

Exercise Glossary

Body Weight Squat

Stand with in a comfortable distance apart, usually just outside hip width. Sit the hips back as if sitting in a chair. Think about pushing the knees apart on the way down and the way up. Keep chest up. If you had a t-shirt on with writing across the chest, you should be able to see the writing if you are in front of a mirror.

Standing Band Row (or cable row)

Set band or cable up at belly button height. Stand in an athletic position with knees bent, hips back. Pull elbows back keeping a little space between the elbows and the ribs. Concentrate on moving your shoulder blades towards the spine and keeping your ribs over your hips (don't let the front ribs pop up).

Glute Bridge

Lie flat on your back with knees bent so that your calves almost touch the backs of your legs. Hands down by your sides, palms up. Feet hip width distance apart. Push through the heels to lift the hips without arching the low back. As you push into the ground, think about making 2 fists with your bum cheeks.

45 degree pushup

Set yourself up in front of a table, counter top, in a 45 degree angle. Hands shoulder width distance away, lift up on your toes. Engage the glutes and the abs and lower your chest (nipple line) about 2-4 inches away from the table keeping a straight line from your head through your heels.

Split Squat

Stand in a "split" position with your right foot out in front and lifted up on your back toe (heel off floor). You are going to keep the weight in the front leg as you lower your back knee towards the floor. Your left knee should be slightly behind your left hip at the bottom position. Weight through the front heel, without letting your front knee shift past your front toes, chest up tall.

Front Plank

Start on forearms and knees. Elbows under shoulders. Lift one knee up at a time until the only things on the floor are your forearms and toes. Squeeze the glutes and legs and keep a straight line from your head through your heels. Think about pulling your belly button away from the floor.

Side Plank

Lie in a straight line on your side with your elbow under your shoulder. Keeping the knees together, bend your bottom leg. Push yourself up using your elbow and your bottom knee (to increase difficulty, keep legs straight and push through feet). Keep your body in a straight line, squeeze glutes, and keep a space between your shoulder and your earlobe.

Bird Dogs

Start on hands and knees. Back flat. Simultaneously raise your right arm and left leg out. Squeeze the glute of the leg and keep the shoulder away from the ear. Engage the abs to keep your spine in a neutral position. Switch sides without a lot of side to side movement. Imagine that you are balancing a glass of water on your low-back and you don't want to spill it. If you feel like you are going to fall over, raise only one arm or one leg at a time.

DB Bench

Lie on your back holding your dumbbells just outside your chest. Extend your arms until they are straight and lower back to starting position.

1 Leg RDL

Stand on your left foot with a slight bend in your knee. You can hold a weight in your right hand or go with no weight. Simultaneously lift the right leg as you hinge at your hips lifting the leg up as you drop the right hand towards the floor. Go as far as you can without losing your form. Keep a straight line from your active leg through the head. Torso and active leg should be close to parallel to the ground.

1 arm DB row

Hold a weight in 1 right hand. Sit back in a squat position and hinge your chest forward supporting your body with your left hand (use a bench or chair). Your back should be flat and almost parallel to the ground. Drive the right elbow up to your rib cage. Think about sliding the shoulder blade in towards the spine.

DB Curl to Shoulder Press

Stand with feet shoulder width distance apart, slight bend in knees. Begin with arms fully extended, curl to shoulders and rotate your palms so they face away from you. Press the weights overhead without changing the position of your body. Keep the ribs over the hips and a slight bend in knees throughout.

Lateral Squat

Begin with your feet nice and wide, toes straight ahead. Sit back through your right heel, keeping the chest up and keeping the left leg straight. Come back to center and switch sides. You may want to hold a dumbbell "goblet" style in front for counter balance.

