



GMVA Introduction to Strength Training

Warm Up:

- 2 minute of jogging or any movements
- Choose 4 exercises from our warm up

Program:

Squat with slow movement down
Keep heels on the ground, feet shoulder width apart facing forward
20 repetitions

Push Ups with control
Can use feet, knees or a combination. **Chin** must touch ground
15 repetitions

90 degree knee and hip hold
Lay on back with knees and hips at 90 degrees each. Keep lower back in touch with ground
1 minute hold

Reverse lunge
Lunge backwards and lightly touch knee to the ground, hands on hips, stay upright
10 each leg, not alternating

Prone side glide
Prone position, hands under shoulders, glide side to side with shoulder and let body follow
15 each side

Single Leg Deadlift
Balance with right leg off ground, touch ground with right hand while looking forward
10 each leg

MUST COMPLETE 4 TIMES THROUGH THE PROGRAM

Warm Down:

- GMVA warm down exercises
- Foam rolling or trigger pointing

