



Integrated Bodyweight Training

Presented by Helen Vanderburg

Introduction:

A common goal among clients is to move with strength, power, and efficiency. Bodyweight training is one of the most functional ways to train clients to gain proficiency in all movement patterns. Bodyweight training develops strength in the isolated exercises and the transition from one movement to another. Learn bodyweight movement complexes that move people from the ground to standing with optimal stability, strength, and mobility.

		Exercises
1	Warm up	Foot mobility Hip and Knee mobility Spinal mobility Shoulder mobility
2	Squat	Bilateral parallel squat (rhythm variations) Curtsey squat – combined with parallel squat Creeper squat Curtsey squat – combined with parallel squat Jump squats Iso squat
3	Push up	Triceps press Plank Recoil Triceps push up Lunge to thread to single arm triceps dip
4	Lunge	Rear lunge to knee balance Single leg dips Stationary lunge (rhythm variations) Hip hinge lunge to single leg balance Lunge pops Repeat on the other side
5	Side Plank	Plank with alternating hip dip Forearm plank Side plank Side plank with hip dips Side plank with single leg circle

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		Walk ups Shoulder taps Plank jacks
6	Wide Squat	Wide squat with heel raises Wide squat pulse Jump squat
7	Plank	Plank to Pike Pike with twist to T stand Plank with oblique twist to thread the needle Leg thread
8	Back/hip extension	Spine extension Hip extension Alternate spine and hip extension Spine extension with posterior shoulder integration Surfer Pop up
9	Seated/ supine spine flexion	Crossed legged full roll ups Abdominal curl variations Oblique curl Leg lowers Slow motion alternate leg raises ½ Turkish get up Full Turkish get up
10	Bridging	Hip bridge (parallel and turn out) Single leg bridge Bridge with leg thread
11	Cool down/ Restoration	Knee hug Supine spine rotation Chest opener Roll up to seated forward bend Seated chest openers

Thank you for attending.

Helen Vanderburg

helen@helenvanderburg.com

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