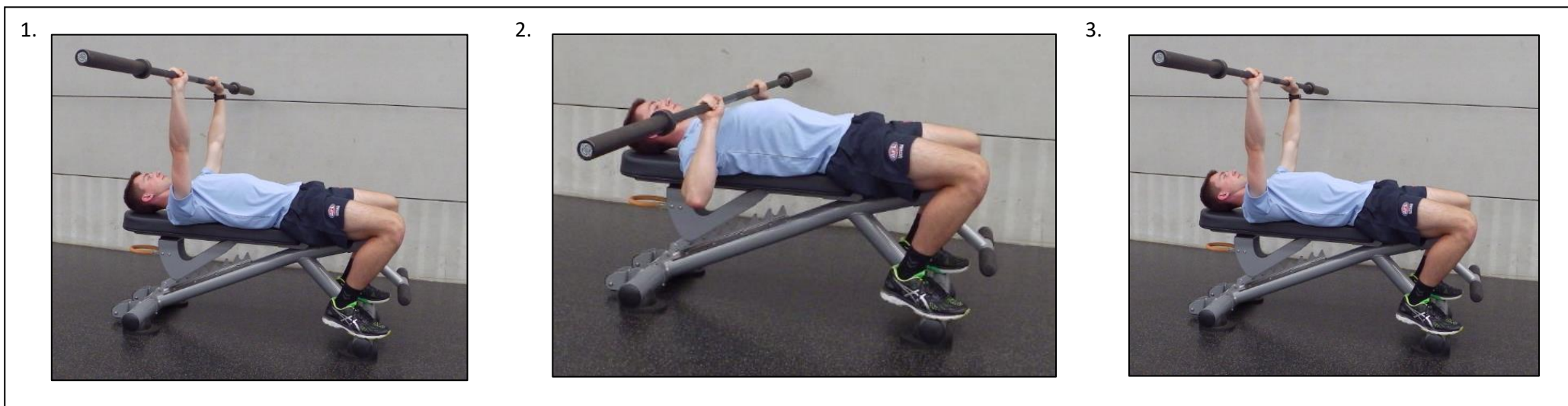
Instructions / Tips

- Start with the feet at hip width apart and have the knees slightly flexed, whilst maintaining an upright posture. Have the hands on the hips / lower abdomen and engage core muscles.
- Continue to side step either way, whilst keeping the knees flexed, the toes aligned over the middle of the foot and an upright posture. Do not let the knee roll in as side steps are taken and contract the gluteal muscles throughout the exercise. Once 5-6 steps have been taken one way, begin to step back the other way, maintaining the same technique.

Muscles Used

- Gluteal Muscles
 - Glute Minimus
 - Glute Medius
 - Glute Maximus
- Adductor Muscles
 - Adductor Brevis
 - Adductor Longus
 - Adductor Magnus

BENCH PRESS



Instructions / Tips

- Head, Shoulders & hips on the bench with the feet on the ground. Start with eyes starting under the bar. The hands should be slightly wider than shoulder width apart with an overhand (pronated) grip.
- Lower the bar so it comes down to approximately nipple level and then fully extend the arms back up to the starting position. Do not arch the back as the arms are extending.
- Tense the glutes and contract core muscles to maintain stability. Keep the movement controlled on the way down.

Muscles Used

- Pec Muscles
 - Pectoralis Major
 - Pectoralis Minor
- Arm Muscles
 - Triceps Brachii
 - Anterior Deltoid
 - Coracobrachialis
- Serratus Anterior

BENCH PULL

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2.



3.



