

Resistance Training basics
for all levels: Empowering
YOU to live your best life!

Functional Movements

THE BASICS: To Do at Home

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THE
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Health & Wellness

The Squat



Standing tall – shoulders back, ribs down, chest proud

Hands up near ears, hinge at the hip (setting the “line of action”) and slowly descend. Weight even in the feet from toe to heel. Knees in line with toes (not caving in or bowing out).

Ribs tucked in strong, keeping the tension in the body as you sit on the chair. Knees slightly over toes is good 😊 Squeeze bum tight as you rise back up. Lift your body with your WHOLE LEG (use all the muscles! It’s easier when we recruit them all!)

**** Start with the “chair” as high as you need to make this as comfortable as possible. We can always lower the “chair” as you get stronger!**

The Overhead Press



Set up – Ribs tucked in tight (brace!), squeeze bum to keep tension through the core

Weights naturally beside the face, shoulder width apart. Elbows up (in the “frontal plane”)

Press directly overhead, arms finishing STRAIGHT up above the head, arms beside ears. RIBS DOWN!! BUM SQUEEZED!

Arms close to ears, making an “H” with your body. Shoulders strong, yet relaxed at the top (not shrugging up)

Ideas for weights – cans of veggies (500g), full water bottles (750g), or small hand weights

The Bench Push Up



Set up – hands shoulder width apart. Ribs tucked in, bum squeezed (“Braced”)

Slowly lower your body to the bench, keeping in a strong “stiff as a board” position! Do not sag at the hip! Stay strong and tight

As you descend you roll into your toes – this is what helps keep you in a plank position.

Pushing away from the bench with your chest and triceps, keeping elbows in close to the body. Keep your body rigid, like a surfboard!

Ways to Optimize/Scale this movement – This is the first stage of a push up! We are just raising the floor up to make it achievable.

1. Raise or lower the level of the bench depending in your skill level (eg. use a stable table if you want more of a challenge).
2. Focus on the lowering portion of this movement (the “negative”) if pressing is too challenging for now.

The Bench Calf Raise/Tibialis Raise



Standing comfortably in front of the bench, holding the edge

Slowly raise up onto your toes, hold for a beat, and slowly lower

Fun little extra...

Do 20 reps of calf raises,
THEN whilst still holding the bench, Alternate this
movement with a 'Tibialis Raise" (the muscles in your
shin) and raise your TOES for 20 reps.



The Lunge



Standing tall, step back keeping feet hip width apart (avoiding the “tightrope”)

Slowly descend **DIRECTLY DOWN** (not forward!) using poles for assistance. Visualise that your body is in between two pieces of glass and you can’t lean forward or backwards)

Just go down to where you feel comfortable (you do not ‘have to’ touch your knee to the ground), and come back up. However, for comfort, perform exercise on a mat or soft rug if you want to descend down to your knee

Remember to alternate legs – we tend to choose the leg that is strongest, but we need to work both equally

The Pull

VERSION ONE:



VERSION TWO:



Stand where you feel most comfortable – the further past the post the feet are, the harder this movement becomes (See 2 versions above)

Start conservatively – you can always make this movement harder if you want to. Test it out first, then adjust!

Create a strong “plank” position (“stiff as a board”). Ribs down and locked in, bottom squeezed, chest proud. Imagine your body as a surfboard!

Slowly pull your body into the post and then lower slowly, keeping this movement controlled and under tension the whole time.

This is the precursor to the pullup! We can do this pulling movement in a number of ways – refer to our course examples whilst in class.

The Box Step up



Standing tall behind the box or step. Place one foot on top – hands can be either on hips, out wide, or use poles for support



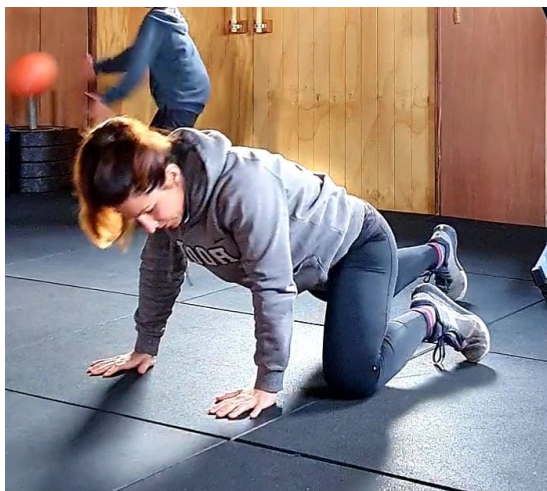
Stepping up with weight evenly distributed throughout the foot, keep feet hip width apart in order to be balanced and steady

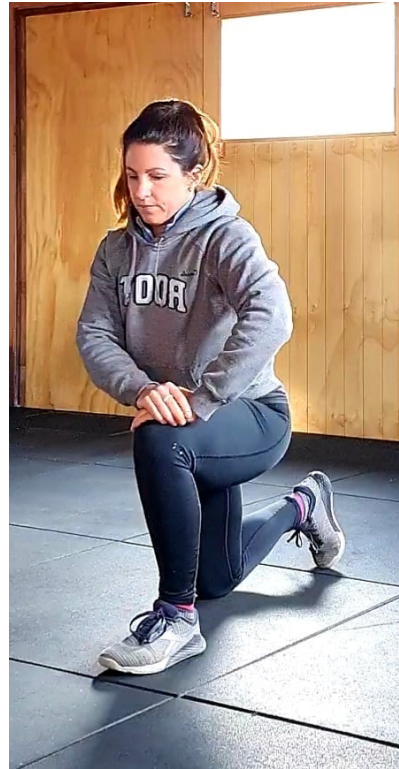
Drive through the leg as you stand, not leaning forward – think: GOING UP!

You can optimise this movement by adjusting the height of the step or box, just be certain that it is sturdy.

Remember to alternate legs – we tend to choose the leg that is strongest, but we need to work both!

The "Burpee" (of INDEPENDENCE 😊) (aka How to get up off the ground!)





Starting on the floor, bring hands directly under shoulders to support your body

Roll to one side and bring opposite leg up as high as you can towards your elbow

Push your body up using the support of your hands and leg (think about a “tripod” position)

Pull your extended leg in and adjust body so that you are on your hands and knees.

* if needed, crawl towards a couch or sturdy piece of furniture to help support the next part *

Bring one leg forward into a kneeling position, place hands on top of knee and push up to standing (*use support mentioned above if needed*)