

## ASH INTERMEDIATE FITNESS PROGRAM

### Program for

Trainer: carol jabbour

### Introduction

### Warm Up

10 minutes treadmill - Incline Level 3 - Speed 8

### Cardio Program

Activity	Intensity	Duration	Comments
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### Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Axe chop medicine ball x-body	Exercise						
Deep Squat Progression	Exercise						
Dumbbell Deadlift	Exercise						
Chest Fly – on Stability Ball 2 Arm Dumbbells	Exercise						
Drop and Catch – Supine on Floor with Stability Ball	Exercise						
Dumbbell Shoulder Press: Seated on Bench	Exercise						
Gastrocnemius – Functional Hip Ab/Adduction with Straight Leg	Flexibility						
Spinal Rotation - Supine Contract Relax (Assisted)	Flexibility						
Overhead Reach – Sitting Against Wall	Flexibility						

### Cool Down

10 minutes treadmill - Incline 0 - Speed 8

### Axe chop medicine ball x-body

Reps:

Sets:

Intensity:

Tempo:

Rest:

Duration:

### Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- Start with the feet slightly wider than the width of the shoulders, toes turned out slightly.

### Movement

- This movement involves a cross-body chop motion using a medicine ball.
- Start with the knees slightly bent, both hands on the MB and arms straight.
- The hands start at head height (as shown).
- Accelerate the MB down and across the body.
- Decelerate the ball at the low end and accelerate the MB back up to the starting position.
- Repeat pattern back and forth for the desired reps then switch sides.



### Deep Squat Progression

Reps:

Sets:

Intensity:

Tempo:

Rest:

Duration:

### Preparation

- Initiate a thorough dynamic warm up prior to starting this exercise -this engages the nervous system.
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- Ensure that the client has sufficient mobility in the lower and upper body before prescribing this exercise.

### Movement

- This movement involves a squat with the heels on a foam roller (or similar lift) and a alternating arm reach
- Start standing with the heels on a lift of about 5 cm (2 inches)
- The FIRST movement involves flexing forward at the hips and reaching toward the feet with the knees slightly bent
- Hold in a "toe-touch" position, then lower the hips down to a full squat (as shown)
- With an alternating pattern, reach one arm up towards the ceiling ... look at the hand, lower and switch arms
- Trainers: watch and correct for a head forward posture, excessive frontal plane hip shift, excessive thoracic kyphosis and/or excessive valgus of the knees (knocked knees)



### **Dumbbell Deadlift**

Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Stand tall, retract scapulas and draw in navel towards spine while squeezing glutes.
- Important that the hip, knee and toes are tracking in line.
- Core must remain activated throughout deadlift.
- Watch for compensation in your client. Don't let misalignment of legs or flexion of the lower lumbar occur.

#### **Movement**

- Keep arms straight at all times.
- Lower the weights down as deep as neutral spine angles can be maintained.
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed.
- Ensure no compensations of the knee, ankle or hip.
- Return to the starting position, pushing through the glutes (to keep pressure off the lower back) and keeping the head and chest up, this will ensure that pressure is not placed solely on the lower back.
- Inhale on the way down and exhale on the way up.
- Don't rush through the exercise.
- Keep transverse activated at all times.



### **Chest Fly – on Stability Ball 2 Arm Dumbbells**

Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Place head and 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 and hold).
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#### **Movement**

- Starting with dumbbells (DB) above the chest and arm straight.
- Lower arms allowing them to bend slightly until the DBs reach just above the shoulder level.
- Return the DBs back to the starting position and repeat.
- Perform desired repetitions.
- Maintain even speed when performing the exercise.
- Position DBs above the chest not over your head.
- Keep shoulder blades locked together throughout exercise.
- Keep body in plank position.



### **Drop and Catch – Supine on Floor with Stability Ball**

Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Lying on floor in supine position, make sure chin is pointing towards ceiling.
- Activate transverse abdominus by pulling in belly button towards spine and maintain there for entire exercise.
- Place ball between feet and slowly lift off the floor.

#### **Movement**

- With feet elevated above the floor, allow the ball to drop towards the floor.
- Catch the ball with both feet before it hits the floor and hold for three seconds and repeat.
- Very important to keep transverse abdominus activated at all times.
- If you feel any back pain discontinue immediately.
- Technique is important, don't sacrifice quality over quantity.



### **Dumbbell Shoulder Press: Seated on Bench**

Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Sit 'tall' in neutral spine, with dumbbells (DB) in the starting position beside the head.

#### **Movement**

- Press the DBs upward until elbows are straight beside the ears.
- MAINTAIN NEUTRAL SPINE. (NOTE: This will be difficult if there are any of the above-mentioned restrictions in the shoulder girdle).
- Lower at desired tempo.



### **Gastrocnemius – Functional Hip Ab/Adduction with Straight Leg**

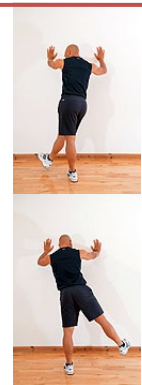
Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Stand near a wall or sturdy object.
- Bring one leg forward and hover off the ground.
- Use your upper body to lean against wall.
- Your outstretched leg should form one straight line and the subtalar joint should be in a neutral position.

#### **Movement**

- Draw your belly button inward toward your spine.
- Keep rear foot on ground, with opposite hip flexed.
- Next, slowly move through hips creating controlled supination/pronation through the lower extremity.
- Controllably move in and out of stretch position for recommended time.
- Switch sides and repeat directions.



### **Spinal Rotation - Supine Contract Relax (Assisted)**

Reps:	Sets:	Intensity:
Tempo:	Rest:	Duration:

#### **Preparation**

- Position trainer and client as pictured.

#### **Movement**

- Cross the leg over as pictured, stop when first resistance barrier is noted, hold for 20-30 seconds, relax.
- Next, instruct the client to push statically for 5-7 seconds.
- HOLD AT FIRST RESISTANCE BARRIER FOR 20-30 SECONDS, THEN STATICALLY CONTRACT FOR 5-7 SECONDS, RELAX AND MOVE INTO NEWLY ACQUIRED ROM, REPEAT FOR 2-3 REPS.



**Overhead Reach – Sitting Against Wall**

Reps:

Sets:

Intensity:

Tempo:

Rest:

Duration:

**Preparation**

- Sit against a wall with the butt, lumbar spine and shoulder blades in contact with the wall ... the lumbar curve should be VERY slight.
- Place the bottoms of the feet together (as shown).
- Ensure a slight drawing in with a pelvic floor contraction to maintain spine angles.

**Movement**

- Start with the arms against the wall so that the shoulders, elbow and hands are in contact.
- The elbow joints should be bent at 90°.
- Trainers: If the client cannot maintain proper spinal alignment when they move their hands into position (i.e., their back arches) a flexibility programme needs to be initiated to increase external rotation at the humerus.
- Perform an overhead press action, while maintaining shoulder, elbow and hand contact with the wall.
- The higher the client can extend the arm, the more functional flexibility they will have in the lats, chest and anterior shoulder girdle.
- ENSURE that the client does NOT arch the back as they raise their arms, and that they maintain a drawing in manoeuvre.