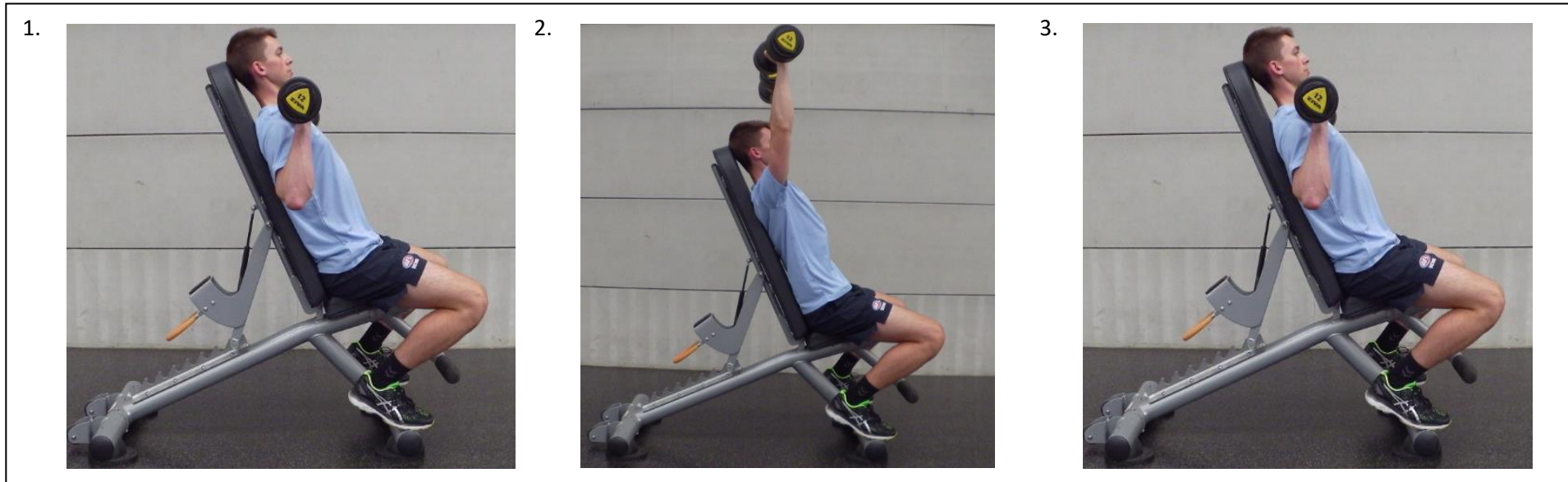
Instructions / Tips

- Have the chest, hips and thighs in contact with a bench. The feet can be elevated throughout the exercise.
- Hold the bar with a pronated (closed) grip approximately shoulder width apart and pull the weight up towards the chest, whilst keeping the elbows close to the body.
- Do not use momentum to lift the weight up. Keep the body still throughout the entire movement.

Muscles Used

- Latissimus Dorsi
- Trapezius Muscles (upper and middle)
- Rhomboid Major
- Teres Major
- Bicep Muscles
 - Biceps Brachii
 - Brachialis

