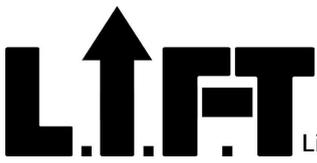


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Lifestyle, Innovation & Fitness Therapies

Instructions

Below you will find lists and definitions of different training routines, exercise groups, exercises, dynamic stretches and rehabilitation techniques.

The purpose of this index is to allow you to create and design your own warm ups, strength, fat loss, muscle gain, cardio and muscle rehabilitation programmes.

These lists allow you to easily fill out your L.I.F.T exercise plan and training templates, and in turn create your own routines.

Clarification on the techniques needed to perform the exercises in this document can be found by clicking on each exercise, which will link you to a YouTube tutorial.

If you've had your DNA, microbiology or blood analysed, you can use that insight to make your workout routines more specific and personalised towards you and your biological preferences.

Should you have any questions or seek any further advice please email info@LIFTclinic.co.uk

Pre-workout checklist

1. Download your LIFT exercise plan and schedule templates
2. Decide on your training routine based on your goals
3. Adjust the templates where needed to fit your chosen routine
4. Fill in your templates from the list of exercises, yoga poses and rehabilitation techniques.
5. Determine your 1 rep max for each exercise, (your maxes will determine what weights you'll use throughout the entire plan and allow you to achieve progressive overload each session).
6. Buy some gym stash so you look cool
7. Perform your first workout

Types of Training Routines

There are many different training routines and schedules used to improve health, performance and aesthetics. Below are short summations of different types of training routines. For full instructions and example workouts, head to our training programme page.

Aerobic

Aerobic exercise can be low to high intensity and depends primarily on the use of the aerobic energy system. Aerobic means - relating to, involving, or requiring oxygen, and refers to the use of oxygen to adequately meet energy demands during exercise.

- Typically 30 minutes minimum
- Works the circulatory system
- Antidepressant benefits
- Utilises fat stores as energy

When to use: Use to improve cardio vascular health and endurance, reduce body fat, relieve low mood and improve overall general health and fitness. May also be used in sport specific circumstances, such as training for a marathon.

Types of exercises – Cardio Vascular

Location – Gym | Park | Studio

Circuit Training

Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. One circuit is when all of the chosen exercises have been completed. Multiple circuits can be performed in one training session.

- 1 set is a full circuit
- Sets are made up of multiple reps across different exercises
- Full body workout
- Intensity is key
- Perfect for beginners

When to use: Perfect for beginners with time constraints, looking to build a basic level of muscular strength, mobility and endurance.

Types of exercises – Body weight, Plyometric Compound & Isolation

Location – Gym | Park | Studio | Home

CNS Training

Research identifies two CNS processes related to sports performance - 'excitation' and 'inhibition'. The speed at which signals are sent from the receptors to effectors and back again, results in levels of excitation or inhibition. For example, to move the body as fast as possible when sprinting, the speed a signal is transferred through the CNS needs to be as fast as possible. An athlete's receptors and effectors need to be optimally excited and uninhibited in order to result in the optimum recruitment of fast-twitch muscle fibre.

With regards to weight training, to improve explosive power the amount of repetitions appears to be the key training variable. It is recommended that a low number of repetitions (1 to 3), with loadings in excess of 90% of 1RM, are required to develop strength that will boost speed and power and in turn optimise the contribution of the CNS, with a recovery of 6 minutes between sets.

These loads create a higher level of excitation and receptor/effector communication, more motor unit recruitment and greater neural stimulation. These loadings do not produce a large increase in muscle mass, which can be beneficial if an athlete is trying to keep their power to weight ratio low.

- Low reps (1-3) at high load (90% of 1RM).
- 6 minute rest periods
- Focuses on central nervous system communication over muscle mass
- 48 hours recovery between workouts

When to use: Should be used by advanced athletes with competent technique, who are looking to build power and acceleration for better performance.

