

Strength & Stability Training Phase 1



Strength & Stability Training





EXERCISE	DESIRED SET/REP/REST		FEB 12TH	FEB 14TH	FEB 19TH	FEB 21ST	FEB 26TH	FEB 28TH	MARCH 5TH	MARCH 7TH	MARCH 12TH	MARCH 14TH	MARCH 19TH	MARCH 21ST	
1a. Dumbbell Split Squat with Cable to Recruit Hip Adductors: 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	 S1 S2 S3 	□ S1 □ S2 □ S3	 S1 S2 S3 	S1 S2 S3	 S1 S2 S3 	 S1 S2 S3 	 S1 S2 S3 					
1b. Low Cable Single Leg Waiter Bow: 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	 S1 S2 S3 	□ 51 □ 52 □ 53	□ 51 □ 52 □ 53	 S1 S2 S3 								
2a. Split Position Single Olympic Bar Press: Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with lower resistance and 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	 S1 S2 S3 	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	 S1 S2 S3 	 S1 S2 S3 	 S1 S2 S3 	S1 52 53	S1 52 53	S1 52 53	S1 52 53	S1 52 53	☐ S1 ☐ S2 ☐ S3
2b. Standing Cable Bow and Arrow: 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	 S1 S2 S3 	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	 S1 S2 S3 	☐ S1 ☐ S2 ☐ S3	 S1 S2 S3 	S1 52 53	S1 S2 S3	S1 52 53	S1 S2 S3	S1 S2 S3	 S1 S2 S3

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3a. Elevated Mountain Climber: 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	 S1 S2 S3 	S1 S2 S3	 S1 S2 S3 	 S1 S2 S3 	 S1 S2 S3 							
3b. Side Plank Progressions: 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	 S1 S2 S3 	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	☐ S1 ☐ S2 ☐ S3	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	S1 S2 S3	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3
3c. Bilateral Stance Cable Static Rotation Press: 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 resist- ance - while still maintaining strict form. Tempo: slow + 3 sec hold	3	Up to 12 reps of 3 secs	1	 S1 S2 S3 	□ S1 □ S2 □ S3	□ S1 □ S2 □ S3	☐ S1 ☐ S2 ☐ S3	☐ S1 ☐ S2 ☐ S3	□ S1 □ S2 □ S3	□ 51 □ 52 □ 53	☐ S1 ☐ S2 ☐ S3	☐ S1 ☐ S2 ☐ S3	□ 51 □ 52 □ 53	☐ S1 ☐ S2 ☐ S3	□ S1 □ S2 □ 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 Utah 2013 Website, to view instructional videos featuring John Zahab.