SHOULDER PRESS



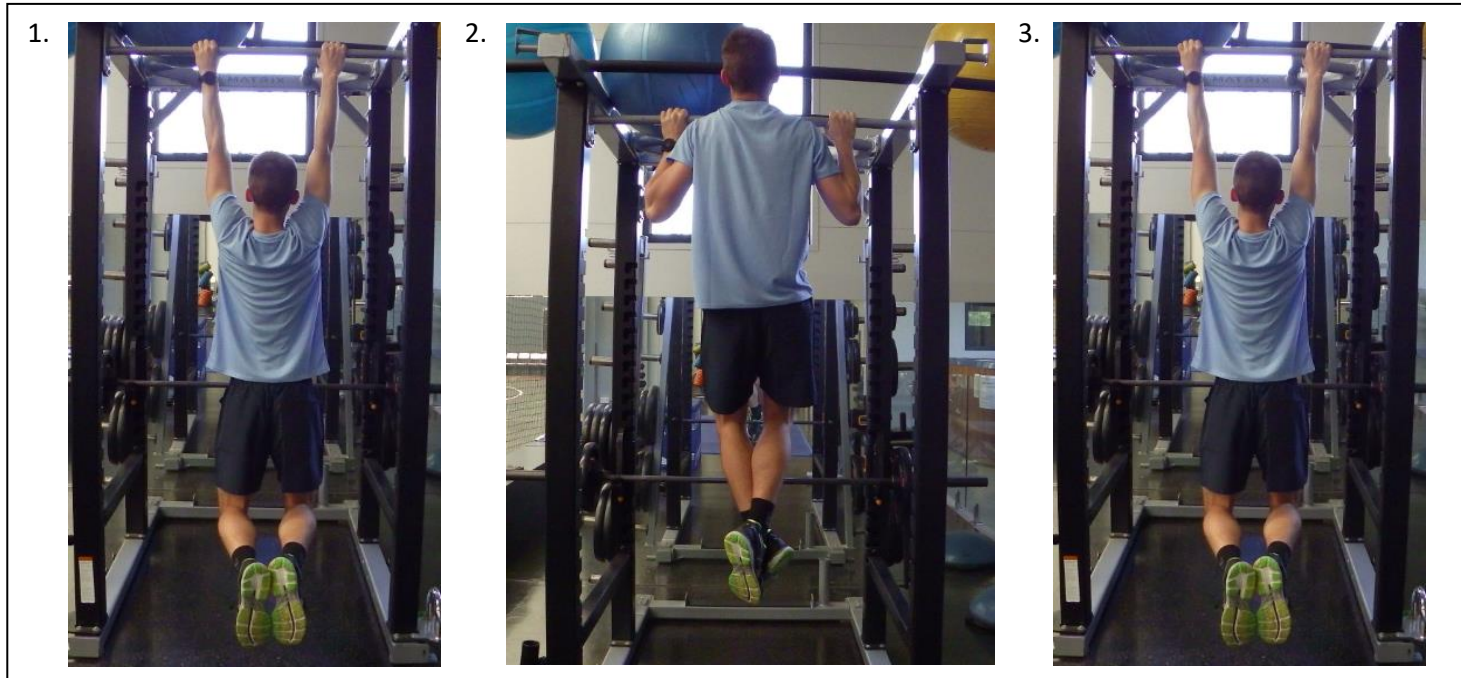
Instructions / Tips

- Seated position with the feet on the floor. Maintain an upright posture with the chest up throughout the movement. Grip the DB's with an overhand (pronated) grip.
- Maintain a stable torso, whilst contracting the core muscles. Push the DB's up, extending the arms to almost full extension.
- Lower the DB's back to starting position.

Muscles Used

- Shoulder Muscles
 - o Deltoid Muscles
 - o Supraspinatus
- Triceps Brachii
- Lower & Middle Trapezius
- Serratus Anterior

WIDE GRIP PULL UP



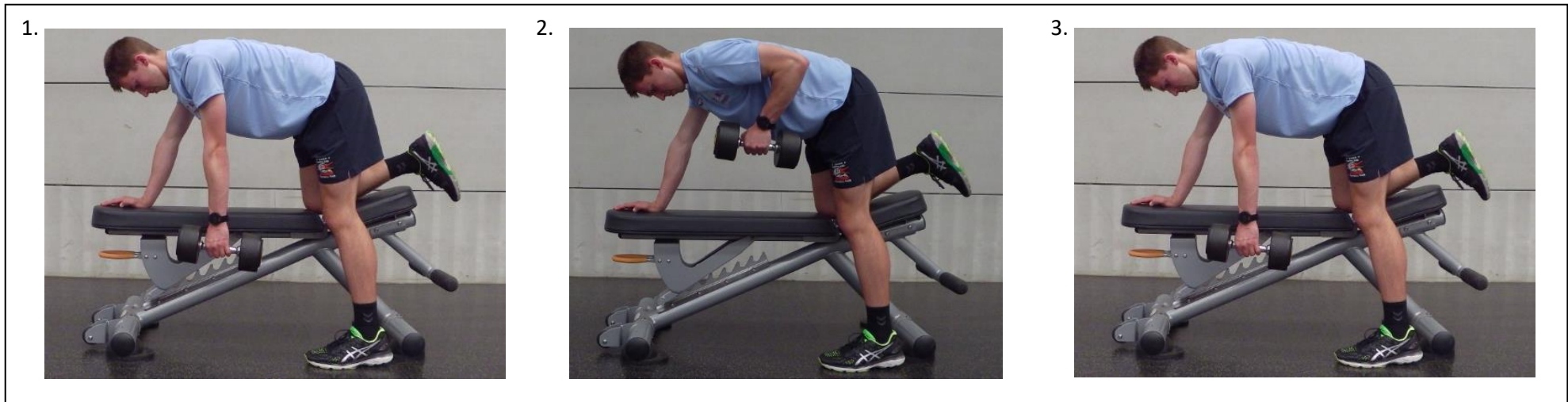
Instructions / Tips

- Grip the bar with an overhand (pronated) grip. The hands should be slightly wider than shoulder width apart.
- Pull the body up until the chin is above the bar, and then fully extend the arms and lower the body back to starting position.
- Do not touch the ground between repetitions. Do not use momentum / swing to pull the body up. Try to keep the body still throughout the movement.

