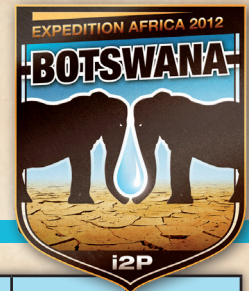




# Strength & Stability Tracking Sheet

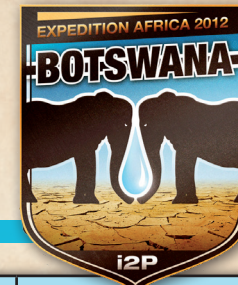
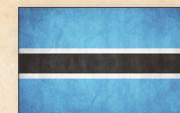


FITNESS PLAN



EXERCISE	DESIRED SET/REP/REST			JULY 31ST	AUG 2ND	AUG 7TH	AUG 9TH	AUG 14TH	AUG 16TH	AUG 21ST	AUG 23RD	AUG 28TH	AUG 30TH	SEPT 4TH	SEPT 6TH
	<b>1a. Dumbbell Split Squat with Cable to Recruit Hip Adductors:</b> Maintain good alignment throughout. Gradually increase challenge with resistance from handweight. The cable resistance remains the same - it is just a "light" resistance to recruit hip adductors. Tempo: 202	3	8	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>1b. Low Cable Single Leg Waiter Bow:</b> Maintain back in extension (do not round out low back). Maintain good alignment - do not allow body to rotate (you should remain square throughout). Maintain a slight fixed bend in stance side knee. Focus on engaging glute max (stance side) to return to upright.. Gradually progress with increased resistance - while maintaining strict form. Tempo: 302	3	8 Each Side	1.5 Min	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>2a. Split Position Single Olympic Bar Press:</b> Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with lower resistance and maintain strict form. Gradually progress with increased resistance by placing weight plate on the end of the bar which you are holding - while maintaining strict form. Tempo: 212	3	8 each side	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>2b. Standing Cable Bow and Arrow:</b> Keep core engaged. Do no shrug shoulder while pulling. Maintain good alignment throughout. Gradually progress with increased resistance - while maintaining strict form. Tempo: 212	3	8-15 each side	1.5 Min	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3

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EXERCISE	DESIRED SET/REP/REST			JULY 31ST	AUG 2ND	AUG 7TH	AUG 9TH	AUG 14TH	AUG 16TH	AUG 21ST	AUG 23RD	AUG 28TH	AUG 30TH	SEPT 4TH	SEPT 6TH		
<b>3a. Elevated Mountain Climber:</b> Keep core engaged - do not allow back to sag or pelvis to rotate. Progress by placing hands on BOSU(while keeping it level) Tempo: SLOW	3	Up to 15 each side	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1		
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
<b>3b. Side Plank Progressions:</b> i)Side Plank from Knees, ii)Side Plank from Feet, iii) Side Plank with Hip Abduction, iv) Side Plank with Ipsilateral Shoulder Horizontal Adduction/Abduction Hip Flexion Extension. Progress first with the duration - then with the level of progression. Tempo: static (static + slow limb movement)	3	Up to 60 secs	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1		
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
<b>3c. Bilateral Stance Cable Static Rotation Press:</b> Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with low load and maintain good alignment. Gradually progress with increased resistance - while still maintaining strict form. Tempo: slow + 3 sec hold	3	Up to 12 reps of 3 secs	1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1		
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3

FOR THE FIRST WEEK, PERFORM ONE OR TWO SETS OF EACH EXERCISE. DURING THE SECOND WEEK PROGRESS UP TO THREE SETS ENSURE STRICT TECHNIQUE THROUGHOUT ALL EXERCISES, AND MAINTAIN THIS TECHNIQUE AS YOU PROGRESS THE INTENSITY. THERE SHOULD BE NO PAIN WHILE PERFORMING ANY OF THE EXERCISES, IF PAIN IS EXPERIENCED STOP THE ACTIVITY AT ONCE.

## FOR ADDITIONAL RESOURCES:

Please visit the Expedition Africa 2012 Website, or click on the pictures to the right to view instructional videos featuring John Zahab.

