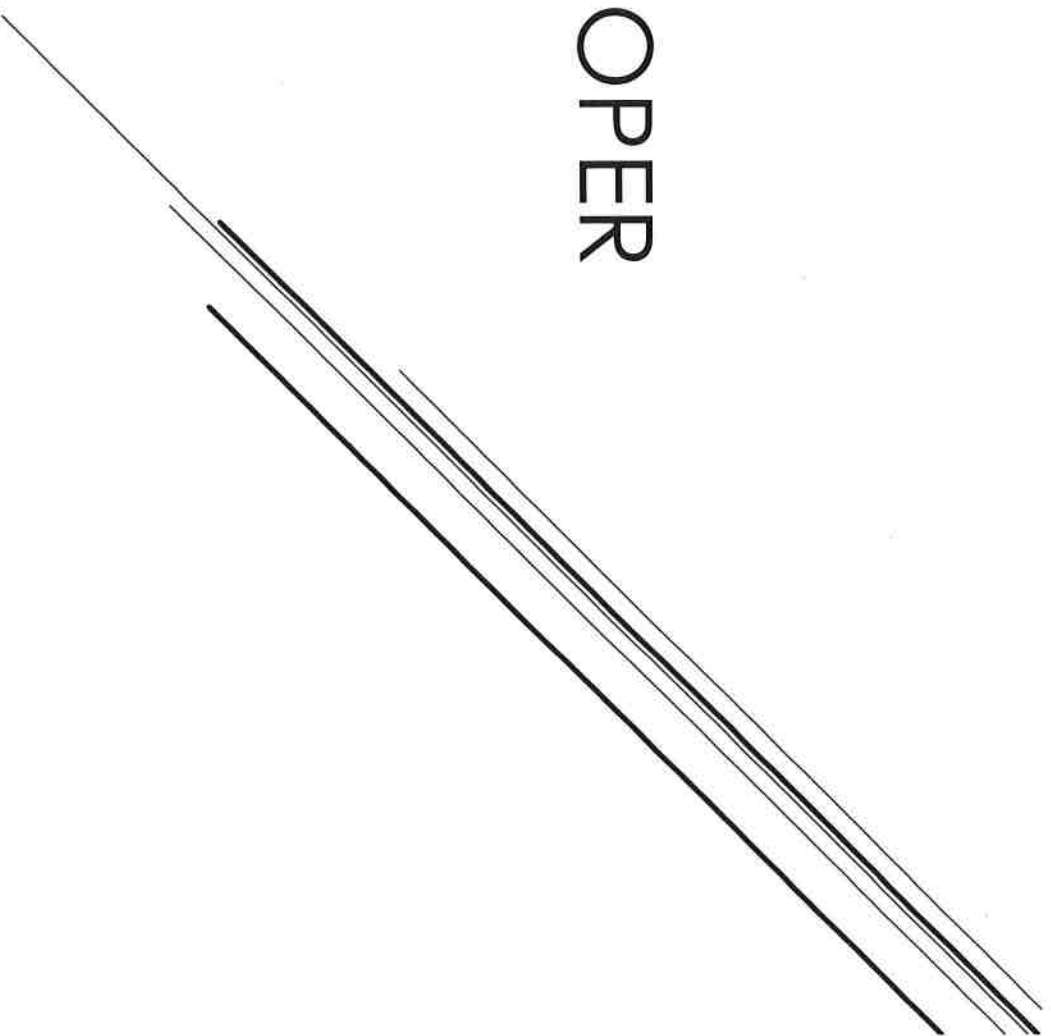


TRAINING WITH PROPER TECHNIQUE

CJ Cofrancesco

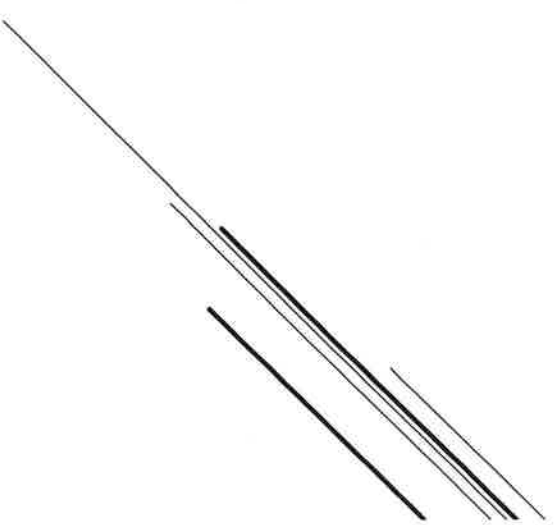
BS Exercise Science

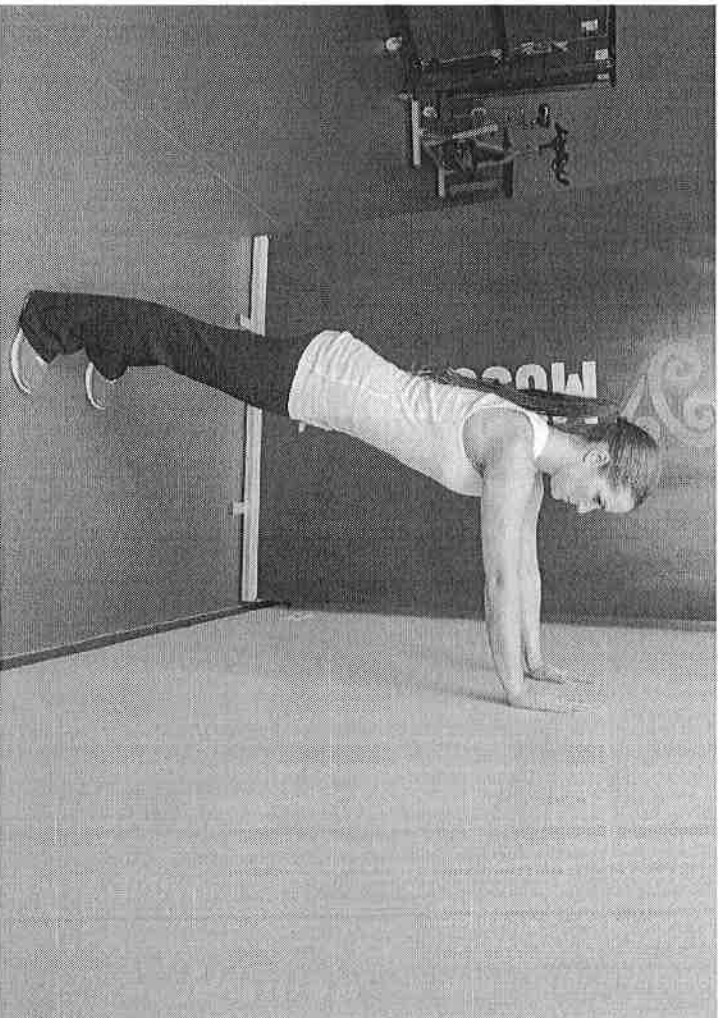
MS Exercise Science & Nutrition



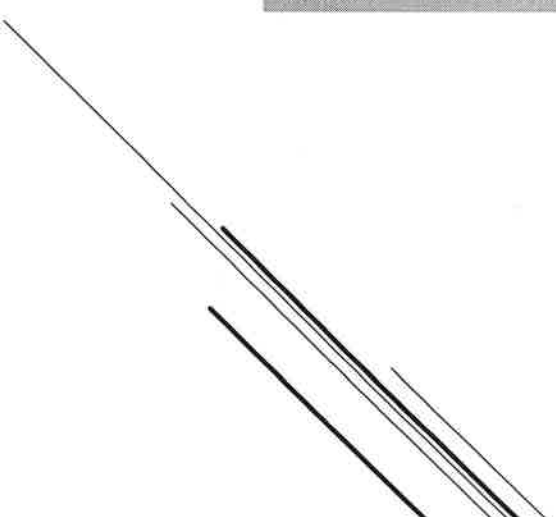
- ▶ Choosing the Appropriate Level of Exercise
- ▶ Progression Overload
- ▶ Why Proper Technique Matters