Muscles Used

- Back Muscles
 - Latissimus Dorsi
 - Infraspinatus
 - Lower Trapezius
 - Erector Spinae
- Biceps Brachii
- Pectoralis Major

SINGLE ARM ROW



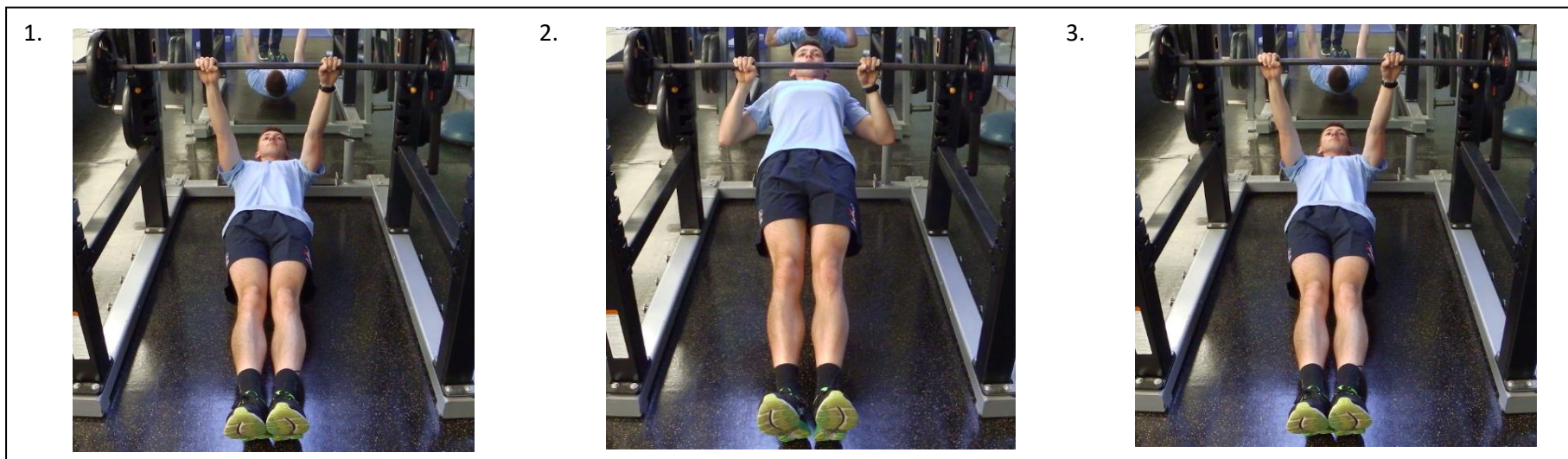
Instructions / Tips

- Have the body extended out on the bench, so that a straight and flat back is maintained throughout the movement. Do not round the back.
- Start with the arm extended, but maintaining a straight back without dropping the shoulder. Flex the arm and pull the DB up until it's in line or slightly above the torso. Then fully extend the arm back to starting position without dropping too far.

Muscles Used

- Back Muscles
 - Rhomboid Major
 - Latissimus Dorsi
 - Teres Major
 - Trapezius
- Arm Muscles
 - Posterior Deltoid
 - Biceps Brachii
 - Brachialis
 - Brachioradialis

SUPINE RACK PULL



Instructions / Tips

- This exercise can be done on any fixed equipment.
- Grip the bar with an overhand (pronated) grip, with the hands at approximately shoulder width apart. The torso should be kept straight throughout the entire movement and kept in line with the legs.
- Flex the arms and pull the body up towards the bar, keeping the body in line with the legs the entire time. Then fully extend the arms back to starting position and repeat the movement.

Muscles Used

- Back Muscles
 - Latissimus Dorsi
 - Middle Trapezius
 - Rhomboid major
- Shoulder Muscles
 - Posterior Deltoid
 - Teres Major
- Biceps Brachii

PUSH UP

1.



2.



3.



