



STRENGTH / BALANCE/CORE: SILVER STAR

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PRINT

Introduction

The focus of the training should be functional versus performance or aesthetic; however both performance and aesthetics will be great side effects of a functional training program. Although balance work will be great for you, especially in a controlled environment, it is important you pay special attention to safety. Pay close attention to posture and knee alignment as well as that you have fun! The purpose of the fundamentals is to teach the fundamentals of movement, thus introducing you to basics of proper movement patterns - push, pull, squat, lunge, twist, bend, . In an ideal world you should be doing a variety of activity and sports. So you will be building on a foundation. This program can be done three to four days a week. Note: Equipment needed. Large foam roller, Stability Ball. a few hand weights (dumb bells). Power bands,

Warm Up

The warm up should contain a progressive cardiovascular component lasting between 5 and 15 minutes, depending on the time of the day and health . This should be followed by a Fun whole body dynamic stretch program. These stretches should start with a restricted range and progress to a range that is close to their optimal level.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Soleus – Bent Knee with Functional Horizontal Ab/Adduction	Flexibility	2	10- 12		slow control		30sec
Bridge - On Stability Ball With Crossed Leg, Lower Hips	Exercise	2	10- 12		slow control		30sec
Dorsiflexion - Closed Chain	Flexibility	2	10- 12		slow control		30sec
1 leg track leg swing	Flexibility	2	10- 12		slow control		30sec
Leg Hip Extension – Supine Elevated with Abduction	Exercise	2	10- 12		slow control		30sec
Hip Extension – 1 Leg Supine	Exercise	2	10- 12		slow control		30sec

SB with Twist							
Multiplanar Lunge	Exercise	2	10-12		slow control		30sec
Overhead Serratus Pulse	Exercise	2	10-12		slow control		30sec
Pull Up - Machine Assisted	Exercise	2	10-12		slow control		30sec
Overhead Dumbbell 1 Arm Triceps Press with Tubing	Exercise	2	10-12		slow	50-80%	
Pullover on Stability Ball with Medicine Ball	Exercise	2	10-12		slow!	50-70%	
Squat - Integrated Rotation	Exercise	2	10-12		slow control		30sec
1 Leg Squat with Bungee Row	Exercise	2	10-12		slow control		30sec
Lateral	Exercise	2	10-		slow		30sec

Lunge with Bilateral Bungee Arm Drive			12		control		
Dumbbell Chest Press on Stability Ball - 2 Arm	Exercise	2-3	10-12		slow	70%	
Lunge with Torque using Band/Tubing	Exercise	2	10-12		slow control		30sec
Lateral Lunge to Balance (Progression 1 - dumbbell)	Exercise	2	10-12		slow control		30sec
Push-Up - Stability Ball/Bench	Exercise	2	10-12		slow	80-90%	
Hip Flexion with Band/Tubing	Exercise	2	10-12		slow control		30sec
Side Iso-abs with Crunch	Exercise	2	10-12		slow control		30sec
Plank	Exercise	2		30 sec	slow!		

Cool Down

The cool down should contain a cardiovascular component that progressively gets easier and returns the client to a normal state.

PROGRAM EXERCISES

SOLEUS – BENT KNEE WITH FUNCTIONAL HORIZONTAL AB/ADDUCTION

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Stand near a wall.
- > Flex one leg at the hip and the knee. Use your upper body to lean against the wall.
- > Your back leg should be positioned straight ahead with a 30° bend at the knee.



Movement :

- > Draw your belly button inward towards your spine. Slowly move through hips creating controlled supination and pronation through the ankle.
- > TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10



reps.

Notes : Lean against wall. Stretching Soleus Movement through ankle and tib fib

BRIDGE - ON STABILITY BALL WITH CROSSED LEG, LOWER HIPS

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

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Preparation :

- > For proper alignment in supine bridge it is important that the head be resting comfortably on the ball with the neck in neutral position.
- > Don't let the head drop backward, or forward with the chin down.
- > Chest should be lifted.
- > Hips, knees, and ankles should be aligned.



Movement :

- > Lower and lift the hips with control.
- > Don't allow the leg to move in and out (abduction and adduction of the hips).
- > Keep the knee stacked over the ankle.
- > The ball should not move.

- > Think of pushing the hips toward the ceiling.
- > Think of directing the tailbone towards the scapulae (emphasizing erector spinae).
- > Once desired time or repetitions are completed, switch legs and repeat.

Notes : If using Ball hang on to wall. Or use bench

DORSIFLEXION - CLOSED CHAIN

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Position the client as pictured – a 'tall' posture with shoulders and hips square.