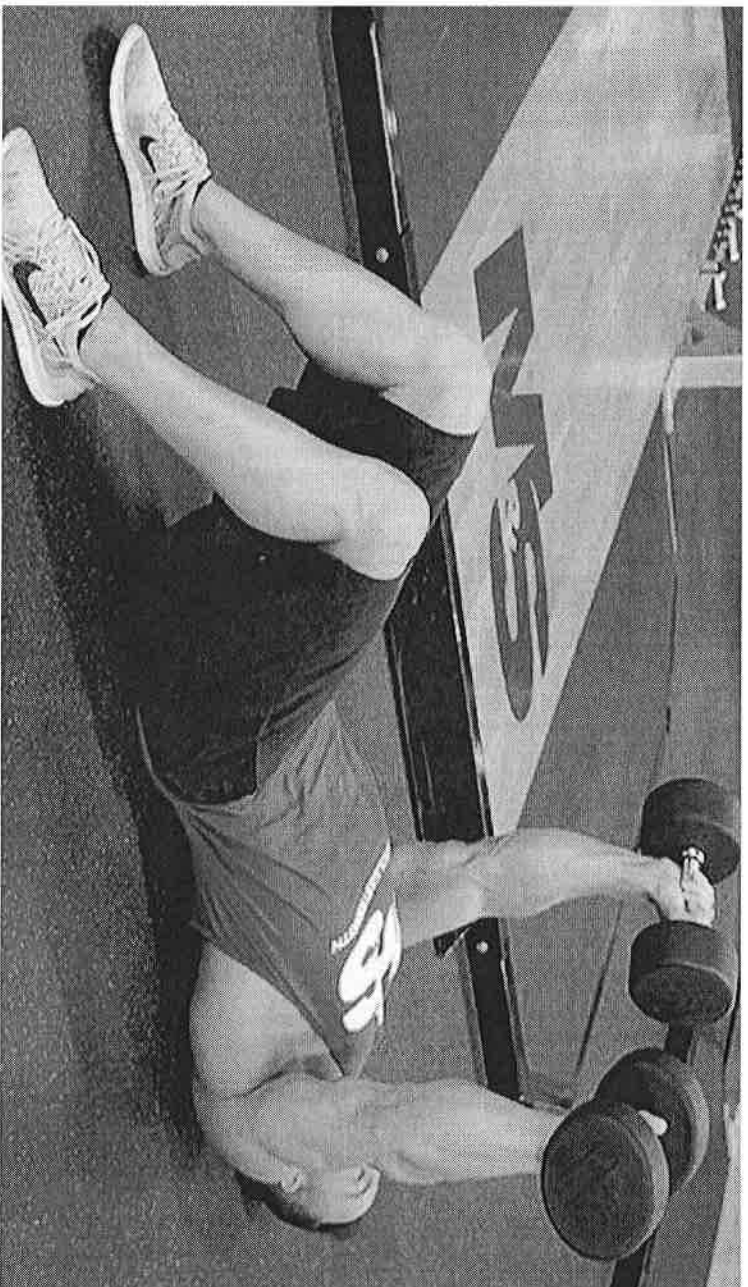
IMPORTANCE OF TRAINING WITH PROPER TECHNIQUE



