

**FNDN 102 Review and Integration assignment:**

**Creating a Home (No-Gym Equipment) Body Weight Training Program**

**INTRODUCTION**Strength training is a key component of a healthy fitness routine. There are several ways to approach strength training, but in order for strength to increase, we must overload our muscle fibres. In other words, we must work them in a way they are not accustomed to being worked.

In this assignment you will be introduced to home based strength training and participate in a strength training workout.

**Part 1: Home based training**

**Benefits**

* Convenient
* Free
* Private
* No intimidation
* Fun
* Novel
* Sparks creativity
* Travel
* Parents with young children

**Challenges**

* Most effective exercises?
* Harder to train the non-mirror muscles
* Higher risk?
  + Body positions (e.g. upside down)
  + Using objects/household items for non-intended purposes
* Body weight = fixed weight (may be too much or too little)
* Need to know how to progress/regress exercises
* Partner training: appropriate body weight, limb length strength levels, experience and intelligence

**Home Gym Equipment to Consider**

* Adjustable dumbbells
* Doorway chin-up bar
* Rings
* Bands
* Equalizer
* Advanced: barbell, adjustable bench & power rack

**Regressing Exercises**

* Decreased range of motion
* Eccentric-only (lowering)
* Easier hand/foot placements
* More horizontal body movement
* Easier leverages (e.g. push-ups from knees)
* Band assistance

**Progressing Exercises**

* Increase range of motion
* 1¼ reps
* Harder hand/foot placements
* More vertical body movement
* Max reps to failure
* 2 Limbs 🡪 1 limb
* Add pauses
* Iso-squeezes (flex and squeeze target muscles before or between reps)
* Slower tempo
* Explosive
* Add load to body
* Band resistance
* Record details: sets, reps, rest intervals, body positions, etc.

**Part 2: Home Based Training Exercises**

**Quad Exercises**

* [Body Weight Squat](https://www.youtube.com/watch?v=w2pA9somMVk&feature=plcp)
* [Body Weight Jump Squats](https://www.youtube.com/watch?v=fQO_7ZqIXk0)
* [Split Squat](https://www.youtube.com/watch?v=VcxRrmTjxdE&feature=plcp)
* [1¼ Bulgarian Split Squat](https://www.youtube.com/watch?v=N8VTc634E-o&feature=plcp)
* [Walking Lunges](http://www.youtube.com/watch?v=c_Xn1obsquo&feature=plcp)
* [Reverse Lunge](http://www.youtube.com/watch?v=g3rcj_TqkMQ)
* [Step Up](http://www.youtube.com/watch?v=pAJPdoOjYMI&feature=youtu.be)
* [Single Leg Squat Progression from Low Step](https://www.youtube.com/watch?v=OWPH2twZvY8)
* [Single Leg Squat from Bench](https://www.youtube.com/watch?v=D6wCd94U5rg&feature=youtu.be)
* [Single Leg Squat from High Box](https://www.youtube.com/watch?v=9e-E4d-L88U&feature=youtu.be)

**Quads with Partner**

* Partner-resisted: squats, split squats, lunges and step-ups (partner presses down on shoulders)
* [Partner Assisted Single Leg Squat](https://www.youtube.com/watch?v=P-Byl2X7TY4&feature=youtu.be)

**Glute/Hamstring Exercises**

* [Cook Hip Lift](https://www.youtube.com/watch?v=O3dpgQmiah8&feature=youtu.be)
* [Single Leg Hip Thrust](http://www.youtube.com/watch?v=Pe9ERkR1X3M)
* [Sliding Leg Curls](http://www.youtube.com/watch?v=DJYvyYu-8PY)
* [Natural Glute Ham Raise](http://www.youtube.com/watch?v=LB804x6A-XE&feature=youtu.be)
* [Straight Leg Hip Lift](https://www.youtube.com/watch?v=es8J9Kg_Duw)

