

# FREEMAN X-C - Strength Training

## Traditional Lifting Regimens

### Free Weight and Body Weight Exercises

#### Upper Body

##### 1. Chess Press

- Lay on your back on a weight bench. Place hands, with weights, palms facing center even with your shoulders. Extend arms straight up, rotating hands palms downward, bringing the weights close together. (if your back is leaving the bench your doing it **wrong** and ask for help)

##### 2. Horizontal Row

- Stand slightly wider than shoulder width apart. Bend at the knees, keeping your heels flat on the floor. Push your butt out **keeping your back straight**. Bring your hands a few inches above your knees, palms down. Focusing on pinching your shoulder blades, bring your hands in until your thumbs touch just below your pectorals, finishing with your palms facing center. (if your back starts hurting your doing it **wrong** and ask for help)

##### 3. Overhead Press (military press)

- Stand slightly wider than shoulder width apart. Start with hands at shoulder, palms facing forward. Focus on keeping your core tight; lift hands straight up with palms remaining forward.

##### 4. Modified Triceps Extensions

- Stand on one leg with the other in close proximity to the floor and the knee in front of the other (like you're running). Place the opposite hand of the raised leg behind the head. Place the other hand relaxed at your side. With the raised arm lift the hand straight up. (Do your best to balance! And ask for help if you need it.) Repeat with the other arm.

##### 5. Modified Pull-ups

- Hands slightly wider than shoulder width apart (grip does not matter). When all the way up raise your knees as close to your chest as you can. (Remember to **breath!** And...ask for help if you need it). If you can't do a pull up thrust your knees as fast as you can to gain momentum. If you still can't do that start at a

flexed arm hang.

#### 6. Dips

- Sit on the edge of a bench with your feet straight in front of you. Place your hands on the edge of the bench at your hips. Slide off the edge of the bench and lower yourself as low as you can go. When extending straighten your arms as much as you can without locking out. (ask for help if you need it)

#### 7. Arm Swings

- Swing your arms like you would while running. Focus on keeping strict form (if you don't know good form, just ask).

#### 8. Abdominal Crunches

- Lie on your back, and place your hands behind your head. Pull your naval to your spine and bring your shoulders toward your knees. Keep your eyes on the ceiling (this will prevent **hurting** your neck, and ask for help if you need it!).

#### 9. Back Extensions (superman)

- Lie on your stomach with your arms above your head (like superman). Raise your legs and arms as high above the ground as you can. (Ask for help if you need it)

#### 10. Trunk Stability (planks)

- Start at a modified push-up position, on your elbows instead of hands. Focus on keeping you back straight and pulling your naval to your spine. **If you don't pull your naval to your spine this is worthless!** (If you need help ask for it)

#### 11. Sit-Ups

- Lie on your back with your hands behind your head. Keep your spine and neck straight. Lift you trunk off the ground and bring your chest as close to your knees as possible.

### Lower Body

#### 1. Dead lift

- **Use a lifting belt!** Place your shins against the bar with your hands a little wider than shoulder width apart. Keep your hips down, back straight and head up. As you pull the bar up your shins drive your heels into the ground. **Keep you back straight!** When the bar passes your knees drive your hips forward. **(Be very careful with this lift. When you add a lot of weight it can be dangerous if you**

**have poor technique. If you see someone else using poor technique please correct them.** If you need help just ask.)

2. Lunges

- Do these inside the squatting racks if you want to use a bar. Starting in the back of the rack. Hold the bar like you would during a squat. If you want to do this as free weights, hang your hands down at your side (you don't need to use the squat rack). Stride forward to where your legs will reach 90° angles at the lowest point in the lunge. (keep your back straight and ask for help if you need it)

3. Squats

- **Use a lifting belt!** Place your feet shoulder width apart. Push your hips toward the floor keeping your back straight and your head up. Keeping your heels on the ground lower yourself as close to the ground as you can without falling over. (If you need help ask!) You can also use the leg press using the same technique.

4. Leg Extensions

- Use the machine and keep your back straight.

5. Leg Curls

- Use the machine and keep your hips on the bench.

6. Gluteal

- Lie on your side with your legs together and bent part way. Raise your feet off a few inches off the ground. Lift the top knee off the other as high as you can go keeping your feet together.

7. Dorsiflexion

- Pace back and forth walking on your heels in a slow deliberate manner.

8. Calf Raises (modified)

- Standing on the edge of a box place your feet pigeon toed (toes in and heels out). Lower yourself as low as you can go and rise up as high as possible. After completing all sets and repetitions stand on the edge of the box toed out (toes out and heels in). (Ask for help if you need it)

# Circuit Regimens

## Upper Body

1. Alligator push-ups
2. Dive Bombers
3. Planks
4. Windshield Wipers
5. Leg Lifts
6. Burpies
7. Oblique Bridge
8. Stick Crunches
9. Lying Draw-in with Hip Flexion
10. Supine Running
11. Hip Twist
12. Bird Dogs
13. Bicycle Crunches
14. Captain's Chair
15. Walking Crunches

## Lower Body

1. Jump Squats
2. Jump Lunges
3. Prison Squats
4. Lunges
5. Pistol Squats

6. Stifled Leg Pistol
7. Mountain Climbers
8. Gluteal
9. Shins
10. VMO-Dips
11. Hip Stability

## Abdominal Regimens

1. Crunches
2. Left/Right Side Crossover Crunches
3. Left/Right Side Crunches
4. Bicycles
5. V-Reach
6. Hip Raises
7. Leg Lifts
8. Burpies
9. Lying Draw-in with Hip Flexion
10. Stick Crunches
11. Walking Crunches
12. Turkish Get-ups
13. Oblique Bridges
14. Hip Twist
15. Supine Running
16. Captain's Chair

17. Lunge Crunch
18. Planks
19. Stair Drop Crunch
20. Bird Dog
21. Back Extensions
22. Superman
23. Swiss Hip Extension
24. Dumbbell Walkouts
25. Erect Lateral Bends
26. Body Curls
27. Double Leg Hops
28. Sit-ups
29. Sit-ups with Twist
30. Skiers