

Freihofer's Training Challenge

Strength Training

Plank - Get into plank either with full arm or bent arm (low plank). Hold for as long as you can without hips rising or falling. Think stiff as a board. Rest. Hold again. Each week you are going to add 15 seconds.

Other Plank Variations

Plank with arm and leg extentions - Start with left arm out, then right arm out, then add one leg at a time. The final progression is left arm out and right leg out, then switch sides.

Side Plank Holds - Lie on your left side with legs fully extended and right foot stacked on top of left foot. Left arm should be bent at 90 degrees with your body weight on the upper left arm between the shoulder and elbow. Press the side of your body that is facing up (your right side) up towards the sky. Hold for 30 seconds, then switch sides. Each week you are going to add 15 seconds

Plank to Side Plank - Get into a high or low plank. Hold for 1 minute, turn to side plank for 30 seconds, back to plank and hold 1 minute, rest, repeat on the other side. Do twice per side in one set. Each week add 15 seconds to the hold.

Stirring the pot - Lie down on your back. Hold your arms up to the ceiling and trace a circle on the ceiling - legs are either straight out or knees bent. As you stir the pot you are bringing your shoulders off the mat and making an exaggerated move. Lengthen the arms as you go. 15 circles one way and then switch. Think about pulling your belly button towards the floor.

Quadrapped with motion - Begin on all fours, knees under hips, palms beneath shoulders, and abs engaged. Slowly extend left arm forward parallel to floor and right leg behind you to hip height. Hold for 10 counts then do elbow to knee on each side 5-10 times then repeat on opposite side. Think about a flat back, so a water bottle would stay stable on your back and not roll off.

Single Leg Bridge - Lie on your back with one leg bent and one leg "hovering" above the ground (your knees should be next to each other). Arms should be resting at the side, palms facing down. Push through the foot of the bent leg so that your hips/torso move up towards the sky. Extend your hips up as far as possible, so that it feels like your butt cheeks are squeezing together. Complete 10 reps for the right side, then switch legs.

Superman - Lie face down on the floor with your arms stretched out directly overhead (like Superman flying, hence the name). Raise your arms, chest and legs off the floor and hold it there for 10 seconds and squeeze – feel it in your lower back. Lower back to the ground and repeat. You can also do these one arm and leg at a time as follows: Raise your left arm and right leg into the air at the same time, also raising your chest slightly off the floor. Hold there for a few seconds and squeeze the muscles of your lower back. Lower your limbs back to the ground then

raise your right arm and left leg and hold for a few seconds. 3 - 10 second holds is one set.

Push-ups - You can do pushups with a bent knee or from a plank position. This about staying stiff as a board (the plank) On the second set try to match the number from the first set. Maintain good form either in full push-up position or on knees. Lead with the chest - flat back.

Pilates Push-Ups - Begin in the plan phase of a push-up. Hug your elbows to your sides and bend them straight back, lowering your body until you're about 5 inches from the floor, keeping abs firm, neck long and hips lifted. Hold for a count of 3, then straighten your arms to return to starting position. Repeat as many times as you can hold form. Increase by one rep each week.

Tricep Dip - Sit on a bench with your hands grasping the side of the bench. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not go below a 90-degree angle, as this can stress your shoulders. Slowly raise back up to the start position by straightening your arms. You can raise one leg to make it harder. 10-12 reps.

Clock Lunge - Lunge around the clock with each foot. Start with right leg lunge forward at 12 to the side and 3 and back to 6, then switch legs. You want to make sure your knees track forward and do not go out over your toes as you lunge. 10 reps each side of the clock.

Squat - Stand with your feet a little wider than hip distance apart. Think about sitting in a chair. Your chest stays raised while your butt goes back. This is best done in front of a mirror so that you can make sure your knees stay straight. You want to make sure you don't lean forward. Keep your knees in back of your toes. Put a chair behind you so you have a safety. This does not have to be a big move. Go as far as you can while staying stable. Core is engaged. 10-15 reps.

One legged squat -Start in squat position then raise your dominant leg (for most the right). Get your balance and make sure your hips are even. You are then doing a squat on just on leg. It will be tough to get as far down as you did with both legs. Only go as far as your knees and ankles stay stable and straight. Raise back up to standing position and repeat. 10 reps each leg.

Walking Lunges - Stand with your feet hip-width apart. Lunge forward with your left leg, then straighten your right (back) leg. Weight goes forward onto the left leg. When you lunge, your right knee should come to about an inch above the ground without touching it. Keep your torso perpendicular to the floor, with your weight evenly distributed between your legs. Align your front knee over your front ankle, keeping the weight in your heels instead of on your toes.

Continue these lunges for 30 seconds before switching sides and doing another 30 seconds on the other leg.

Heel toe walk - exaggerate going from your heels to your toes (think about our warm up exercise then add in rolling up on your toes.

Stretches

Quads (front of thigh) - Hold onto stationary object for balance with one hand and use the other

hand to grasp the foot, take a deep breath in and let your knee drop. Keep your back straight and do not allow the knee to drift forward ahead of the stance leg. Hold for at least 30 seconds.

Calf (upper) - Lean against a wall with both palms against the wall. The leg you want to stretch is back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf. Keep your back foot straight and angled 90 degrees from the wall. Hold the stretch for at least 30 seconds then switch legs.

Calf (lower) - Position yourself similar to the upper stretch with back straight and palms against the wall. The difference is that you start with your knees bent, your buttocks dropped. Gently lean into the wall until you feel the stretch in your lower calf.

Hamstrings (back of legs) – Rest your foot up on a chair. Flex your foot back and pivot over from your hips forward so that you feel the stretch in your hamstrings.

Hip Flexors – step forward into a lunge with your left foot with your right foot fully extended back. Raise your right arm straight up to the ceiling and hold. Switch legs and arms. Hold each leg at least 1 minute

ITB – Lie on your side on a foam roller on your hip with top leg in front and foot on floor. Roll up and down roller right on the hip.

Glutes (butt) - Sit up on the floor on your sitz bones. Cross your right leg over your left, keeping the sole of the right foot lifted up. Your left knee is straight and down on the floor. Place your right forearm on your right lower leg and your left hand on the floor. With a "flat back," incline your torso slightly forward and hold. The flat back posture stretches the hip and buttocks. To stretch the lower back, slowly round the spine and let your head hang down. Hold 1 minute. Switch sides.

Shoulders - Cross one arm in front of your body. Use the opposite arm to squeeze into your body above or below elbow joint.

Downward Dog stretch - Start in downward dog: Get on all fours on mat, tuck toes under and press hips up to form an inverted V. Bend in one knee at a time getting a stretch and lowering the heel further into the floor each time.

Cat-Cow Variation - Cow Pose: On hands and knees, inhale and lift head while making back concave. Cat Pose: On exhale, tuck tailbone, contract abs, and round back, head down. Child's Pose: Draw hips back to heels, drop chest, rounding spine, and rest forehead on floor, arms in front of you. Do 6 reps of whole cycle. Rest in Child's Pose for several breaths.

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