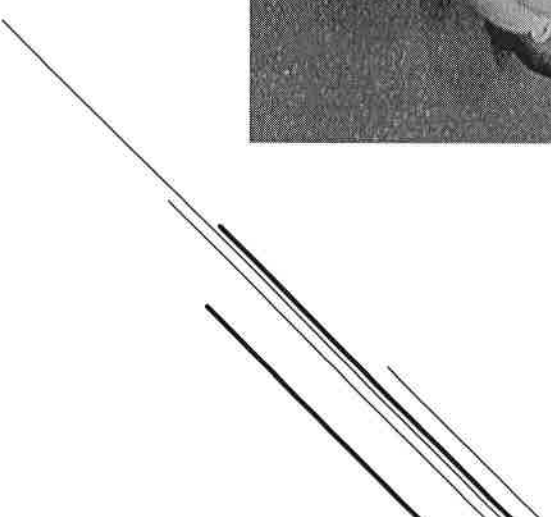


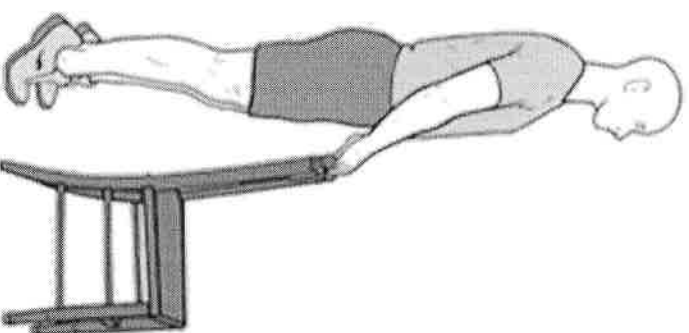
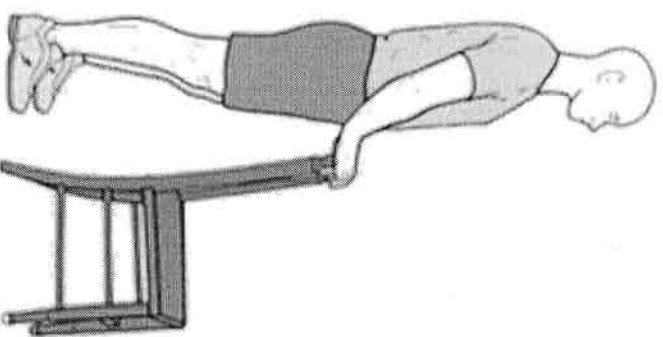
WALL PLANKS



