



Total Body Workout # 1

Program Total Body 3X per week

Trainer : Ingo

Introduction

This program is set out for the average person looking for a overall health & fitness. If there are exercises that your client can't perform, modify to suit eg if they can't stand on one leg then put don't use the stork stance. DON'T HESITATE TO CHANGE THE PROGRAM AROUND. If you would like use it as a circuit!

Warm Up

Start with SMR of Calves, Glutes, Thoracic Spine and Lats, followed by:

- Chest Supine on SB - 5 reps, 6 secs
- Gastroc - w/ Pronation and Supination - 5 reps, 6 secs
- Psoas - Kneeling - 5 reps, 6 secs
- Lat - Prone Kneeling on SB - 5 reps, 6 secs

Then warm up exercise - try variations of:

- MB Woodchop - split stance
- MB Overhead Throws - moderate power
- MB Sagittal and Frontal Lunges - keep these controlled and shallow while throwing MB to your client
- Perform exercises for 1 minute, repeated 4/5 times.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
MB Patterns	Exercise	2	15	N/A	controlled	appropriate	45 secs
1 Leg PNF Pattern	Exercise	2	12	N/A	controlled	appropriate	45 secs
Prone Knee Roll in on SB	Exercise	2	15	N/A	controlled	body	45 secs
Step Up	Exercise	2-3	12-15	N/A	controlled	body	45 secs
Deadlift - DB	Exercise	2-3	12-15	N/A	controlled	challenging	minimal
Extension/Flexion With MB	Exercise	2-3	15	N/A	power	appropriate	90 secs
Tricep Extension - Stork Stance	Exercise	2-3	12-15	N/A	controlled	challenging	minimal
Lunge - Lateral w/ Bicep Curl (To Stabilization)	Exercise	2-3	15	N/A	power	appropriate	
Chest Press - Standing (Free Motion)	Exercise	2-3	12-15	N/A	controlled	challenging	minimal
Push Up - On MB	Exercise	2-3	15	N/A	power	appropriate	90 secs
Shoulder Press - 1 Leg	Exercise	2-3	12-15	N/A	controlled	challenging	minimal

PNF Pattern With DB	Exercise	2-3	15	N/A	power	appropriate	90 secs
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Cool Down

Start with SMR of Calves, Glutes, Thoracic Spine and Lats, followed by:

- Chest Supine on SB - 2 reps, 20-30 secs
- Gastroc - w/ Pronation and Supination - 2 reps, 20-30 secs
- Psoas - Kneeling - 2 reps, 20-30 secs
- Lat - Prone Kneeling on SB - 2 reps, 20-30 secs

MB PATTERNS

Reps : 15 **Sets :** 2 **Intensity :** appropriate

Tempo : controlled **Rest :** 45 secs

Preparation :

- Activate core with a drawing in and pelvic floor contraction.
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.



Movement :

- Stand tall with good alignment, arms straight, turn through the shoulders so that the med. ball rotates from side to side.
- Keep your visual focus straight ahead, because turning the head is a progression as you confuse the vestibular system.
- Start slowly and gradually increase the speed as your ability increases.
- **Other progressions:** eyes closed; moving head side to side



1 LEG PNF PATTERN

Reps : 12 **Sets :** 2 **Intensity :** appropriate

Tempo : controlled **Rest :** 45 secs

Preparation :

- Perform drawing in and pelvis floor contractions.
- Lift one leg off the floor and dorsiflex elevated ankle. Keep feet parallel in frontal plane.
- Maintain level hips.

Movement :

- Start in one leg squat position arms straight and fingers interlocked.
- Descend into the squat and turn shoulders towards elevated leg as you extend the arms.
- Avoid turning at the hips or pronating at the knee and



- ankle.
- In a simultaneous motion squat up and slowly rotate shoulders towards planted leg as arms flex.
- Progressions:**
Inertia progressions: No weight to dumbbells to cables to tubing.



PRONE KNEE ROLL IN ON SB

Reps : 15 **Sets :** 2 **Intensity :** body
Tempo : controlled **Rest :** 45 secs

Preparation :

- Lie prone on the ground, hands are slightly wider than shoulder width and spine angles are "neutral".
- Place shins on the stability ball.
- Activate core with a drawing in and pelvic floor contraction.



Movement :

- With your arms extended, perform a stability ball roll " in crunch by bring your knees to your chest.
- Bring your legs back into triple extension (at hip, knee, and ankle).
- AVOID letting your back sag by keeping the core engaged and activating the glutes and lats.



STEP UP

Reps : 12-15 **Sets :** 2-3 **Intensity :** body
Tempo : controlled **Rest :** 45 secs

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction.



Movement :

- Position feet shoulder width apart, pointing straight ahead.
- Choose a step or bench that is a comfortable height to step up on.

- Step forward with one foot onto the bench or step.
- In a simultaneous motion, step up and “pick up” your hips on the opposite side as your step leg.
- Step down backwards with the same technique of holding the HIPS LEVEL
- TRAINERS: watch the hips (to ensure frontal plane stability), and ensure that NO pronation distortion occurs anywhere in the kinetic chain.
- **Progression:** When technique is mastered load can be added “dumbbell, then cables, then tubing.



DEADLIFT - DB

Reps : 12-15 **Sets :** 2-3 **Intensity :** challenging
Tempo : controlled **Rest :** minimal

Preparation :

- Stand tall, retract scapulas and draw in navel towards spine whilst 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 & chest up, this will ensure that pressure is not placed solely on the lower back.
- Breathing in on the way down & breathing out on the way up
- Don't rush through the exercise.
- Keep transverse activated at all times.



