

Resistance Training Exercises



WELLNESS CONNECTION



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Introduction to Resistance Training

Introduction

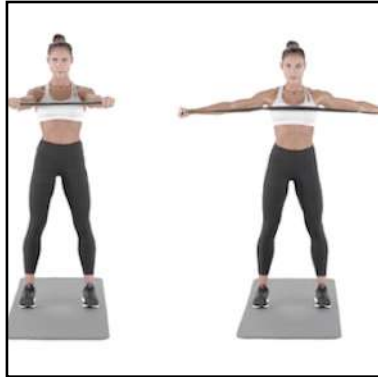
Resistance training is important for overall fitness and health. Strength gains result from an increase in muscle size and more neural control over the muscles.

There are many different ways to perform resistance training. These include: Bodyweight, Bands, Dumbbells, and Weight Machines to name a few.

Resistance Training Methods



Bodyweight



Bands



Dumbbells



Weight Machines

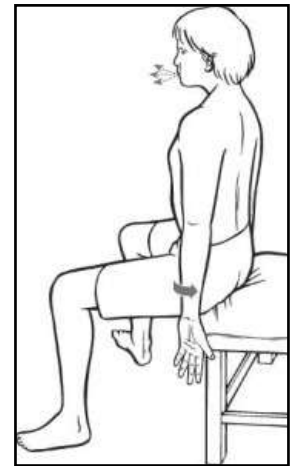
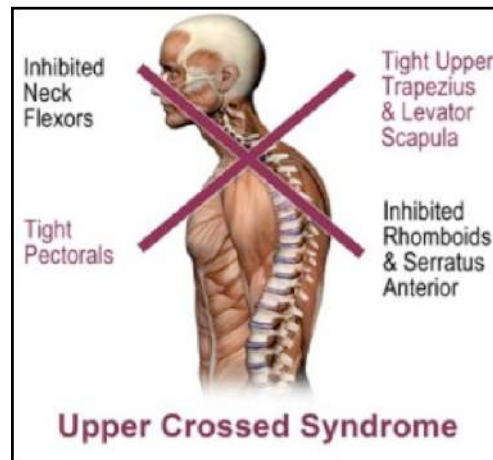
Common Issues

Upper Crossed Syndrome

Also known as "Forward head posture."

This issue is common among people that sit for long hours.

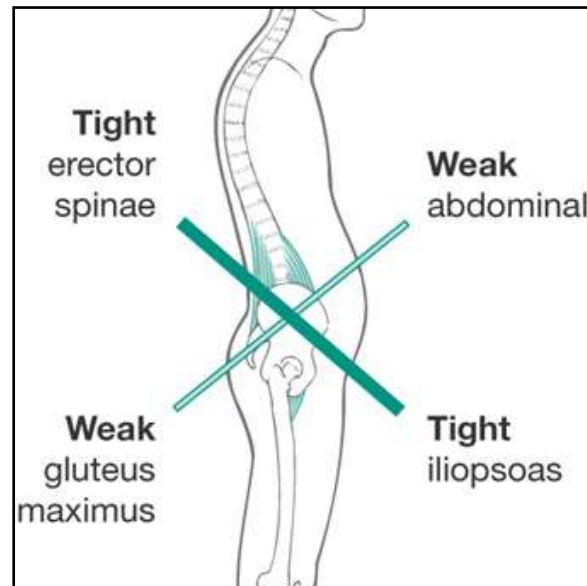
One exercise that can help with this issue is the Bruegger Posture Relief (shown on the right).



Lower Crossed Syndrome

This common problem may be a result of poor posture and sitting for long hours.

One great exercise for this issue is Dr. Jason's "Dollar Bill 60/60."



Rounded Shoulders

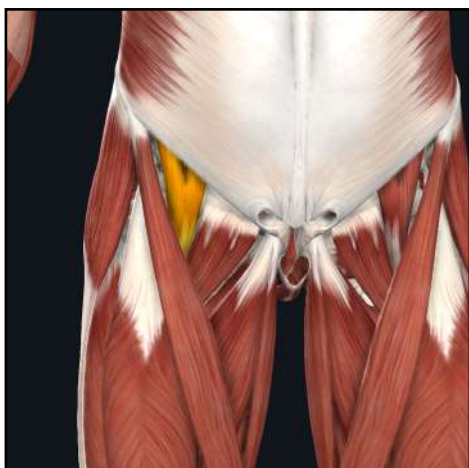
Rounded shoulders are typically caused by poor posture habits, muscle imbalances and focusing too much on certain exercises, such as too much focus on chest strength while neglecting the upper back.