Types of exercises – Compound & Plyometric

Location – Gym

Cross Fit

Definition: A high-intensity fitness programme incorporating elements from several sports, disciplines and types of exercise. CrossFit is promoted as both a physical exercise philosophy and a competitive fitness sport, taking influences from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, girevoy sport, calisthenics, strongman, and other exercises.

- Can be adjusted for any level of experience.
- Strong community.
- More of a cultural choice than specific performance.
- Wide array of training styles.

When to use: Crossfit's main attraction is its community feel. Weight training can often be isolated; however, Crossfit gyms offer many classes and social elements that other gyms do not. Crossfit also comes with its own competitive tournaments, which have been growing substantially year on year.

Types of exercises – Body weight, Plyometric, Compound Callisthenic & Olympics lift

Location – Gym

DC Training

Definition: DC is centered on the belief that using progressively heavier weights, training with lower overall volume, and hitting each body part more than once a week. Do as many reps as you can with perfect form until technical failure. Put the weight down and take 10 to 15 deep belly breaths.

Pick up the weight and do another set of perfect reps until you once again reach technical failure. Set it down again, take 10 to 15 more breaths, and then complete a few more perfect reps.

Your goal is to do between 11 and 15 reps in total. If you get 15 or more, you should increase the weight the next time you do the exercise. If you get fewer than 11 reps, it means you need to either lower the weight or shoot for more reps the next time.

- Uses pause sets
- Focuses on perfect technique
- Increase the weight each and every workout
- Train to absolute failure
- Optimal training frequencies
- Primarily focuses on building muscle, whilst increasing strength
- Adequate rest needed every 6-8 weeks

When to use: DC is an advanced training style and should only be used once you've mastered perfect exercise technique. DC's niche is the perfect middle ground between all out failure training and optimal training frequencies. Use a DC routine if you're an advanced weightlifter looking to increase muscle mass quickly.

Types of exercises – Compound & Isolation

Location – Gym

Hypertrophy- Specific Training

Hypertrophy-Specific Training is a training method designed specifically to cause muscle hypertrophy (growth). Although significant increases in strength are often experienced while using HST, the program is not centered around strength gains.

- Train each body part every 48 hours, or three times per week
- Increase the weight each and every workout
- Decrease the reps every two weeks
- Decondition the muscles and then repeat the programme

When to use: Use after a cutting period of training, before jumping straight into a strength-training regime, or if you have injuries that may be vulnerable to very heavy loads.

Types of exercises – Compound & Isolation

Location – Gym

German Volume Training

German Volume Training, commonly referred to as the "10x10 workout", is a form of weight training. It employs high set counts and moderate repetitions. GVT workouts typically involve 10 sets of 10 repetitions focused on a specific muscle group

- You do 10 sets of a single compound exercise.
- You strive to do a predetermined number of reps on each set, like 10 sets of 10 reps.
- You alternate with the antagonist compound exercise.
- You only increase the weight once all 10 sets are completed with the predetermined starting weight. The load used is submaximal. You do not try to reach failure on all sets; only the last three should be hard.
- Your rest between sets will be minimal, so if the weight feels light at first, it won't for long because of the accumulative fatigue.

When to use: Useful for people who are new to weightlifting. The high reps and lower weight loads, across compound movements will help train the nervous system in correct form, while still reaching failure and progressive overload.

Types of exercises – Compound

Location – Gym

HIIT

Definition: HIIT stands for High-intensity interval training, which refers to the short bursts of intense exercise alternated with low-intensity recovery periods.

- Typically body weight and cardio based
- Intensity is key
- Increases fat burning after workout
- A typical HIIT session is about 20-45 minutes of working and resting

When to use: Use to decrease body fat in a time efficient manner. Adjustments can make it perfect for any level of exercise competence. No gym required.

Types of exercises – Bodyweight, Kettlebell, Plyometric & Cardio

Location – Gym | Park | Studio | Home

Metabolic Resistance Training

Metabolic training involves staggering multiple exercises together in order to create an oxygen debt. The rest periods are extremely short and the intensity is high. By performing multiple metabolic training exercises sequentially for different muscle groups, you can actively rest one muscle group while pushing another with little to no rest between exercises.