EXTENSION/FLEXION WITH MB

Reps : 15 **Sets :** 2-3 **Intensity :** appropriate
Tempo : power **Rest :** 90 secs

Preparation :

- Grasp a med-ball with both hands and keep elbows slightly bent.
- Assume a squat position.

Movement :

- Draw your belly button inward toward your spine.
- From the squat position, squeeze glutes to start extending at the ankle, knee, hip and spine.
- Flex shoulders overhead as far as can maintain neutral spine.
- Lower to starting position, repeat as required.



TRICEP EXTENSION - STORK STANCE

Reps : 12-15 **Sets :** 2-3 **Intensity :** challenging
Tempo : controlled **Rest :** minimal

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction. This exercise integrates upper and lower body and will cause fatigue! technique should be maintained through each repetition.



Movement :

- Stand on one leg with good alignment, the knee is bent to approx. 20 degrees.
- SLOWLY flex forward in the trunk and allow the raised leg to extend behind you in triple extension (at hip, knee, and ankle) and HOLD THIS POSITION.
- The body line should be straight and parallel with the floor from the cervical spine right down the extended leg (as shown in the video link).
- Choose LIGHT weight and PERFECT the technique as this exercise is difficult to perform correctly.
- Position the upper arms parallel to the torso, elbows bent at 90 degrees, and HOLD.
- Perform a two arm tricep kickback movement, keeping the upper arm stationary and only moving the forearms, lower weights slowly.
- TRAINERS: watch that you have a chin tuck (for good cervical alignment), a "neutral" spine angles, hips that are level and parallel with the



floor, and correct ANY pronation in the legs (at knee and subtalar joints). Be very active in your cueing to ensure that proper form.

LUNGE - LATERAL W/ BICEP CURL (TO STABILIZATION)

Reps : 15 **Sets :** 2-3 **Intensity :** appropriate

Tempo : power **Rest :**

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction.

Movement :

- While maintaining total body alignment, step sideways descending slowly by bending the lunge at the hips, knees, and ankles, and keeping the other leg straight in extension.
- Keep most of your weight in the lunge leg and AVOID letting your back arch as you descend into the lunge.
- In the deepest part of the lunge, perform a bicep curl and lower the weight slowly.
- Use your hip and thigh muscles to push yourself up and back to the starting position.
- Other progression: 1- inertia progression: for dumbbells, to cable, to tubing 2- Stable to Unstable: shoes on to shoes off to lunging onto an unstable surface (i.e. core-board, airex pad etc.).



Progression Considerations :

- While maintaining total body alignment, step sideways descending slowly by bending the lunge at the hips, knees, and ankles, and keeping the other leg straight in extension
- Keep most of your weight in the lunge leg and AVOID letting your back arch as you descend into the lunge
- In the deepest part of the lunge, perform a bicep curl and lower the weight slowly
- Use your hip and thigh muscles to push yourself up to a position where you raise the lunge leg into triple flexion at 90 degrees (at hip, knee, and ankle) and hold on one leg

CHEST PRESS - STANDING (FREE MOTION)

Reps : 12-15 **Sets :** 2-3 **Intensity :** challenging

Tempo : controlled **Rest :** minimal

Preparation :

- Adjust cable arms as shown.
- Stand in a stable staggered stance position.
- Using a barbell grip, align the wrist and elbows as shown for start position.



Movement :

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by pressing hands together.
- Check alignment and positioning and repeat press.
- It is important not to let your back arch at any time during the movement.
- Keep arm in alignment with the cable as shown.
- Keep feet flat on the floor and slight bend in knees to maintain balance and stability.
- Variation: Try various grip positions, Alternating arms.



PUSH UP - ON MB

Reps : 15 **Sets :** 2-3 **Intensity :** appropriate

Tempo : power **Rest :** 90 secs

Preparation :

- Assume a prone position. Your hands are then placed shoulder width apart, with knees extended.
- Lift one arm up on top of a medicine ball.

Movement :

- From optimal postural alignment, draw your lower abdomen inward toward your spine.
- Maintaining alignment, push against the stable (floor) and unstable (ball) surface, displacing the thorax backwards as the ball is displaced to the opposite hand.
- Keeping optimal spinal alignment, repeat explosive movement. **Note: You should not compensate structural integrity in attempts to perform more repetitions!**





SHOULDER PRESS - 1 LEG

Reps : 12-15 **Sets :** 2-3 **Intensity :** challenging

Tempo : controlled **Rest :** minimal

Preparation :

- Perform drawing in and pelvis floor contractions.
- Lift one leg off the floor and dorsiflex elevated ankle.
- Keep feet parallel in frontal plane.
- Maintain level hips.



Movement :

- Press dumbbells upward maintaining optimal alignment. Lower, and repeat.
- **Progressions:** Inertia progressions- No weight to dumbbells to cables to tubing.



PNF PATTERN WITH DB

Reps : 15 **Sets :** 2-3 **Intensity :** appropriate

Tempo : power **Rest :** 90 secs

Preparation :

- Activate the core with a proper drawing in maneuver and pelvic floor contraction.
- Maintain neutral spine angles.

Movement :

- Begin with no weight and perfect the movement, then choose a VERY light weight.
- Start with thumb of right arm on left thigh, arm straight.
- Simultaneously flex arm at shoulder joint and externally rotate humerus as your arm comes across your body and until full flexion is achieved.



- Reverse the action by simultaneous shoulder flexion and humeral internal rotation.



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