Movement :

- > Instruct the client to slightly lunge forward while performing active dorsiflexion (keep the forefoot on the ground).
- > Maintain optimal alignment between the knee and 2-3rd toe.
- > TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR one set of 5-10



reps.

Notes : Main stretch for hip.

1 LEG TRACK LEG SWING

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex.
- > Initiate a thorough dynamic warm-up prior to starting this exercise, which engages the nervous system.



Movement :

- > This dynamic movement pattern involves taking the leg through an active run pattern while balancing on opposite leg.
- > Start by leaning the body about 30° and bringing the leg up in triple flexion (at the foot, knee and hip) as shown.
- > Quickly accelerate the leg into triple extension (at the foot, knee and hip), briefly brushing the

forefoot on the ground as it passes the planted foot.

- > At a moderate speed, bring the leg back to triple flexion and repeat.
- > Adjust pace and rhythm according to your ability to maintain balance and posture during the movement pattern.

Notes : Stand tall. Tail tucked under

LEG HIP EXTENSION – SUPINE ELEVATED WITH ABDUCTION

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Assume a standard stability ball bridge position, extend one knee as pictured.



Movement :

- > Abduct the straightened leg under slow and controlled speed.
- > Keep hips elevated and level throughout the range of motion.
- > Switch legs when fatigued.



Notes : If using ball hold on to post or wall.

HIP EXTENSION – 1 LEG SUPINE SB WITH TWIST

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

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Preparation :

- > Lie on your back on the floor with your heels on the stability ball, hands to the side of your body for balance.
- > Initiate a drawing-in and pelvic floor contraction.



Movement :

- > Lift hips off the floor and maintain neutral spine angles.
- > Keep glutes tight and shoulder blades down and together.
- > Lift one leg to approximately 90°.
- > Maintaining body alignment, while rotating the lumbar spine and hips, lower the elevated leg across the body as shown.
- > Rotate back and repeat.
- > TRAINERS: Make sure client keeps a straight line between the shoulders, hips and ankles throughout the exercise.

- Progression: unloaded to loaded: from bodyweight to extrinsic load (foot weight to tubing).

MULTIPLANAR LUNGE

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- Stand in proper alignment with hands on hips and feet straight ahead.



Movement :

- Draw your belly button inward toward your spine.
- While maintaining total body alignment, step forward in the sagittal plane descending slowly by bending at the hips, knees and ankles.
- Use your hip and thigh muscles to push yourself up and back to the start position.
- Follow the same instructions for a lunge in the frontal plane and transverse plane flowing from one to the other for desired number of repetitions as shown.
- Repeat directions on opposite leg.



Notes : Move forward, to the side and back with a twist.

OVERHEAD SERRATUS PULSE

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Ensure that the hips are in line with knees and shoulders, and that the feet are shoulder-width apart and pointing straight.
- > Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.



Movement :

- > This movement involves a stability ball bridge with a straight arm overhead pulse.
- > Assume a bridge position on the stability ball with very light, or no weight, in your hand (it is recommended that you start with no weight until the motion is learned – then it is suggested that small weights of approximately 1-2lbs be used).
- > Extend arms overhead keeping them straight.
- > Perform small pulses at a distance of about 15cm (6in) while the arms elevate from floor towards the ceiling, as shown.

- TRAINERS: Ensure that no excessive curve is observed in the lumbar spine, this may indicate a lower or upper crossed syndrome and would require a corrective strategy be administered before this exercise can be done safely.

Notes : Use the pulse as an activation exercise. Then do a pull over

PULL UP - MACHINE ASSISTED

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- Step onto foot platform and grasp horizontal handles.
- Before movement position body in optimal alignment (i.e. neutral spine & neck, abdominals "braced," glutes tight).



Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimal posture, slowly pull upward as high as can be achieved without allowing the low back to hyperextend or the shoulders to round.

- > Controllably lower yourself downward while maintaining tension on the back musculature.
- > Repeat recommended repetitions.
- > Maintain proper posture through the entire exercise – do not allow the head to “jut” forward especially as you pull upward.
- > **Progressions:** Narrow/neutral grip, or, Reverse grip with an angled handle to accommodate for the CARRYING ANGLE of the elbow joint.

Notes : Alternative if you can not do a full pull up or do not have a machine. Be creative, use bands or a low bar

OVERHEAD DUMBBELL 1 ARM TRICEPS PRESS WITH TUBING

Reps: 10-12 | Sets: 2 | Intensity: 50-80% | Tempo: slow | Rest: -- |

Duration: --

[VIEW VIDEO](#)

Preparation :

- > Grasp both the dumbbell and tubing handle in one hand.
- > Raise arm overhead into full shoulder flexion with elbow flexed as pictured.
- > Stand tall, in neutral spine.



