Assignment 5: At-Home Strength Conditioning

Strength training aids in both maintenance of bone density and keeping your muscles strong enough to be able to function in everyday tasks. But say you can’t afford a club and haven’t yet saved up enough money for that multi-gym. What can you do? This assignment should help you with simple, at-home strength training exercises.

Objective
Become familiar with simple strengthening exercises that require little or no special equipment.

Equipment
Mat or Rug
Chair
Hand Weights or Cans, Bottles or Galvanized Pipe filled with Dirt or Water

Procedures
For 3 to 4 days this week (this assumes the weights you use aren’t heavy enough to cause full fatigue) do the following exercises. Try to do 2 to 3 sets of each exercise. The whole routine should take somewhere between 10-20 minutes.

**Squat:** Hold weights at your sides, on your shoulders, or keep your hands on your hips. Bend at the hips, knees and ankles so your knees stay behind your feet as your body lowers (your torso will move forward). Lower yourself until your knees are bent to 90 degrees, hold that position for 1 to 2 seconds, and then slowly come back up.

**Bent Row:** Stand with feet hip-width apart. Bend the knees and hips so your torso is almost parallel to the floor. If you have back problems, place one hand on a chair to support yourself. Hold weight in the hand opposite the chair, squeeze your shoulder blades together and pull the weight upward until your hand reaches your ribs. Lower hand back down.

**Push-Up:** Place hands slightly wider than shoulders, fingertips pointing up the body, elbows straight but not locked. Bend elbows to approximately 90 degrees. Hold 1-2 seconds, then straighten back up. May be done against a wall, or on the floor from the toes.

**Lateral Shoulder Raise:** With weights in hand, hold arms at sides, palms facing the body. Abduct shoulder so that arms come out to the sides. Raise arms until parallel to ground, hold a second and then lower back down. Do not raise arms above shoulder height with the elbows straight and palms facing down!

**Pectoral Fly:** Lie on back, arms 90 degrees to side. Bring arms up to meet mid-chest, squeeze pectorals and then lower.

**Basic Crunch:** Lie on back, feet flat on floor hip-width apart, femurs parallel. Place hands with fingers behind head, thumbs along jaw line. Lift head 1” off floor. Contract abs, pressing navel inward toward spine and lift shoulders off the floor. Hold one second and slowly lower.

**Oblique Crunch:** Begin in same position as basic crunch, but instead of lifting straight off the ground, rotate the torso, so that the shoulder goes toward the opposite knee. Reverse direction. Variation: instead of lifting both shoulders off the ground, just rotate one off, using the other as a pivot point.

Assignment
Do 1-2 strength workouts at home this week. Log your exercises on the Fitlinxx website. From your workout notembook, follow the link in the LOG A WORKOUT box to log Strength exercises. In the Edit Exercise List box, click the Add button.
In the pop-up box that appears, select *Resistance* as your exercise type. A *Muscle Group* box should appear. When you select a muscle group, a box with a list of *Exercises* for that muscle group should appear. When you click on an exercise and then click the blue *Add* button on the right, the exercise should appear in the lower box. Any exercises you add will then be added to your exercise list on the *My Strength Exercises* page.

For the exercises you’ll be doing this week, use the following:

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Muscle Group</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resistance</td>
<td>Other Lower Body</td>
<td>Squat – Dumbbells</td>
</tr>
<tr>
<td>Resistance</td>
<td>Upper Back</td>
<td>One Arm Rows – Dumbbells</td>
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<tr>
<td>Body Weight</td>
<td>Chest</td>
<td>Push-Ups Normal</td>
</tr>
<tr>
<td>Resistance</td>
<td>Shoulders</td>
<td>Lateral Raise -- Dumbbells</td>
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<tr>
<td>Body Weight</td>
<td>Abdominals</td>
<td>Basic Crunches</td>
</tr>
<tr>
<td>Body Weight</td>
<td>Abdominals</td>
<td>Oblique Crunches</td>
</tr>
</tbody>
</table>

To log the exercises, type in the weight you lifted per rep (Fitlinxx will auto-fill percentages of your body weight for body-weight exercises) and the number of reps for each set. Do this for each workout date. Don’t forget to change your workout date if you’re logging your exercise on a date that is different from the date you exercised!

At the end of the week, go to the Strength Detail of your Workout Notebook and click the *By Date* link. Select each day you did the at-home exercises this week from the drop down and print them. Turn these logs in to me.