This style of metabolic conditioning workout simultaneously provides a high-intensity resistance training workout combined with a high-intensity aerobic and a high-intensity lactic acid threshold workout. Ideally you will build up to the point in your workouts where you will be working so hard that you push your body into oxygen debt. That oxygen debt will allow you to continue to burn calories long after the workout is finished.

- Extremely high intensity
- Builds Strength and Cardio
- Increases fat burning after workout
- Full body workout
- Time efficient

When to use: Use to decrease body fat in a time efficient manner. Adjustments can make it perfect for any level of exercise competence, usually more accustomed for someone with a basic level of exercise fitness. Not for the faint hearted!

Types of exercises – Body weight, Kettlebell, Plyometric & Cardio

Location – Gym | Park | Studio | Home

Supramaximal Training

Supramaximal training is lifting from your sticking point of a lift with a weight greater than your max. Essentially you utilise the smaller range of motion where your muscles are their strongest, to lift weights heavier than you 1 rep max.

- Very heavy weights
- Extremely specific gains
- Improves strength

When to use: Supramaximal training is a great tool to break through the phase of the lift that you struggle with most, and in turn increase your strength.

Types of exercises – Compound

Location – Gym

Tabata

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups. Kettlebell exercises work great, too. You push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise.

- Extremely high intensity
- Increases fat burning after workout
- HIIT but focuses on muscular strength
- Focuses on cutting and fat burning

When to use: Use to decrease body fat in a time efficient manner. Adjustments can make it perfect for any level of exercise competence. No gym required; however, equipment such as kettlebells can be useful.

Types of exercises – Body weight, Kettlebell, Plyometric & Cardio

Location – Gym | Park | Studio | Home

5x5 Training

The 5x5 program was designed to increase strength, and break through plateaus with periodisation. Essentially the workout is designed to hit your muscles hard three times per week and then allow enough time to promote growth and recovery. It is built on three weekly sessions based around lifting your five-rep max (5RM) in four essential compound lifts: the squat, deadlift, overhead press and bench press. Your five-rep max is usually around 85% of your one-rep max.

- Heavy weight lifting.
- High calorie diet should be utilised.
- Improves strength.
- 2-3 minute rest periods.

When to use: Should be used by intermediate athletes with competent technique and low injury risk, who are looking to primarily build muscular strength and mass for better performance.

Types of exercises – Compound

Location – Gym

Compound Exercises

Definition: Any exercise that engages two or more different joints to fully stimulate entire muscle groups and, indeed, multiple muscles. Essentially compound exercises are exercises that work multiple muscle groups at the same time.