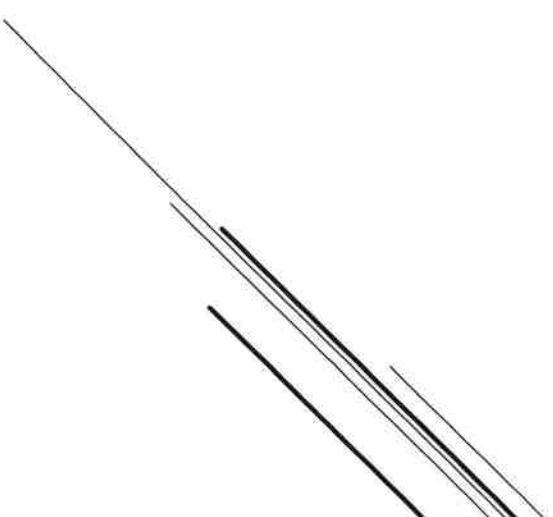


FLOOR PRESS

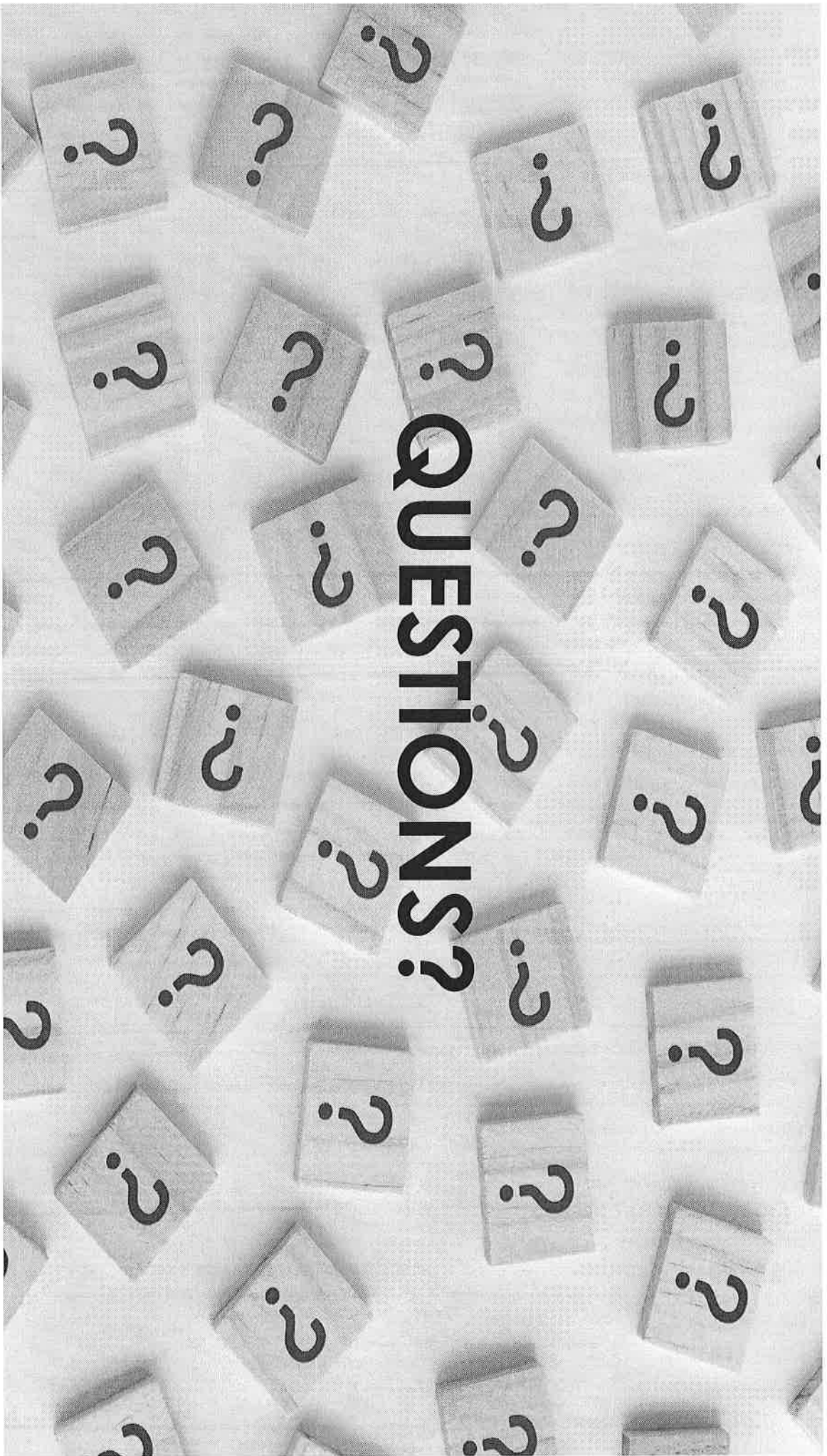




STANDING CALF RAISES

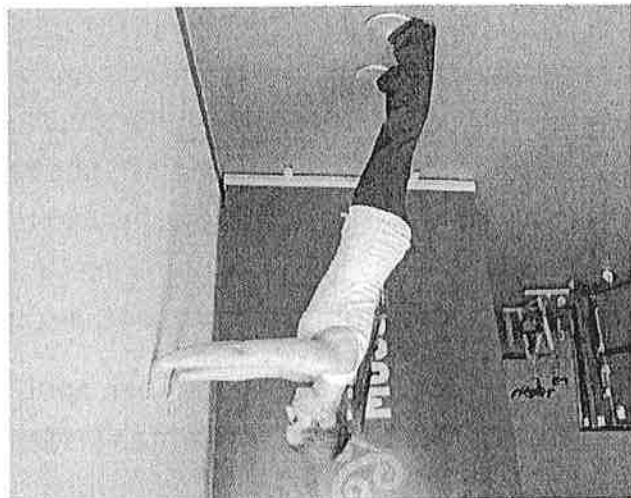


QUESTIONS?

