

Do anywhere circuit

Exercise Name

PUSH UP

Region

upper body

Device

+ Device

optional Device

Description

Lie flat on the ground, facedown. Place your hands slightly outside of your shoulders, fingertips facing forward. Make sure that your elbows are at 45° angles to your torso. Place both feet on your tiptoes.

Raise your legs and hips off the ground by extending your arms. You should look for a straight line from head to ankle. That for you have to:

1. brace your abs: your pelvis should never drop and lower back should not hollow too much
2. Look down to the floor that your head stays aligned
3. try that your shoulder blades stay close to your torso by not elevating your shoulders toward your ears but pushing them toward your tailbone and actively press your breast bone away from the floor and toward your spine

To return lower your body in a single plane by bending your arms.

Common Fault

- Don't let your pelvis sag
- Don't allow your shoulder blades stick out like little wings
- Your head should stay in a straight line with your torso

Please note:

- If it hurts your wrists to put your hands directly on the floor, then grasp some dumbbell handles to keep your wrists straight when performing that exercise.

- When you try the first time let someone watch you or use a mirror: if your pelvis sag or your shoulder blades stay away from your torso, consider that your last repetition and take a rest or try an easier starting position (like kneeling push up).

EASIER VARIATION:

- Kneeling push up

Repetitions

as many as possible

Frequency

medium

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

PUSH UP KNEELING

Region

upper body

Device

gym mat

+ Device

optional Device

Description

This is the way to make the basic push up easier. Get down on your knees, lift your lower legs, and cross your ankles behind you. Place your hands slightly outside of your shoulders, fingertips facing forward. Make sure that your elbows are at 45° angles to your torso. Now bend your arms that your nose almost touches the floor and push up again.

Common Fault

You should look for a straight line from head to bottom. That for you have to:

1. brace your abs: your pelvis should never drop and your lower back should not hollow too much
2. Look down to the floor that your head stays aligned
3. try that your shoulder blades stay close to your torso by not elevating your shoulders toward your ears but pushing them toward your tailbone and actively press your breast bone away from the floor and toward your spine

Please note:

- If you do this modified pushup you lift about 65% of your body weight.
- It's better to knee on a gym mat if your kneecaps hurt.
- If it hurts your wrists to put your hands directly on the floor, then grasp some dumbbell handles to keep your wrists straight when performing that exercise.

MORE DIFFICULT VARIATION:

+ Basic push up

Repetitions

7 - 15 repetitions

Frequency

medium

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

SQUAT BASIC I

Region

lower body

Device

+ Device

optional Device

Description

Put your feet parallel, hip-width apart (your hip joint is in the middle of your thigh). I like to put my hands in my waistline when doing a Squat. Some people also hold their arms straight out in front of their body but it's not really necessary. Bend your knees like you would sit down on an imaginary chair which stands right behind you. When you look down toward your toes you should always be able to see them which means that your knees are never positioned ahead of your toes. That allows more muscle work and less pressure on your joints. That is essential!

Common Fault

There is two more very important points to consider:
1. Your knees should always stay parallel! Do not let them point inside or outside. They are always keeping the same distance between them from starting to the finishing position.
2. Your lower back should always be naturally arched. Never bend your lower back while bending your knees. Watch yourself in a mirror! If you cannot hold it straight through the full range of motion just go as low as you are able to do so. It is better to have proper posture than greater range of motion. If you do it a couple of times you might be able to go deeper. Slowly improve. Stretching the muscles of the back of your thighs may also help.

Please note:

- You will increase the difficulty of the exercise by using weights. First it is important that you do the Squat the right way, that's why it is good to just work with your bodyweight first.

Repetitions

as many as possible

Frequency

slow

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

FULL RANGE SIT UP

Region

core stability

Device

gym mat

+ Device

optional Device

Description

Lie face up on the floor with your knees bent and heels on the floor (ankles 90° bent). Place your fingertips behind your ears. Create a tension in your legs like you are pulling your heels toward your butt without allowing any movement. Now slowly roll up your torso until you reach a sitting position. Never let your heels lose contact with the floor. Slowly lower your torso back to the starting position.

Common Fault

- Never lose contact with your heels. If you can't get further up at any point, straighten your legs a bit more to make it easier.
- Never perform a sit up by working with a momentum by doing it fast. That's cheating!
- Don't help yourself up by moving your chin forward - it should stay close to your chest.

Please note:

EASIER VARIATION:

- The closer your heels are to your butt, the harder it is. So, you can make the exercise easier by bending your knees less.
- You can also facilitate the sit up by holding your arms completely straight next to your body that they are parallel to the floor (easiest). Or you can cross your arms in front of your chest (easier).

MORE DIFFICULT VARIATION:

- + Additionally you can hold a weight disc in front of your body.

Repetitions

as many as possible

Frequency

slow

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

SKIPPINGS

Region

high performance

Device

mattress

+ Device

optional Device

Description

Start running from a standing position, lifting your knees up in front of your body as fast as you can.

Perform this exercise on the floor, on a gym mat or a mattress.

Common Fault

Please note:

Repetitions

as many as possible

Frequency

as fast as you can

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

TRICEPS PUSHUP I

Region

upper body

Device

bench

+ Device

optional Device

chair

Description

Hold on to the seat of a chair or a bench behind you, with your knees bent and your feet flat on the floor. Start bending your elbows. Keep your back close to the chair as you slowly lower your body until your upper arms are parallel to the floor. Then press back up to the starting position. Your torso should remain straight throughout the whole movement.