Exercise Name	Group	Muscles Worked
Bicycle Manoeuvre	Abs	Abdominals, Obliques, Iliopsoas
Hanging Leg Raises	Abs	Abdominals, Obliques, Rear delts, Rotator cuffs, Forearms, Iliopsoas
Barbell Bent-over Row	Back	Lats, Biceps, Forearms, Traps, Rhomboids, Spinae erector
Close Grip Lat Pull-down	Back	Lats, Biceps, Traps, Forearms, Rotator cuffs, Rhomboids
Deadlift	Back	Spinae erector, Traps, Rhomboids, Quadriceps, Hamstrings, Glutes
Seated Cable Row	Back	Lats, Biceps, Forearms, Rotator cuffs, Traps, Rhomboids
Standing T-Bar Row	Back	Lats, Biceps, Forearms, Traps, Rhomboids, Spinae erector
Weighted Chin Ups	Back	Lats, Biceps, Forearms, Traps, Rhomboids
Weighted Pull Ups	Back	Lats, Biceps, Forearms, Rotator cuffs
Wide Grip Lat Pull-down	Back	Lats, Biceps, Forearms, Rotator cuffs
Barbell Bench Press	Chest	Major Pec, Minor Pec, Front delts, Triceps
Decline Barbell Bench Press	Chest	Major Pec, Minor Pec, Front delts, Triceps
Decline Dumbbell Bench Press	Chest	Major Pec, Minor Pec, Front delts, Triceps
Dumbbell Bench Press	Chest	Major Pec, Minor Pec, Front delts, Triceps
Incline Barbell Bench Press	Chest	Minor Pec, Major Pec, Front delts, Triceps
Incline Dumbbell Bench Press	Chest	Major Pec, Minor Pec, Front delts, Triceps
Back Squat	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Barbell Lunges	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs, Traps, Rear Delts
Dumbbell Lunges	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs, Traps, Forearms
Front Squat	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Goblet Squat	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Good Mornings	Legs	Hamstrings, Spinae erector, Traps, Rhomboids
Hack Squat	Legs	Quads, Glutes, Hamstrings, Spinae erector, Traps, Rhomboids
Leg Press	Legs	Quads, Glutes, Hamstrings, Anterior tibialis
Overhead Squat	Legs	Quads, Glutes, Hamstrings, Core, Rear delts, Shoulders
Romanian Deadlift	Legs	Hamstrings, Spinae erector, Traps, Rhomboids
Arnold Press	Shoulders	Front, mid & rear delts, Minor Pec, Triceps, Biceps
Military Press	Shoulders	Front, mid & rear delts, Minor Pec, Triceps, Abs, Spinae erector
Seated Dumbbell Overhead Press	Shoulders	Front, mid & rear delts, Minor Pec, Triceps,
Standing Dumbbell Reverse Flyes	Shoulders	Rear Delts, Rotator cuffs, Traps, Rhomboids, Spinae erector
Close Grip Bench Press	Triceps	Triceps, Major Pec, Minor Pec, Front delts
Weighted Dips	Triceps	Triceps, Major Pec, Minor Pec, Front delts

**Muscle Groups worked are listed in order of the muscles taking the highest load*

Olympic Lifts

Definition: Olympic-style weightlifting is a sport, which incorporates the use of two independent lifts that require the athlete to lift a loaded barbell from the floor to an overhead position in an explosive manner.

Exercise Name	Muscles Worked
Clean & Jerk	Full Body
Clean & Press	Full Body
Snatch	Full Body

Weighted Isolation Exercises

Definition: Isolation exercises involve only one joint and a limited number of muscle groups.

Exercise Name	Group	Muscle Groups Worked
Back Extensions	Back	Spinae erector
Face Pulls	Back	Rear delts, Rhomboids, Traps, Lats
High Rope Pulls	Back	Rear delts, Rhomboids, Traps, Lats
Single Arm Row	Back	Lats, Traps, Rhomboids, Rear delts
Straight Arm Pull-down	Back	Lats, Rotator Cuffs
Cable Glute Kickbacks	Legs	Glutes, Spinae erector
Hip Thrusts	Legs	Glutes, Iliopsoas, Abdominals
Seated Abduction	Legs	Abductors
Seated Adduction	Legs	Adductors
Seated Calf Raises	Legs	Calfs
Seated Leg Curl	Legs	Hamstrings
Seated Leg Extension	Legs	Quadriceps
Standing Calf Raises	Legs	Calfs
Cable Front Raises	Shoulders	Front delts
Cable Lateral Raises	Shoulders	Mid delts
Dumbbell Lateral Raises	Shoulders	Mid delts
Front Barbell Raises	Shoulders	Front delts
Front Dumbbell Raises	Shoulders	Front delts
Lying Reverse Flyes	Shoulders	Rear delts, Rhomboids
Seated Reverse Flyes	Shoulders	Rear delts, Rhomboids