**Chest Exercises**

* [Push Ups from Bar](http://www.youtube.com/watch?v=7cy8OrGnoek&list=PL65767DEECC89BF04&index=14&feature=plpp_video) (note: at home find sturdy object to use in place of bar)
* [Push-Ups (modified up, full down)](https://www.youtube.com/watch?v=w1-VAYQ7PJo)
* [Push Ups](http://www.youtube.com/watch?v=9Twno3fzcyk&list=PL65767DEECC89BF04&index=15&feature=plpp_video)
* [Dead Stop Push Ups](https://www.youtube.com/watch?v=OW9yC3xCdAA)
* [Push-ups from Foam Roller](http://www.youtube.com/watch?v=nmHmn86mrF8)
* [Push Ups with feet elevated](http://www.youtube.com/watch?v=8gR-L2X5hlM)
* [Explosive Push Ups](http://www.youtube.com/watch?v=yqp2nVTgLag&list=PL65767DEECC89BF04&index=8&feature=plpp_video)
* [Chair Dips](https://www.youtube.com/watch?v=5cH_ZSx7uu4)

**Upper Back Exercises**

* [Bat Wings on Wall](https://www.youtube.com/watch?v=S1fyl25IxT8)
* [Bat Wings on Floor](https://www.youtube.com/watch?v=lAu92ts4NZE)
* [Upper-Back Iso-Bridge](https://www.youtube.com/watch?v=1zLdn1rLPPk)
* [Inverted Row](http://www.youtube.com/watch?v=6xiwaJV5MmQ&feature=plcp) (if bar to pull from)
* [Table Rows](https://www.youtube.com/watch?v=FKKZRwBJDxE)
* [Inverted Rows (home version)](https://www.youtube.com/watch?v=ui6AF_uH6l4)
* [YLTW Raises](http://www.youtube.com/watch?v=Vy_F3xyQWis)
* [YLTW Iso-Holds](https://www.youtube.com/watch?v=9L3ocPO6yrc)

**Lat Exercises**

* [Pull Ups](http://www.youtube.com/watch?v=uuyz9mdTMek&list=PL66768613DC62F4B6&index=2&feature=plpp_video), [Chin Ups](http://www.youtube.com/watch?v=klYJz1zYK5A&list=PL66768613DC62F4B6&index=1&feature=plpp_video) or [Neutral Grip Pull Ups](http://www.youtube.com/watch?v=AvBtUnOxcaM&list=PL66768613DC62F4B6&index=3&feature=plpp_video) (doorway chin-up bar or beam)
* [Slide Outs](https://www.youtube.com/watch?v=d20zJ-TIhSg)

**Shoulder Exercises**

* Optional (shoulders are trained indirectly with chest and back exercises)
* [Pike Shoulder Press 1](https://www.youtube.com/watch?v=ZE2XwvP7qd4)
* [Pike Shoulder Press 2](https://www.youtube.com/watch?v=8E7_hXOb-EU)
* [Pike Shoulder Press 3](https://www.youtube.com/watch?v=QcJ3pw_JRUI)
* [Pike Shoulder Press 4](https://www.youtube.com/watch?v=36xPFfWWAFU)