Movement :

- > Extend the elbow towards the ceiling maintaining postural alignment
- > Return to starting position under control and repeat for desired repetitions.



Notes : Slow control movements

PULLOVER ON STABILITY BALL WITH MEDICINE BALL

Reps: 10-12 | Sets: 2 | Intensity: 50-70% | Tempo: slow! | Rest: -- |

Duration: --

[VIEW VIDEO](#)

Preparation :

- > Head and shoulders positioned on the stability ball, allowing chin to point to ceiling.
- > Shoulders, hips and knees in common alignment.
- > Activate transverse abdominus by pulling belly button towards the spine and holding it there for the entire exercise, continuing to breathe shallowly.
- > Feet approximately shoulder-width apart for good stability.



Movement :

- > Start with medicine ball positioned over the chest,

slowly lower the ball back over your head to where you feel comfortable making sure the arms remain straight.

- > Make sure not to hyper-extend the shoulder!
- > Once you have reached the end of the movement return to the starting position and repeat.
- > Breathe in when lowering the medicine ball and breathe out when raising it.
- > Maintain good form throughout entire exercise, if you are arching the back, the medicine ball is too heavy.

Notes : lower hips and your arms go over your head to create a greater stretch through the back and ribs. Use the core, gluts and arms to bring everything back together

SQUAT - INTEGRATED ROTATION

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominal complex.



- > Initiate a thorough dynamic warm up prior to starting this exercise. This engages the nervous system.



Movement :

- > This movement involves a squat motion to standing with arm rotation.
- > Start with the feet wider than shoulder width and reach up and into rotation with both arms to the right.
- > Descend into a squat (for description, see [Squat](#)) and reach towards the floor.
- > As you begin to stand, reach up and into rotation with both arms (as shown).
- > Repeat.
- > Pay close attention to the video link to observe the fluidity of this motion.

Notes : Use a med ball or weight

1 LEG SQUAT WITH BUNGEE ROW

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

> Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.



> Maintain a tall posture in the spine throughout the exercise and good stability through the abdominal complex.



Movement :

- > This movement involves a 1 leg squat combined with a bungee row.
- > Start the exercise on 1 leg with the bungee cord in front in opposite hand.
- > As you perform a squat, extend arm and opposite leg and as you return to an upright position, perform a bungee row (as shown).
- > Perform the desired number of reps and switch arm and leg.
- > TRAINERS: Watch for excessive valgusing of the stance leg, excessive protraction of the scapula, or rolling of the thoracic spine. Observing these traits may be indications that the exercise is too advanced and needs to be regressed.

Notes : Be sure to lean as far out as you can then return to Nice and tall starting position Tail tucked.

LATERAL LUNGE WITH BILATERAL BUNGEE ARM DRIVE

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest:

30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.
- Maintain a tall posture throughout the exercise and good stability through the abdominal complex.



Movement :

- This movement involves a lateral lunge (frontal plane) in combination with a bilateral rotational arm movement.
- Start with a tall body line, grabbing the handle of the bungee at chest height and arms straight – as shown.
- The bungee is positioned off to one side – Note: you will be lunging away from the bungee.
- Perform a lateral lunge (for description – see ‘lunge – frontal’ in the exercise library).
- At the end range of motion of the lateral lunge, perform a bilateral arm rotation through the trunk and shoulders towards the lunge leg – as shown.
- Push back with the lunge leg to starting position and return arms to center.

- Repeat for the desired amount of repetitions.
- TRAINERS: ensure that the client maintain a tall body line and that the shoulders do not round – these may be indications that the exercise is too advanced and needs to be regressed.

DUMBBELL CHEST PRESS ON STABILITY BALL - 2 ARM

Reps: 10-12 | Sets: 2-3 | Intensity: 70% | Tempo: slow | Rest: -- |

Duration: --

[VIEW VIDEO](#)

Preparation :

- Place head and shoulders on stability ball (SB), 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).



Movement :

- Start with dumbbells (DB) hovering just outside chest as shown.
- Perform horizontal adduction by pushing both DBs towards the ceiling, arcing towards each other while exhaling, as shown.
- Upon reaching peak of repetition lower weights

back to starting point while inhaling and repeat.

- > Keep body in 'plank' position.
- > Maintain even speed when performing the exercise.
- > Push DBs above the chest not over your head.