Weighted Isolation Exercises

Decline Russian Twists	Abs	Rectus abdominals, Oblique's
Dumbbell Oblique Raises	Abs	Oblique's
Kneeling Cable Crunch	Abs	Rectus abdominals
Wheel Roll Out	Abs	Rectus abdominals, Lats, Chest, Forearms
Cable Kickbacks	Arms	Triceps
Cable Overhead Tricep Extension	Arms	Triceps
Close Grip Straight Bar Curl	Arms	Biceps
Dumbbell Bicep Curl	Arms	Biceps
Dumbbell Kickbacks	Arms	Triceps
Overhead Cable Curl	Arms	Biceps
Seated Cable Curl	Arms	Biceps
Seated Ez Bar Curl	Arms	Biceps
Seated Incline Hammer Curls	Arms	Biceps
Seated Incline Inner Bicep Curls	Arms	Biceps
Seated Overhead Tricep Extension	Arms	Triceps
Skull Crushers	Arms	Triceps
Standing Ez Bar Curl	Arms	Biceps
Standing Hammer Curls	Arms	Biceps
Standing Overhead Tricep Extension	Arms	Triceps
Tricep Pull-down	Arms	Triceps
Wide Grip Straight Bar Curl	Arms	Biceps
Zottman Curl	Arms	Biceps
Cable Flyes	Chest	Chest, Biceps
Dumbbell Flyes	Chest	Chest, Biceps
Dumbbell Pull-overs	Chest	Chest, Lats
Landmine Chest Press	Chest	Chest, Front delts



Bodyweight Exercises

Definition: Bodyweight exercises are strength training exercises that use the individual's own weight to provide resistance against gravity.

Exercise Name	Group	Muscle Groups Worked
Plank	Abs	Rectus abdominals
Russian twist	Abs	Oblique's, Rectus abdominals
Side jack-knives	Abs	Oblique's, glutes
Sit Ups	Abs	Rectus abdominals,
Sitting knee raises	Abs	Rectus abdominals, transversus
Sitting leg raises	Abs	Rectus abdominals, transversus
Chin Ups	Back	Lats, Biceps, Forearms, Rotator cuffs
Inverted Rows	Back	Rhomboids, Rear delts, Traps, Lats
Pull Ups	Back	Lats, Biceps, Forearms, Traps, Rhomboids
Supermans	Back	Spinae erector, Rhomboids, Rear delts, Traps, Lats
Burpees	Cardio	Full Body
Diamond Jumps	Cardio	Full Body
Fast Feet	Cardio	Full Body
Heismans	Cardio	Full Body
High Knees	Cardio	Full Body
Jumping Jacks	Cardio	Full Body
Mountain Climbers	Cardio	Full Body
Skipping	Cardio	Full Body
Speed Skaters	Cardio	Full Body
Sprints	Cardio	Full Body
Tuck Jumps	Cardio	Full Body
Chest Dips	Chest	Major pec, Minor pec, Front delts, Core
Close Stance Press Ups	Chest	Major pec, Minor pec, Triceps, Core
Incline Push Ups	Chest	Major pec, Minor pec, Core
Wide Stance Press Ups	Chest	Major pec, Minor pec, Front delts, Core
Spidermans	Core	Abs, Iliopsoas, Shoulders
Donkey Kicks	Legs	Glutes, Hamstrings, Spinae erector
Duck Walks	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Lunges	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Overhead Squats	Legs	Quads, Glutes, Hamstrings, Core, Rear delts, Shoulders
Pile Squat	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Squat Jumps	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Squats	Legs	Quads, Glutes, Hamstrings, Spinae erector, Abs
Bear Walks	Shoulders	Front & mid delts, core
Handstand Push Up	Shoulders	Front, mid & rear delts
Iron Cross	Shoulders	Rear delts, Traps, Rhomboids
Shoulder Push Up	Shoulders	Front, mid & rear delts
Shoulder Rotations	Shoulders	Mid & rear delts
Bench Dips	Triceps	Triceps, Rear & mid delts
Dips	Triceps	Triceps, Major pec, Minor pec, Front delts

Plyometric Exercises

Definition: Plyometrics are explosive exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).