If you split the exercise time of one repetition into three thirds, take two thirds to lower your body and one third to lift it up again by extending your elbows.

Common Fault

You are not bending your elbows enough: again, lower your body as deep as your upper arms are parallel to the floor.

Please note:

MORE DIFFICULT VARIATION:

+ Extend your knees: Triceps pushup II

position 1



position 2



position 3



Repetitions

7 - 15 repetitions

Frequency

medium

Do anywhere circuit

Exercise Name

TRICEPS PUSHUP II

Region

upper body

Device

bench

+ Device

optional Device

chair

Description

Hold on to the seat of a chair or a bench behind you, with your leg straightened in front of you and your heels on the floor. Start bending your elbows. Keep your back close to the chair as you slowly lower your body until your upper arms are parallel to the floor. Then press back up to the starting position. Your torso should remain straight throughout the whole movement.

If you split the exercise time of one repetition into three thirds, take two thirds to lower your body and one third to lift it up again by extending your elbows.

Common Fault

- You are not bending your elbows enough: again, lower your body as deep as your upper arms are parallel to the floor.

Please note:

EASIER VARIATION:

- Your knees are 90° bent in the starting position (Triceps pushup I)

MORE DIFFICULT VARIATION:

+ If you feel like you want to bend your arms a bit more you can place your heels on a chair in front of you.

+ When putting your feet up, it would be an option not to go all the way up again to the starting position but to perform a small movement lower down.

Repetitions

7 - 15 repetitions

Frequency

medium

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

SINGLE LEG STAND I

Region

lower body

Device

gym mat

+ Device

optional Device

balance cushion

Description

Lift your left leg and just stand on your right one as long as you can, pause, and switch to your left.

- First try on the floor, then move on to a folded gym mat, and increase the difficulty by using other balancing devices.

Common Fault

- Make sure that your supporting leg is in a straight line: when you look down the middle of your knee should be in projection with the centre of your foot.

Please note:

- A single leg stand is something you can easily integrate in your daily life routine. You could do it every morning while brushing your teeth i.e.

MORE DIFFICULT VARIATION:

- + close your eyes
- + move your lifted leg

Repetitions

as long as possible

Frequency

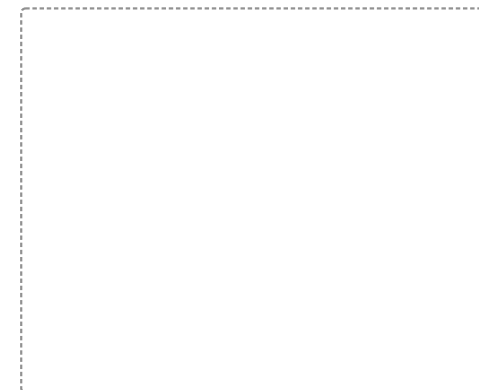
position 1



position 2



position 3



Do anywhere circuit

Exercise Name

PLANK ARM LIFT

Region

core stability

Device

gym mat

+ Device

optional Device

Description

Get in the plank position (see individual description) and rest your weight on your forearms.
Raise and straighten your right arm, with your thumb pointing up. Hold it for 2 seconds and switch arms.

Common Fault

- Avoid dropping your hips and elevating your shoulders toward your ears.

Please note:

- Make sure to work on your correct basic plank position before doing any variations.

EASIER VARIATION:

- Plank kneeling armlift

Repetitions

as many as possible

Frequency

slow

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

PLANK KNEELING ARM LIFT

Region

core stability

Device

gym mat

+ Device

optional Device

Description

Get in the plank position but instead of your legs straight, bend your knees so that they help support your body weight. Your body should form a straight line from head to bottom. Now raise and straighten your right arm, with your thumb pointing up. Hold it for 3 seconds and switch arms.

Common Fault

- Avoid dropping your hips and elevating your shoulders toward your ears.

Please note:

- Make sure to work on your correct basic kneeling plank before doing any variations. It is the same than the basic plank just that you have you are on your knees instead of your toes.

MORE DIFFICULT VARIATION:

+ Plank arm lift

Repetitions

as many as possible

Frequency

slow

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

PLANK - BASIC POSITION

Region

core stability

Device

gym mat

+ Device

optional Device

Description

Lie face down on the ground, bend your elbows and rest your weight on the forearms. Both feet are on their tiptoes. Brace your core by contracting your abs like you would slightly pull in your lower belly. That makes your core stabilization muscles work and is essential for lower-back health and peak performance in any sport! Your body should form a straight line from your shoulders to your ankle (your lower spine can be even a bit round) and your shoulder blades should be flat on your spine.

Common Fault

- Avoid dropping your hips and elevating your shoulders toward your ears.

Please note:

- Let someone watch you: if you lower your spine too much (your hips sag) means that your deep core muscle are too tired to protect your spine any longer. Take a rest before trying again or go back to an easier starting position (kneeling plank).

Repetitions

Frequency

position 1



position 2



position 3



Do anywhere circuit

Exercise Name

THREE HOP SINGLE LEG

Region

high performance

Device

mattress

+ Device

optional Device

Description

Stand with your left leg on a mattress. Jump left - right -left as fast as you can. Pause on this third hop and stabilize for 1 to 2 seconds. Then jump right - left - right and stabilize again. Continue like that for the required time and do the same with your right leg.

Common Fault

Please note:

Repetitions

as many as possible

Frequency

as fast as you can

position 1



position 2



position 3