**Core Exercises**

* [Front Bridge with Stick](http://www.youtube.com/watch?v=iq1Ysnvvc4I&list=PLDB3DD6DC22C02F33&index=8&feature=plpp_video)
* [Side Bridge](http://www.youtube.com/watch?v=0AHYWdvwrl4&list=PLDB3DD6DC22C02F33&index=20&feature=plpp_video)
* [Bird Dog with stick](https://www.youtube.com/watch?v=-MEyO29PhFI&feature=youtu.be)
* [Side Bridge with Leg Lift](https://www.youtube.com/watch?v=D6pn9YV43lc&feature=youtu.be)
* [RKC Plank](https://www.youtube.com/watch?v=IPnl8vvAuf0)
* [Body Saw Sliding Planks](https://www.youtube.com/watch?v=Xttcappzlv4)
* [Leg Lowering](https://www.youtube.com/watch?v=yZtMkulUIxg&feature=youtu.be)
* [Dead Bug with a Squeeze](https://www.youtube.com/watch?v=YaD29GEzuNk)
* [Basic Crawling Pattern](https://www.youtube.com/watch?v=WxbhuEaDIA8&feature=youtu.be)
* [Strict Bear Crawl](https://www.youtube.com/watch?v=_p8WDFvjcG4&feature=youtu.be)
* [Slide Outs](https://www.youtube.com/watch?v=d20zJ-TIhSg)
* [L-Sit with Chairs](https://www.youtube.com/watch?v=Li6l3YE5Bjs)

**Calf Exercises**

* [Strict Body Weight Calf Raise](https://www.youtube.com/watch?v=DMXSFSZfh7s)
* [Single Leg Calf Hop](https://www.youtube.com/watch?v=Joc7Jar0Ejs)

**Biceps Exercises**

* [Chin Ups](http://www.youtube.com/watch?v=klYJz1zYK5A&list=PL66768613DC62F4B6&index=1&feature=plpp_video)
* [Self-Resisted Towel Curls](https://www.youtube.com/watch?v=kVq7LafvBCg)
* [No-Gym Body-Weight Curls](https://www.youtube.com/watch?v=Hw9gRWWUepM) (warning: high risk!)

**Triceps Exercises**

* [Military Push-Ups](https://www.youtube.com/watch?v=7kkTLlbrcQc&feature=youtu.be)
* [1-Arm Push-Up from Bar](https://www.youtube.com/watch?v=nEEymQVyofg&t=42s)
* [1-Arm Push-Up from Knees](https://www.youtube.com/watch?v=6hBmUU4Zwi0)
* [1-Arm Assisted Push-Up (Archer)](https://www.youtube.com/watch?v=0zuC-MbtmXE)
* [Judo Push-Ups](https://www.youtube.com/watch?time_continue=15&v=DlG0iWrgmPw)
* [Plank Triceps Extensions](https://www.youtube.com/watch?v=aVj-qNPIYoM)
* [Chair Dips](https://www.youtube.com/watch?v=5cH_ZSx7uu4)

**Part 3: Participate and Record**

participate in a minimum of five exercises and record them, including the following details: number of repetitions and sets performed with each. Also include the rest interval between sets and the next exercise.

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| --- | --- | --- | --- | --- |
| Movement Pattern  (Muscles worked) | **Exercise Options**  (Chose ***one*** for each body part) | **Sets** | **Reps** | **Rest** |
| **Quads** |  |  |  |  |
| **Glutes/Hamstrings** |  |  |  |  |
| **Push – Chest or Shoulders** |  |  |  |  |
| **Pull – Upper Back** |  |  |  |  |
| **Core Exercise** |  |  |  |  |
| **Optional Accessory Examples** | *Choose one of the following* |  |  |  |
| **Calves** *(Optional)* |  |  |  |  |
| *Shoulders (Optional)* |  |  |  |  |
| **Biceps** *(Optional)* |  |  |  |  |
| **Triceps (Optional)** |  |  |  |  |
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|  |  |  |  |  |

**Part 4: Reflection Questions /** In the box below (one page) answer the following questions:

|  |
| --- |
| 1. Which exercise would you pick from each of the following categories and why?    1. Quads:    2. Glute/hamstrings:    3. Push exercise:    4. Pull exercise:    5. Core Exercise    6. Optional exercise 2. What was the impact of completing the strength training workout, physically, psychologically and/or spiritually. How did it feel during and after the workout? 3. Would you continue this workout in the future? Why or why not? |

**Save this document on to your computer and then upload the completed (filled in) assignment to the Muscle fitness Review and Integration drop box in Unit 5 of Moodle.**