Exercise Name	Group	Muscle Groups Worked
Overhead Passes	Arms	Triceps, Lats
Plyo Pull Ups	Back	Lats, Traps, Rhomboids, Rotator Cuffs, Forearms
Chest Passes	Chest	Major pec, Minor pec, Front delts
Clap Push Ups	Chest	Major pec, Minor pec, Front delts, Core, Forearms
Depth Push Up	Chest	Major pec, Minor pec, Front delts, Core
Push To Stand	Chest	Major pec, Minor pec, Front delts, Core
Super Man Push Ups	Chest	Major pec, Minor pec, Front delts, Core, Forearms
Broad Jumps	Legs	Quads, Glutes, Hamstrings, Core
Burpees	Legs	Quads, Glutes, Hamstrings, Core
Front Box Jump	Legs	Quads, Glutes, Hamstrings, Core
Lateral Box Jump	Legs	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
Single Leg Front Box Jump	Legs	Quads, Glutes, Hamstrings, Core, Anterior tibialis
Single Leg Lateral Box Jump	Legs	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
Skater Jumps	Legs	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
Sprints	Legs	Quads, Glutes, Hamstrings, Core

Kettlebell Exercises

Definition: Kettlebells are cast iron weights ranging from 5 lbs to over 100 lbs, shaped like a ball with a handle for easy gripping. Kettlebell exercises are dynamic and often ballistic full body movements.

Exercise Name	Group	Muscle Groups Worked
Plank with row	Arms/Back	Triceps, Lats
Push-up with row	Back/Chest	Lats, Traps, Rhomboids, Chest, Shoulders, Core
Half get-up	Core	Lats, Traps, Rhomboids, Rotator Cuffs, Forearms
Figure of 8	Full Body	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
Jerk	Full Body	Major pec, Minor pec, Front delts, Core
One handed clean	Full Body	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
One handed snatch	Full Body	Quads, Glutes, Hamstrings, Core
Sumo high pulls	Full Body	Quads, Glutes, Hamstrings, Core
Swing	Full Body	Quads, Glutes, Hamstrings, Core
The Turkish get-up	Full Body	Quads, Glutes, Hamstrings, Core, Abductors, Adductors
Windmill	Full Body	Major pec, Minor pec, Front delts
Goblet Squat	Legs	Quads, Glutes, Hamstrings, Core, Anterior tibialis
High pull	Shoulders	Quads, Glutes, Hamstrings, Core
Slingshot	Shoulders	Major pec, Minor pec, Front delts, Core

Calisthenic Exercises

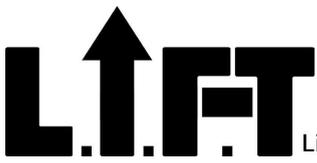
Definition: Gymnastic exercises to achieve bodily fitness and grace of movement.

Exercise Name	Group	Body parts worked
Air Walk	Back	Lats, Rotator cuffs, Forearms, Core
Archer Pull Ups	Back	Lats, Traps, Rhomboids, Biceps, Forearms
Front Lever	Back	Lats, Rotator cuffs, Forearms, Core
Muscle Ups	Back	Lats, Traps, Rhomboids, Forearms, Front delts, Triceps
One Arms Pull Up	Back	Lats, Traps, Rhomboids, Biceps, Forearms
Dragon Flag	Core	Core, Lats, Shoulders, Forearms
Hanging Windshield Wipers	Core	Rectus Abdominals, Oblique's, Forearms
L-Sits	Core	Triceps, Rectus Abdominals, Oblique's, Shoulders
V-Sits	Core	Triceps, Rectus Abdominals, Oblique's, Shoulders
Human Flag	Full Body	Front, mid & rear delts, Oblique's
Pistol Squat	Legs	Quads, Hamstrings, Glutes, Core
Back Lever	Shoulders	Front, mid & rear delts, Core, Glutes
Head Bangers	Shoulders	Front delts, Biceps, Forearms
Iron Cross	Shoulders	Front, mid & rear delts
Planche	Shoulders	Front delts, Triceps, Spinae erector
Skin the cat	Shoulders	Front, mid & rear delts, Core

Dynamic Stretches

Definition: Gymnastic exercises to achieve bodily fitness and grace of movement.

