

General Conditioning

Exercise techniques & key points

Dynamic stretches:

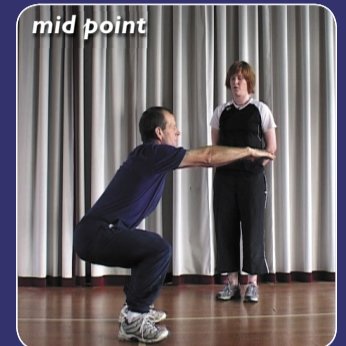
- Hold each stretch for 2-3 seconds max



Warm-up:

- 5-10 mins of cardio activity (eg. rower/Bike) – RPE 3-4
- Dynamic stretches (holding 2-3 secs each)

Body weight squat:



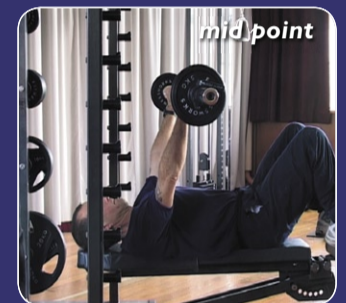
Smith machine squat:

- Lead with butt back – ‘sit on seat’
- Keep shoulders back and chest out
- Weight through heels



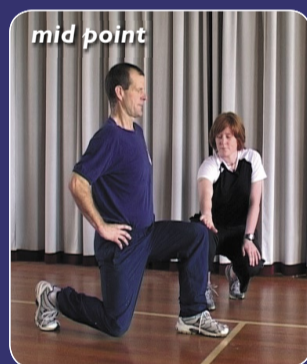
BB bench press:

- Bring bar down to mid-line of chest and push up



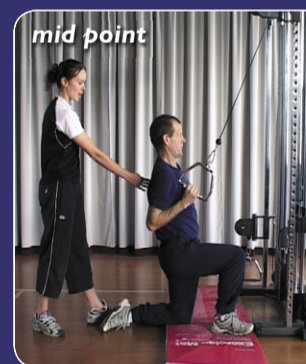
Static lunge:

- Drop hips straight down while bending at knees – ensure front knee doesn't move past toe
- Weight through front heel rather than front toes or knee



Single arm lat pulldown:

- Slight lean backwards, keeping abdominals tight
- Keep elbow close to body



TVA squeeze:

- Place 2 fingertips under curve in lower back and draw navel in towards spine
- Feel light pressure on fingertips throughout the squeeze
- Only light contraction – you should still be able to breathe and talk easily



DB shoulder press:

- Keep abdominals tight



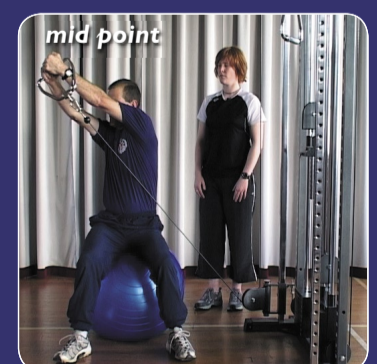
Prone cobra:

- Ensure head and neck are kept in neutral alignment



Seated woodchop (SB):

- Keep both arms straight throughout movement
- Focus on rotating shoulders



Cool-down:

- 3-4 mins light cardio activity (RPE 2-3)
- Static stretches (holding 20-30 secs each)
- After exercise, make sure you rehydrate.