

Strength and Conditioning

All weighted exercises can also be performed with a resistance band, water bottles, or heavy text books if weights are unavailable or not wanted. Most of the beginning/easier exercises are body weight exercises, but weight can be added to increase resistance/intensity. If you need to see how to correctly perform all of these exercises or if you need extra ideas, hit up youtube or shoot me an email with any questions you may have (ellen_reinhold@mymail.eku.edu). As always, listen to your body and don't push yourself into new activities without first looking in the correct form.

Section Strengthening needs:

Flute/Clarinet/Saxophone

Focus on exercises that strengthen the core, shoulders and chest

Euphonium/Mellophone/Trombone/Trumpet

Focus on exercises that strengthen the core, shoulders, arms and chest

Percussion/Tuba

Focus on exercises that strengthen the core, hamstrings and glutes

Guard/Dance

Focus on exercises that strengthen the core, shoulders, quads, glutes

Exercises (by increasing challenge):

Core (abdominals and stabilizing back muscles)

- crunches (can be performed on a stability ball)
- side crunches
- weighted side bends
- back extensions
- bicycles
- penguins
- superman hold
- hollow hold (banana)
- dead bugs
- plank
- shoulder taps
- toe touches
- Russian twists
- Mountain climbers
- arch rockers
- reverse crunches
- row boats
- pikes (on TRX or like a seated V)

Arms and Chest (biceps, triceps, pectoralis major and minor)

- neutral bicep curls
- hammer curls
- preacher curls
- reverse curls
- tricep dips
- tricep extensions
- skull crushers
- bench press (dumbbell or barbell)
- incline bench press
- push ups
- chest press
- pec. deck
- pec. flies

Front of the leg (quadriceps)

- step ups
- knee extensions
- squats (can be weighted)
- goblet squats
- front squats
- Bulgarian split squats
- pistol squats (can use TRX for stability)

Back of the leg (hamstrings and gluteus)

- sumo squats
- hip extensions
- knee flexion
- lateral walks with a band around knees
- monster walks (w/ band)
- prone leg lifts
- clamshells
- side lying leg lifts
- gluteus medius circuit
- dead lifts
- Romanian dead lifts
- good mornings

Shoulders/Back (deltoids, trapezius, shoulder girdle, latissimus dorsi)

- latissimus (lat.) pull downs
- tiger pushups
- shrugs
- shoulder press
- Arnold press

- front/45*/side arm raises (IYT)
- pullups
- deltoid flies
- rows
- standing/upright rows
- TRX rows, Ts, Ys

Olympic/Power Lifts (Advanced Compound Exercises)

- Power Clean
- Clean and Jerk
- Snatch
- Squats (at the squat rack using the bar for front or back squats)
- Dead lifts

Cardio

- Burpees
- Biking
- Walking (fast paced)
- Running
- Swimming

Alternative Exercise:

If you don't enjoy going to the gym or doing workouts then try these alternative solutions to staying well:

- Yoga/acro
- Riding a bike around town
- Hiking
- Swimming
- Walking
- Gardening
- Rock climbing
- Fitness classes
- Kayaking
- Dance