Exercise Name	Group	Body parts worked
Alternate High Arms	Back	Rear delts, Lats
High arms	Back	Rear delts, Lats
Backwards Bend	Full Body	Shoulders, Core
Frog Walk & Twist	Full Body	Hamstrings, Glutes and Shoulders
Inchworms	Full Body	Hamstrings
Leg Cross Overs	Full Body	Quads, Hamstrings, Glutes, Core, Shoulders, Chest
Scorpions	Full Body	Quads, Hamstrings, Glutes, Core, Shoulders, Chest
Twisting Lunge	Full Body	Quads, Hamstrings, Glutes, Core, Shoulders, Chest
Abductor Swings	Legs	Glutes, Abductors
Adductor Swings	Legs	Glutes, Adductors
High Knees	Legs	Quads, Hamstrings, Glutes, Core
Lunges	Legs	Quads, Hamstrings, Glutes, Core
Monster Walks	Legs	Hamstrings
Sumo Squats	Legs	Quads, Hamstrings, Glutes, Core
Toe Swipes	Legs	Hamstrings
Toe Touches	Legs	Hamstrings
Arm Circles	Shoulders	Front, mid & rear delts, chest



Cardio Exercises

Definition: Physical conditioning that exercises the heart, lungs and associated blood vessels.

Exercise Name	Definitions
Arm Crank	An exercise machine that resembles cycling, which enables you to pedal with your arms
Battle Ropes	A full body exercise that uses thick anchored ropes. Can consist of alternating waves, power slams and star jumps techniques.
Cross Training	A stationary exercise machine used to simulate stair climbing, walking, or running without causing excessive pressure to the joints, hence decreasing the risk of impact injuries.
Cycling	The sport or activity of riding a bicycle
Interval Training	Physical training consisting of alternating periods of high- and low-intensity activity
Jogging	The activity of running at a steady, gentle pace as a form of physical exercise
Rowing	An exercise machine with a handle and sliding seat, engaging the muscles used in rowing
Skipping	An exercise in which someone jumps over a rope held at both ends and turned repeatedly over the head and under the feet.
Spinning	Indoor cycling, often also called spinning, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.
Sprinting	To move at full speed and exertion over a short distance
Stair Climber	A machine that simulates the motion of climbing flights of stairs
Stepping	A machine that simulates the motion of climbing flights of stairs
Swimming	The sport or activity of propelling oneself through water using the limbs

Recovery & Rehabilitation

Definition: The action of restoring and aiding the body back to health through therapy after exercise.

Exercise Name	Muscle Groups Worked
Cold Showers 30 sec – 2 min	Increases alertness, conditions the immune system, increase emotional resilience refines hair and skin, improves circulation, stimulates weight loss, speeds up muscle soreness and recovery, eases stress, relieves depression and lowers inflammation.
Contrast heat therapy	Alternating between extreme hot and cold temperatures, such as sauna and snow, or hot and cold baths. Increases alertness, conditions the immune system, increase emotional resilience refines hair and skin, improves circulation, stimulates weight loss, speeds up muscle soreness and recovery, eases stress, relieves depression and lowers inflammation. The benefits of contrast heat therapy appear to outperform other temperature related therapies.
Ice Bath 2-10 min	Increases alertness, conditions the immune system, increase emotional resilience refines hair and skin, improves circulation, stimulates weight loss, speeds up muscle soreness and recovery, eases stress, relieves depression and lowers inflammation. More immersive than a cold shower with more potent effects.
Hydrotherapy	Enhanced circulation increased endorphins strengthen the immune system, reduce inflammation, heals injured tissue, improve well-being and energize the body. Hydrotherapy also supplies fresh nutrients and oxygen to injured tissue and helps with the removal of waste products.
Hydro massage	Hydro-massage often uses high-pressure jets. This helps in pain reduction as well as relaxation.
Kneipp System	The Kneipp System – named after it’s designer,uses different water temperatures with herbal and mineral baths. This has various health benefits in addition to a purifying diet or spiritual practice.
Foam Rolling	Prevents injury, speeds up recovery, breaks up scar tissue, improves mobility, improves flexibility, removes lactic acid and increases supplety.
Massage	Prevents injury, speeds up recovery, breaks up scar tissue, improves mobility, improves flexibility, removes lactic acid, increases supplety, improves mood and increases emotional connectivity.
Sauna 20 – 30 min	Improves pain, rheumatological disease, depression, anger and detoxification, relaxes the muscles, loosens joints, reduces stress, conditions the heart, conditions the nervous system, reduces inflammation and protects against neurocognitive disease.
Steam Room 20 – 30 min	Improves pain, rheumatological disease, depression, anger and detoxification, relaxes the muscles, loosens joints, reduces stress, opens the sinuses, hydrates the skin, conditions the heart, conditions the nervous system, reduces inflammation and protects against neurocognitive disease.

