

MPETA SAG 2006 Conference
November 24, 2006

RESISTANCE TRAINING
WITH MINIMAL EQUIPMENT

Christine van der Hoek
The Training Zone
471-9950
thetrainingzone@shaw.ca

Having extensive equipment available is not necessary when creating an effective (and fun) workout. The following exercises can all be done WITHOUT any equipment at all. Some can be made more intense by adding a basketball (or medicine ball) or some stretch tubing.

UPPER BODY

Push-ups (*tubing – wrap around back and tuck under hands; ball – one hand on the floor, one hand on the ball*)

Walking push-ups (*from a plank position to a long-arm push-up position*)

Side Lying One-arm Triceps push-ups (*tubing – wrap around shoulders and tuck under hand*)

Queen Chair (*tubing – stand in the middle and hold each end on hands; ball – hold with hands*)

Dips (*tubing – done standing, becomes an overhead extension...could also be used to do a bicep curl*)

LOWER BODY

Squats (standard, pliat/sumo, closed) (*tubing – stand on tubing or have a partner hold tubing that is wrapped around the participants waist; ball – bounce the ball side-to-side as they squat down, add a toss in the air as the squat comes up*)

Lunges (deep knee, straight-leg, reaching – alternating or travelling) (*tubing – stand on tubing or anchor tubing either behind or in front of participant; ball – bounce the ball side-to-side as they lunge down, add a toss in the air as the lunge comes up*).

Split Lunge Jumps

Superlegs (*20 squats, 10 alternating forward lunges, 10 alternating diagonal lunges, 10 alternating lateral squats, 10 power jumps*)

Step-ups/Step Stomps

Calf Raise

Wall Sit

Mat Pulls (this also uses a lot of upper body strength as well). Have a person sit on the mat. The participant then PULLS them across the floor. Stopping and starting repeatedly will create more work.

CORE

Supermans (*lying prone – face down – alternating lift hands and feet off the floor*)

Plank (*prone – on elbows and toes/knees*)

Belly Blasters (*a plank with a pike*)

HEART RATE TRAINING

Jumping Jacks

The basic jumping jack is a good cardio and strength training exercise.

Side Jumps

Stand with feet together. Jump to the right several feet, keeping knees bent and landing in a squat position. Jump back to the left and continue jumping from side to side. Use a small object to jump over if you like (book, pillow etc..).

Mountain Climbers

Start on your hands and knees and get into in a sprinter's start position. Keep your hands on the ground and push off with your feet so you alternate foot placement (run in place) as long as you can. Be sure to keep your back straight, not arched.