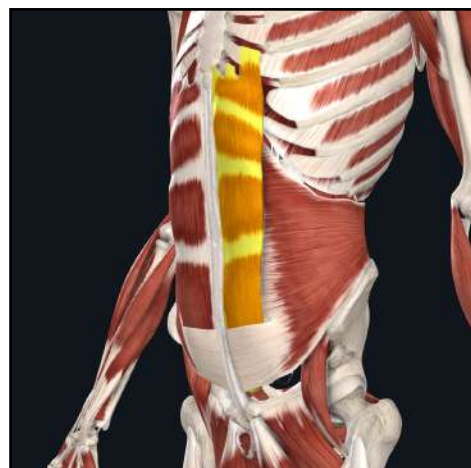
Anatomy of Anterior Chain



Pectoralis Major (top left)
Pectoralis Minor (top right)



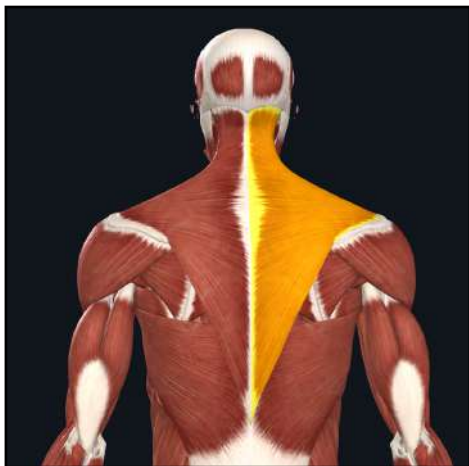
Psoas (middle left)
Abdominals (middle right)



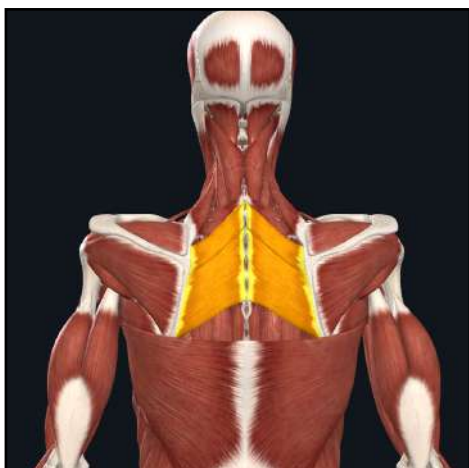
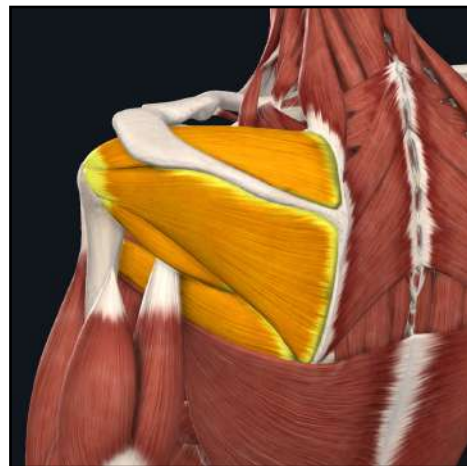
Quadriceps (bottom left)
Deep Neck Flexors (bottom right)



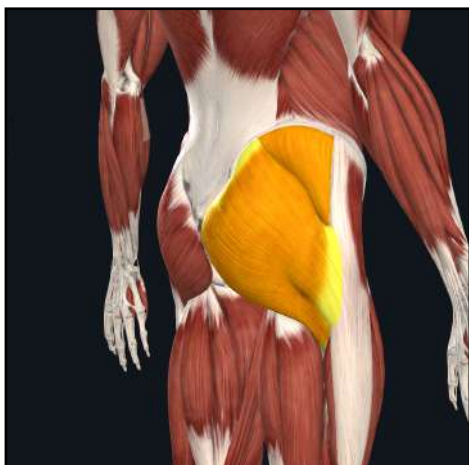
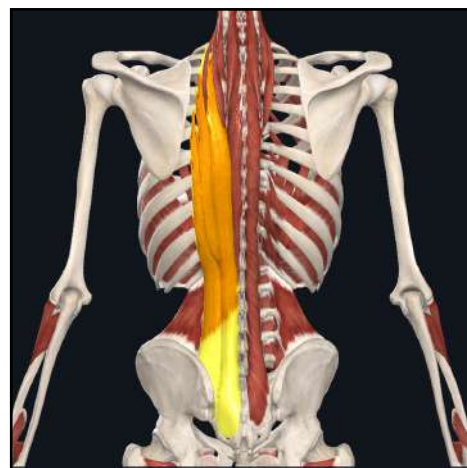
Anatomy of Posterior Chain



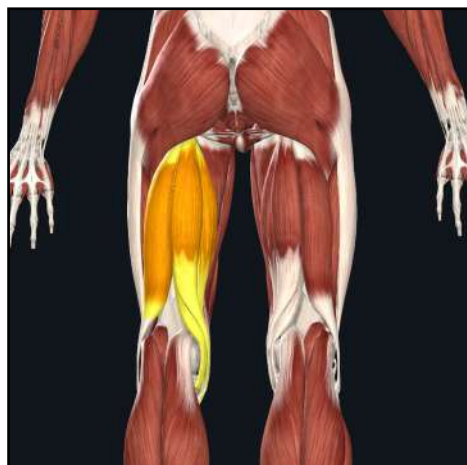
Trapezius (top left)
Rotator Cuff (top right)



Rhomboids (middle left)
Erector Spinae (middle right)



Glutes (Maximus and Medius) (bottom left)
Hamstrings (bottom right)



Exercise Program: Day 1

Day 1 Tip: These sessions will be full-body and ideally will be performed in a gym with different types of equipment.