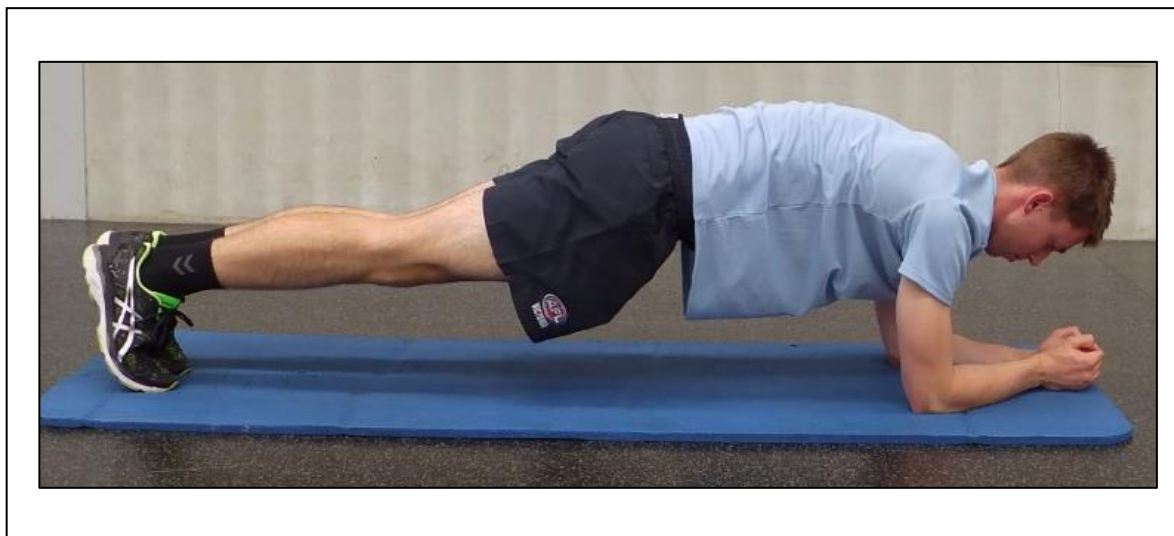
Instructions / Tips

- Start with the hands slightly wider than shoulder width apart and the body in a straight position. Have the feet together.
- Slowly lower the chest towards to the ground, keeping the body straight and in line with the legs throughout the movement. Go down so that the chin is almost touching the floor then extend the arms and return to the starting position.
- When extending back to starting position, do not let the chest rise before the rest of the body. Bring the body up together.
- Keep the glutes and core contracted throughout the movement.

Muscles Used

- Pectoralis Major
- Pectoralis Minor
- Triceps Brachii
- Serratus Anterior
- Coracobrachialis
- Anterior Deltoid
- Anconeus

PLANK (HOLD)



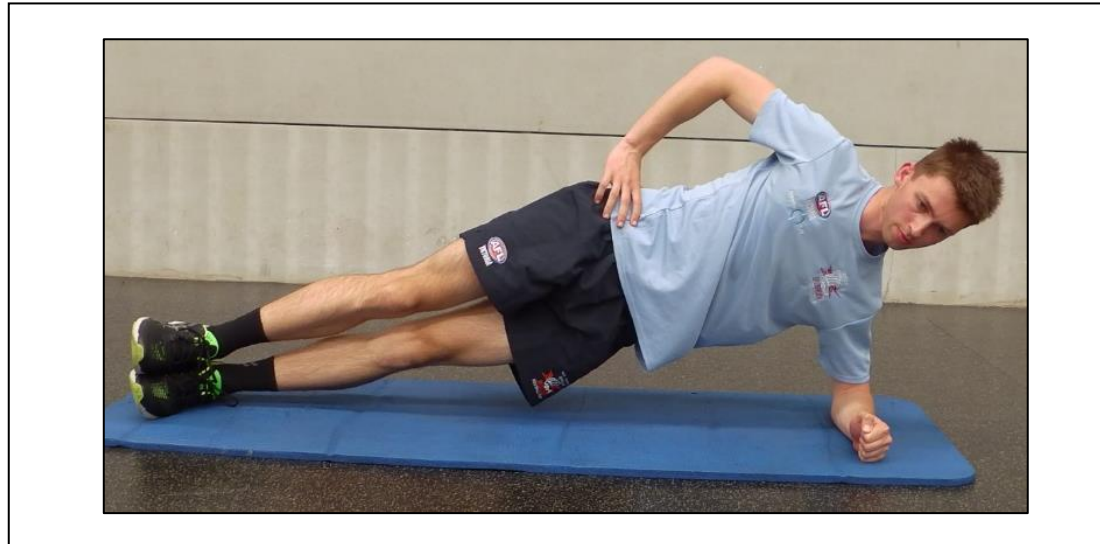
Instructions / Tips

- This exercise is done by stabilising the body with both forearms. Start in a prone position with the arms at shoulder width apart and the feet together.
- Ensure a straight posture is maintained whilst holding the position. The body should be in a straight line from the head to the toes.
- Contract / tense the glute and core muscles throughout the exercise.

Muscles Used

- Core Muscles
 - o Transverse Abdominus
 - o Rectus Abdominus
 - o Internal & External Obliques
- Gluteus Maximus
- Gluteus Minimus

SIDE PLANK (HOLD)



Instructions / Tips

- This exercise is done by stabilising the body with one arm, whilst keeping the body as still as possible. The upper leg should be placed directly on top of the other.
- The body should be in a straight line from the head to the toes, which means the head, chest, hips, knees and feet should all be parallel.
- Ensure the shoulders and hips are not leaning in front or behind the body, but aligned with the rest of the body.

Muscles Used

- Core Muscles
 - Internal & External Obliques
 - Rectus Abdominus
 - Transverse Abdominus
- Gluteus Maximus
- Gluteus Minimus
- Gluteus Medius