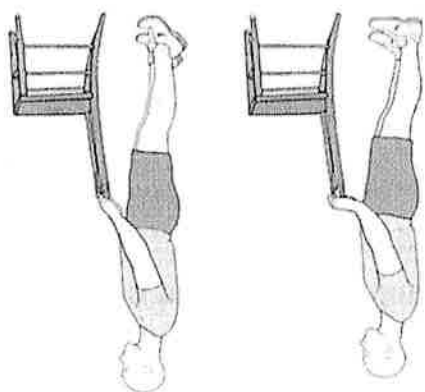




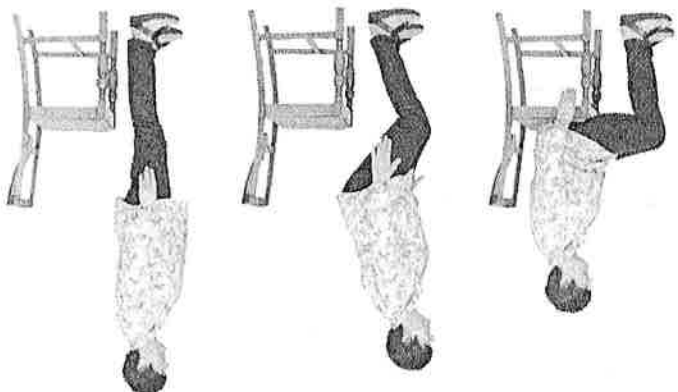
Glute Bridges



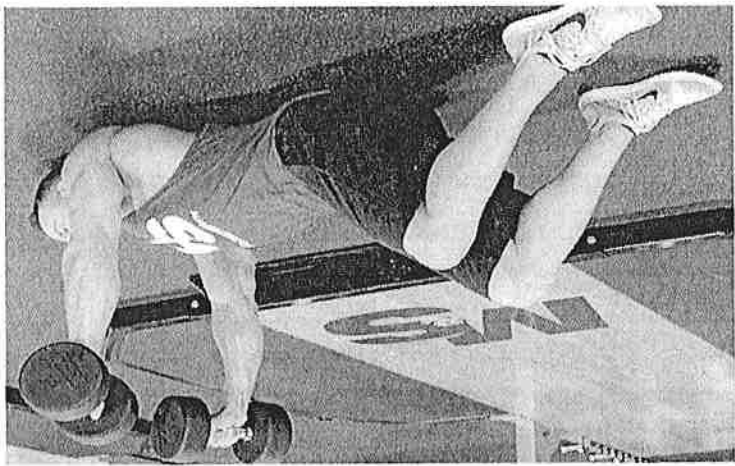
Wall Planks



Calf Raises



Chair Sit to Stand



Floor Press

Wall Planks: Find a wall. Stand arm length away (the closer the feet are to the wall the easier the exercise is, the farther away the feet are from the wall the harder the exercise gets). Feet should be shoulder width apart. Lift body off wall with a straight line through the neck, spine, and hips. Feet do not need to stay flat, hold for 30 seconds. If it is too hard to hold up body with hands use your forearms.

Floor Press: Lay on the ground or in bed in the hook lying position (feet flat on the floor and knees bent at about 45 degrees). Make sure the head, shoulders, glutes, and both feet are touching the ground. You can start learning this exercise without any weight, but if you want a challenge you can use dumbbells or a variety of house hold objects (water bottles, a broom stick, pillows and more). Start with elbows by your side and wrist stacked over you elbows and in line with the chest. Press straight into the air. At the top of the lift slowly lower arms back to the starting position. Hold at top for 1 second and do 10 to 15 repetitions.

Glute Bridges: Lay on the ground or in bed in the hook lying position (feet flat on the floor and knees bent at about 45 degrees) with arms flat on the ground next to the body. Push down into the ground with your hands, feet and upper back, and squeeze the glutes together. Lift the hips off the ground as high as possible creating a bridge with the body and keep the upper leg, hips, and spine in a straight line. Hold at the top for 1 second and do 10 to 15 repetitions.

Chair Sit to Stand: Start in a seated position sitting nice and tall in the center of the chair or close to the edge to make it easier. Spread feet apart shoulder width. Arms can go across the chest, on the hips, or at your side. Engage the core. Press down into the ground with both feet and stand up. At the top engage the core, push hips back, and in a controlled manner lower down into the chair. If you can't make it to chair add cushions/pillows to decrease the amount of space, you need to lower yourself. Hold at top for 1 second and do for 10 to 15 repetitions.

Calf Raises: Using a chair stand up nice and tall. If actively using the chair, place your hands on top to help maintain balance during exercise. The chair is there in case you need it, not to be used as a crutch. Feet are spaced but not quite shoulder width apart. Press your toes into the ground and lift the body up. After reaching the top, lower yourself down in a controlled manner. Feet should remain flat on the ground when lowered. Hold at top for 1 second and do for 10 to 15 repetitions.