

General Conditioning

Exercise techniques & key points

BB step ups:

- Try to place whole foot on step
- Make sure you control both the upward and downward parts of the movement

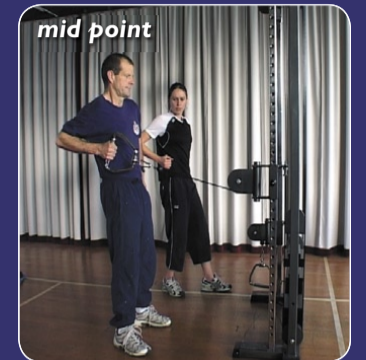


Warm-up:

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

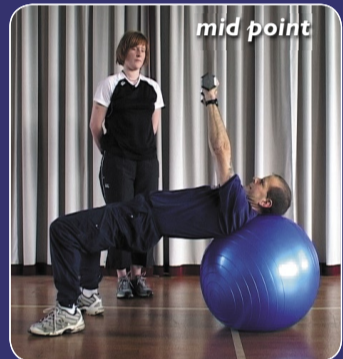
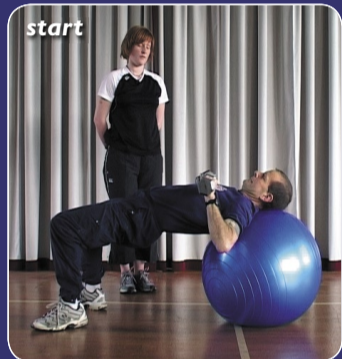
Single arm standing cable row:

- Maintain correct posture – keep abdominals tight
- Keep elbows close to body



DB bench press (SB):

- Ensure head and shoulders are supported by the SB
- Keep hips up throughout the movement



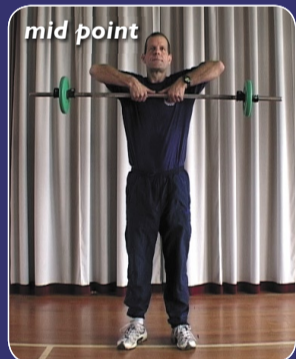
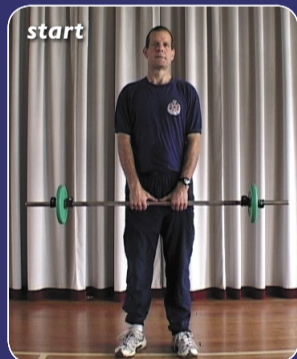
Squat with DB pick up:

- Lead with butt back - 'sit on seat'
- Weight through heels
- Keep shoulders back and chest out throughout movement



BB upright row:

- Bring bar up to chest level
- Keep elbows higher than hand position



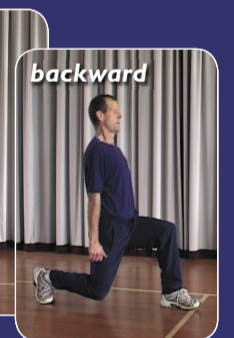
Prone hold:

- Tilt hips under – ensuring hips are slightly higher than shoulders
- Keep abdominals tight without arching or rounding back



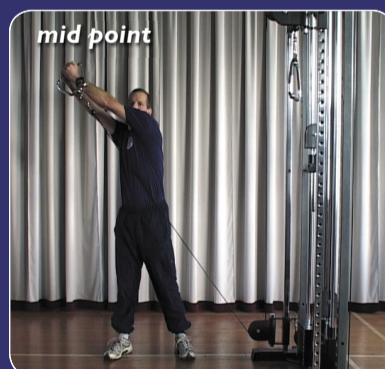
Lunges (forward/backward):

- Drop hips downward while bending at knees – ensure front knee doesn't move forward past toe
- Keep abdominals tight throughout movement



Standing cable woodchop:

- Keep arms straight throughout movement
- Focus on rotating shoulders rather than hips



These are the additional optional exercises

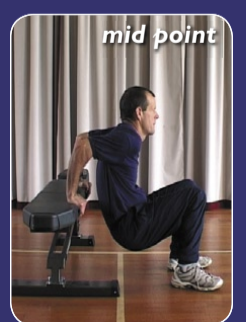
DB biceps curl:

- Keep elbows locked into your side



Triceps dips (bench):

- Hands facing forwards
- Keep elbows pointing backwards rather than out to side



Prone hip extension (SB):

- Keep head and neck in neutral alignment
- Turn thumbs up towards roof



Cool-down:

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