

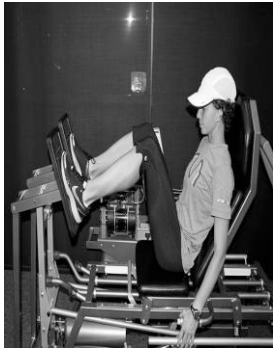
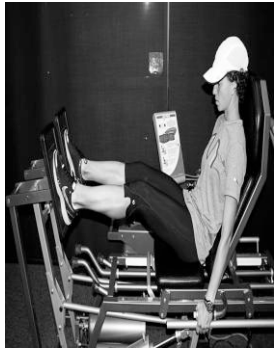


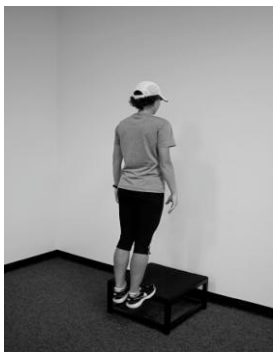







GYM STRENGTH





Ensure that you are breathing with all strengthening exercises. It is advised to use a 2-3 second count for any contraction and exhale on the exertion. Inhale on the “Start” and Exhale as you approach the “Finish” position. Keep your abdominal muscles engaged to protect your back. Use slow, controlled motions and do not allow the weights on machines to bang together. For marathon/half training strive toward lighter weight with higher repetitions. Perform 2X15-20 Reps.

			
Start	Finish	Start	Finish
<p>HAMSTRING CURLS: Position yourself on the machine so that the pad hits your lower leg just above the ankle but below the belly of the calf muscle. Ensure that the upper pad is pressed lightly against your thigh. Using the hamstrings, bend your knees, pulling your feet toward your butt. Keep back flat against seat at all times.</p>		<p>LEG PRESS: Strengthens your Quads, Hamstrings, & Glutes. Place feet shoulder width apart, do not allow the legs to bend 90 degrees at the knees. Press equally through all points of the foot with feet parallel or slightly pointed out. Keep back flat against seat and DO NOT lock out your knees.</p>	

			
Start	Finish	Start	Finish
<p>LEG EXTENSIONS: Strengthens Quadriceps. Position yourself on the machine so the pads hit your lower legs just above your feet, and so your knees are bent at 90 degrees. Fully extend your legs without moving off of the seat or locking out your knees. Keep back flat against seat at all times.</p>		<p>CALF RAISE: Standing with your legs shoulder width apart on a step slowly rise up onto your toes as far as you can to a count of 3 and then slowly drop your heels as low as you can to a count of 3. Hold onto a rail or chair for balance. Add weight as desired (dumbbells to hands).</p>	

GYM STRENGTH cont.

			
Start	Finish	Start	Finish
<p>BICEP CURLS: Begin with both arms at your side. Keep upper body tall and still. Alternate one arm at a time.</p>		<p>LAT PULLDOWNS: Hold the handles or bar at a comfortable 10 & 2 o'clock grip. Keep weight balanced on gym ball (or on bench) with 90 degree bend at your hips and knees. Maintain an upright position throughout. Pull cables or bar until they touch your chest or are parallel to your chest.</p>	

			
Start	Finish	Start	Finish
<p>DELTA FLIES: Sit with your legs bent, back straight and feet close together, weight midline. Lift the weight simultaneously finishing the movement by squeezing the shoulder blades together. Back should be flat throughout.</p>		<p>TRICEP EXTENSIONS: Start with the rope at chest level, hands together and elbows close to the body. Body should be still with feet no more than shoulder width apart. Keeping your back straight and with eyes straight ahead. Lower the rope with hands moving to either side of your body.</p>	

GYM STRENGTH cont.



Start



Finish



Start



Finish

SEATED ROW: With your legs bent, back straight and feet flat on the floor (or against a block) allow your arms to extend. Pull the weight into your body until your elbows are parallel to your torso. Finish by squeezing the shoulder blades together.

CHEST PRESS: Lying on a bench or gym ball, hold equal weights in each hand centered above chest. With feet firmly planted and abdominals engaged, slowly lower the weights until elbows are parallel to the bench. Repeat motion to a count of 3 seconds.