



## Strength & Core all at once workout

### Prepare your body for life, not just one lift

Isolating one area of your body might be increasing your susceptibility for injury. It is rare that you isolate an area of your body in movement outside of the weight room, so prepare that way too. This workout will help you avoid some of the common injuries by strengthening your entire body as one unified unit working together.

It is estimated that at some point in time, 80% of the population will experience lower back pain leading to it being the number two reason that Americans seek medical attention after colds and the flu. But there is good news; a study from the University of Alberta indicated that a structured resistance training program provided pain sufferers with a 60% improvement in pain and functioning – aerobic activity only provided only a 12% improvement – possibly because aerobic activity does not strengthen many of the affected areas but still provides stress from impact.

The following workout will help reduce your risk of back pain, but remember the general guidelines of:

- Lift loads with your legs and avoid bending over at the waist, but keep the back as straight as possible
- Avoid sitting in one position for long periods of time and slouching. Get up & stretch frequently
- With heavy loads, use lower back support to keep the pressure distributed throughout the muscles of the lower back
- Gradually progress an exercise program and weight lifted to ensure the body is ready for the imposed demand

### The workout

Start with a sufficient warm-up and preparation exercises. Then perform exercises with a resistance between 65-70% and a 3-5% increase per week. In week's 1-3 perform 2 sets of 12, and then allow recovery in week 4 by performing other exercises with about a 10% less resistance. Then begin building the resistance back up in week's 5-7 with 2 sets of 12. At week 8, reduce the resistance by 10% again and reassess strength levels. Then in week 9 follow the same progression, but now use 3 sets and 10 repetitions with heavier resistance for 3 weeks, recovery and progress again.

### The exercises

1. Cable Chopper Raise
2. DB Front Squat to Press
3. Alternating DB Bench
4. Romanian Deadlift (RDL)
5. Reverse Cable Flys
6. Lateral Squat
7. Pull-up
8. Back Extensions
9. Optional Split Stance DB Curl to Press
10. Optional Cable Triceps Kickback

Note: Start with appropriate weight & progress slowly– Use quality versus quantity & finish by stretching