

# The Dynamic Wellness Challenge™ Series

## STRENGTH TRAINING GAME PLAN



Strength training is simple. We have designed a “No Excuses” Workout where we focus on using our own body weight to perform exercises that can build muscle.

- The No Excuses workout offers several benefits:
- No bulky equipment is needed. It can be done:
  - at home in your bedroom
  - in a hotel room when you’re traveling
  - in the evening while you’re watching TV
- This workout addresses all the major muscle groups of the body.
- You can do it in as little as fifteen to twenty minutes, three days a week.
- It can be adapted to any level of fitness by adding hand weights and more repetitions.

The No Excuses Workout consists of four effective strength-training exercises that are an efficient alternative to gym visits and more time consuming workouts. People who have incorporated it into their lives, along with some stretching, have achieved considerable improvement in strength, tone and flexibility. These four main exercises work all of the major muscle groups and strengthen them using only your own body weight.

As your fitness improves, we’ll show you how to build on this routine to continue progressing toward your goals. One of the most important aspects of strength training is learning how to use the proper form.

### Principles of Strength Training

Things to remember when strength training:



- 1. Do all exercises S-L-O-W-L-Y** to ensure that your effort is most effective.
- 2. Visualize the muscle you are exercising.** For example when you are doing abdominal crunches, mentally focus on your abs and feel the tightening and releasing of the muscle and eventually a slight burning sensation.
- 3. Most importantly, use good form!** This will allow you to get the most out of your workout and help prevent injury. It isn’t about how many repetitions or exercises you do; it is how well you do them.

### The Dynamic Wellness “No Excuses” Workout

Our recommended routine consists of a warm-up, followed by 2 sets each of 4 exercises, with each set consisting of at least 10-12 repetitions of each exercise. It may take a few sessions before you can perform the full routine, but you will gain strength quickly.

## The warm-up

### Benefits

Walking in place generates blood flow and warms up the lower body. The “Wave” movement warms up the shoulder muscles and causes the shoulder joint to begin secreting synovial fluid, the lubrication agent the body secretes to prevent injury and allow the joint to move smoothly.



#### ➤ Correct Form

1. Walk briskly or step in place for 3 or 4 minutes.
2. Do the Wave



The Wave movement starts with your arms at shoulder height and bent at a 90-degree angle at the elbow.

While keeping the shoulders in place, rotate your hands forward until the hands point straight forward, then return to the starting position. Perform the movement slowly and focus on the shoulder muscles and joints.

## The “good morning” (Lower Back and Leg muscles)

### Benefits

This exercise strengthens the mid and lower back muscles as well as your hamstring and gluteal muscles (the muscles on the back of your legs and your buttocks muscles). This is a great exercise to keep your back strong and to help prevent back injury and pain.



#### ➤ Correct Form

Standing upright, feet shoulder width apart, slowly bend at the waist to a 90-degree angle.

Keeping your back flat, rise slowly focusing your effort on your lower back muscles. Do not return all the way to an upright position and repeat the movement, keeping your lower back muscles engaged the whole time.



#### Repetitions

Do two sets of 12 – 15 repetitions, resting for 10 seconds between sets.

## The Lunge

### Benefits

Strengthens all major leg muscles: quadriceps, hamstrings, calf muscles, glutes



#### ➤ Correct Form

Stand with your left leg in front of you and your right leg behind you, with about 2 feet between your feet, keeping your torso vertical. Adjust this distance so you are comfortable and balanced.

Slowly lower your body until your back knee is within 2 inches of the floor. Don't allow your front knee to extend beyond your toe.

Slowly return to a nearly upright position and repeat.



#### Repetitions

Try for two sets of 6 – 12 repetitions per leg

## The abdominal crunch

### Benefits

This exercise strengthens and tones the abdominal muscles. This also is a great exercise to help strengthen your back and help prevent back pain.



#### ➤ Correct Form

Lie on the floor with knees bent, feet flat and hands touching the sides of your head or crossed over your chest.

Using your abdominal muscles, slowly raise your shoulder blades to approximately 4-7 inches off the floor. It's not necessary to sit all the way up.



Pause slightly, then slowly lower your shoulders to nearly touching the floor without relaxing the muscles.

**NOTE:** It is important to keep the stomach muscles engaged the entire time.

#### Repetitions

Do two sets of 10 to 20 repetitions initially. The goal is to work up to 3 sets with only about 20 seconds between sets, doing as many repetitions as you can for each set.

## The push-up (Chest, Shoulders, Triceps and Back muscles)

### Benefits

This exercise is the classic tried and true upper body exercise because it works so well! When done properly it strengthens the chest, shoulders, triceps (which are the back of your upper arm), and upper back muscles.



#### ➤ Correct Form

It is really important to perform this movement slowly with your mental focus targeted on the chest, shoulder and arm muscles.



Lie on the floor, face down. Raise yourself on your hands and toes (or knees, for a little less intensity) with hands being slightly wider than shoulder width. Keep your back straight.



Slowly lower your body evenly until your chest is 1"- 2" off the floor, keeping your elbows close to your sides in a stable shoulder position.



Then slowly push upward until your arms are nearly locked at the elbow.

#### Repetitions

Repeat without relaxing as many times as you can. Do 2 or 3 sets with approximately 30-45 seconds between each set.

## TIP: Exercise with Music

New Study:

People who listen to their favorite music while exercising work out for longer duration and with greater intensity

They push themselves further and feel as if they are exerting themselves less than people who prefer a tuneless workout

- Music relaxes you & improves mood
- Music distracts you from discomfort

Disclaimer: When undertaking any exercise activity, there is a risk of injury. Although we try to outline the safest and most effective methods of fitness training, we cannot prevent injuries from occurring. You should consult your physician before beginning any exercise program.