Notes : Keep core active

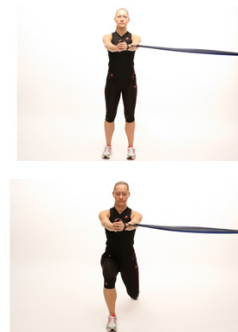
LUNGE WITH TORQUE USING BAND/TUBING

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

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 :

- > This exercise will start with a lateral torque on the body.
- > Hold tubing in your outstretched hands so that the arms are straight in front of your chest and your

shoulders are square.

- > While maintaining total body alignment, step forward with leg opposite resistance, descending slowly by bending at the hips, knees, and ankles, keep most of your weight in the forward leg and AVOID letting your back knee touch the ground.
- > Resist the transverse torque and maintain alignment in the body.
- > Use your hip and thigh muscles to push yourself up and back to the starting position. Switch sides when desired repetitions are completed.
- > Progressions: multiplanar (sagittal, frontal, transverse) Inertia progression: cables to tubing.

Notes : Better to step back

LATERAL LUNGE TO BALANCE (PROGRESSION 1 - DUMBBELL)

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Begin with both feet shoulder-width apart and hands on hips.



Movement :

- Lunge to the side landing on the entire foot, coming to a stabilized position, with mobile foot pointing at a slight angle (to allow for the slight external rotation that must occur when abduction occurs at the hip), and the knee directly over 2nd and 3rd toe.
- The lunge knee should be bent 90° while the stationary leg is straight.
- From this position drive off of front foot (heel first) onto back leg.
- Stand directly up into a balance position with balance leg straight and opposite leg flexed 90° at the hip and knee with foot dorsiflexed.
- Note: This can be done in all three planes of motion: frontal, sagittal and transverse.
- Progression: On airex pad or other unstable surface.



PUSH-UP - STABILITY BALL/BENCH

Reps: 10-12 | Sets: 2 | Intensity: 80-90% | Tempo: slow | Rest: -- |

Duration: --

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Preparation :

- Maintain good posture with shoulder blades

retracted and depressed and good stability through the abdominal complex.

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

Movement :

- This movement involves a push-up with both feet on a bench, one hand on a stability ball and the other hand on an aerobic stepper with risers to an even height.
- First, position bench and riser in an 'L' position.
- You will align yourself parallel with the aerobic stepper that the hand is placed on and perpendicular to the bench that the toes are placed on (as shown).
- The other hand is placed on top of the stability ball.
- Ensure that the body line is straight.
- Perform the desired number of push-ups (keeping the elbows wide as you flex them) then switch ball hands after a rest interval.
- TRAINERS: Watch and correct for ANY excessive lordosis during this exercise, and stop immediately if there is any pain in the motion.



Notes : Balance is key

HIP FLEXION WITH BAND/TUBING

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Stand 'tall' in optimal alignment with tubing attached to ankle, arms shoulder height and parallel to the floor, while balancing on support leg.



Movement :

- > Maintaining NEUTRAL spine, drive action leg from full extended position into triple flexion as far as the available active range of motion allows.
- > Repeat in a continuous pattern and maintain balance while keeping arms stationary as shown.

SIDE ISO-ABS WITH CRUNCH

Reps: 10-12 | Sets: 2 | Intensity: -- | Tempo: slow control | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex and neutral spine angles.
- > Initiate a thorough dynamic warm-up prior to starting this exercise.
- > This engages the nervous system.



Movement :

- > This movement involves a side iso-abs hold with a rotation crunch motion.
- > Perform a side iso-abs hold.
- > Take the top arm, place the hand behind the ear and rotate the elbow towards the ground (as shown).
- > Repeat for desired number of repetitions.
- > TRAINERS: Ensure the body line is straight, the visual gaze is straight ahead and the shoulders and trunk rotate.

Notes : Again use your imagination here. Keep core still. Not only teach under you.. use a cable and or weight to make things exciting

PLANK

Reps: -- | Sets: 2 | Intensity: -- | Tempo: slow! | Rest: -- | Duration: 30 sec

VIEW VIDEO

Preparation :

- > Kneel on the floor on all fours.
- > Align your hands directly beneath your shoulders.
- > Align your knees directly beneath your hips.



Movement :

- > Lift and extend one leg to the floor behind you.
- > Place the ball of your foot on the floor as in a push-up position.
- > Maintain neutral spinal alignment in this semi-supported position.
- > If you feel comfortable enough, extend both legs into a full plank position.
- > Make sure to keep your shoulder blades down and wide on your back during all phases of the exercise.

Notes : Be sure to tuck tail under (not like the guy in the pic!) Rather than just hold.. use your imagination move leg and opposite arm in various ways.. BUT keep back and core still you should be able to hold a glass of water on your back with out spilling it.!

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