A 5-10 minute warm-up should be implemented to increase core body temperature and break a light sweat before beginning exercise.

The weight should be that you cannot complete 2 more than the required number of reps.



Exercise	Sets	Reps	Rest Time
Goblet Squat	3	10	1m
TRX Row	3	10-15	45s
DB RDL	2	8	1m
15 Degree DB Press	3	10	1m
Hip Bridge	2	10-15	45s
Band Pull Apart	2	15-20	45s

Videos to exercises for reference:

- **Goblet Squat** - <https://www.youtube.com/watch?v=3gpXflqRiEc>
- **TRX Row** - <https://www.youtube.com/watch?v=d3mEoo5b0mw>
- **DB RDL** - <https://www.youtube.com/watch?v=MprE4ppd27U>
- **15 Degree DB Press** - <https://www.youtube.com/watch?v=6tW4LUaOxIE>
- **Hip Bridge** - <https://www.youtube.com/watch?v=wPM8icPu6H8>
- **Band Pull Apart** - <https://www.youtube.com/watch?v=73Dm-j5wYlc>

Exercise Program: Day 2

Day 2 Tip: Each muscle group should have at least 24-48 hours between sessions to fully recover.

This 24-48 hour period is essential for the body to repair itself. To enhance this time off, be sure to be mindful of nutrition and sleep to get the greatest effect.



Exercise	Sets	Reps	Rest Time (between sets)
Split Squat	3	10	1m
SA DB Row w/ Bench	3	10	45s
Above Knee Deadlift	3	6	1m
60 Degree DB Press	3	10	1m
Weighted Hip Bridge	2	10-15	45s
Face Pull	2	15	45s

Videos to exercises for reference:

- **Split Squat** - <https://www.youtube.com/watch?v=la0pLPq-3A8>
- **SA DB Row w/ Bench** - <https://www.youtube.com/watch?v=tCv7d0msdJE>
- **Above Knee Deadlift** - <https://www.youtube.com/watch?v=eZlIjTkHFhI>
- **60 Degree DB Press** - <https://www.youtube.com/watch?v=zRz8mqlewgk>
- **Weighted Hip Bridge** - <https://www.youtube.com/watch?v=FSiUH5jn3Cs>
- **Face Pull** - <https://www.youtube.com/watch?v=Wq-Td9UXRK8>

Exercise Program: Day 3

Day 3 Tip: Having "active recovery" between sessions will improve blood flow, reduce soreness and improve recovery.

Some examples of active recovery include:

- Yoga
- Massage or foam roll
- Hiking
- Swimming



Exercise	Sets	Reps	Rest Time
Step Up	2	10	1m
Seated Cable Row	2	10-15	45s
Mid Shin Deadlift	2	8	1m
Standing DB Press	3	10	1m
Banded Squat	2	10-15	45s
Y-Raises	2	15-20	45s

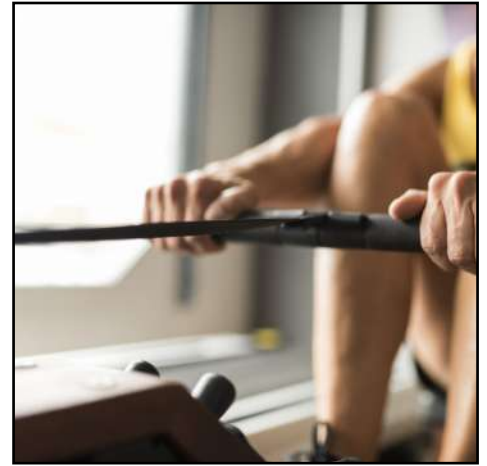
Videos to exercises for reference:

- **Step Up** - https://www.youtube.com/watch?v=-wcgEGQN5_U
- **Seated Cable Row** - <https://www.youtube.com/watch?v=xQNrFHEMhI4>
- **Mid Shin Deadlift** - <https://www.youtube.com/watch?v=2F7FdtzNFzw>
- **Standing DB Press** - <https://www.youtube.com/watch?v=eAozZgLb25A>
- **Banded Squat** - https://www.youtube.com/watch?v=Ro_J5br3Qdl
- **Y-Raises** - <https://www.youtube.com/watch?v=7NaN-txiqc>

Sample Cardio Exercises



ERG Rower
<https://www.youtube.com/watch?v=uM06MQqEN0E>



Battle Ropes
<https://www.youtube.com/watch?v=VHnvz11SH2U>



Jump Rope
https://www.youtube.com/watch?v=LsWui2L_r2c