Key Terms

Aerobic

Relating to or denoting exercise taken to improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen

Anaerobic

Relating to or denoting exercise which does not improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen

Anterior Chain

The anterior chain is the muscles on your front side: quads, core, and pectoral muscles.

Bulking

Someone who is bulking is purposely eating more calories than they need. By providing your muscles with a strong stimulus to grow from progressive, intense training, these excess calories, especially protein, should aid to muscle hypertrophy and gains.

Cheat Reps

Cheat reps are reps with compromised form that allows someone to complete more reps in a set. Without a spotter, they can help someone reach muscle failure during their set.

Cutting

Someone who is cutting is attempting to drop their body fat while maintaining as much muscle mass as possible.

Deconditioning

Deconditioning (taking some time off) re-sensitises muscles to weight loads that previously promoted growth. Once a muscle has grown significantly from the current weight load within a programme, it's necessary to either increase the load (progressive overload) or decrease the degree of conditioning to the load (deconditioning).

DOMs

Delayed onset muscle soreness (DOMS) is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise.

Eccentric Reps

An eccentric contraction is the motion of an active muscle while it is lengthening under load. Eccentric training is repetitively doing eccentric muscle contractions

Failure

Training to failure is repeating an exercise to the point of momentary muscular failure. I.e. the point where the neuromuscular system can no longer produce adequate force to overcome a specific workload.

Forced Reps

Forced repetitions are assisted movement by a training partner, or spotter. They are typically performed with heavy weight or near the end of a set at the onset of failure.

Gains

Simply put, gains means the progress you've made in the gym.

Hypertrophy

The enlargement of an organ or tissue from the increase in size of its cells.

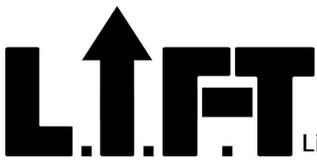
Kettlebell

A large cast iron ball shaped weight with a single handle

Muscle Confusion

Changes made in someone's workout routine every couple of weeks to prevent plateaus from occurring and to keep your muscles continually growing and responding.

Posterior Chain



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The posterior chain is the muscles on your backside; hamstrings, glutes, lats, scapular retractors, and rotator cuff muscles.

Progressive Overload

Progressive overload is the gradual increase of stress placed upon the body during exercise training. The basic principle of increased athletic performance.

Rep

Reps is short for repetitions. Repetitions define the number of times someone performs an exercise or range of motion. For example, you do 12 squats, then stop. The 12 squats you perform are considered 12 repetitions.

Set

Sets refers to how many times someone repeats an exercise with a set number of repetitions. For example, you do 12 squats and rest. Then you do another 12 squats, rest, and then another 12. You have now completed three sets of 12 reps.

Judy Dench

Someone who looks extremely good in their physique.

Perm

A vein in the bicep that is permanently prominent and visible.