

Lucas Knecht – Introductory Program

Phase: General (x3 per week)

Sets: Three

Style: Circuit Style Program – 4-6 weeks

	Exercise	Rep/set	Wt	Description
1	Warm-up (bike, treadmill, skip) And light stretch and/or active arm-up exercises.	10 mins		
2	Single leg Squat Front Plank	X10; 10 sec holds x3 positions 15 secs		Start standing with arms in front perhaps holding a ball. Butt/hips moving back and maintain a neutral lower spine throughout the movement. Try arms crossed on your chest and then overhead or overhead with a ball to add difficulty. Remember so head up, chest up! Also try 10 sec hold at knee angle of 120°, 90° and thigh parallel. Start with your forearms and toes on the ground. Cue: shoulders blades flat on your back and pulled together slightly, neutral lower spine and lower abs turned on. Hold this plank like position for up to 1min. Start at 15 secs and gradually increase the time. Hold with perfect posture. If your lower back arches too much you must stop the exercise.
3	Sit and hold + Rotational Sit-ups Push-ups	10secs x3; x10 x10		V sit – hold to the front, R & L; then full sit-ups. Movement should be smooth and controlled before increasing difficulty. Keep feet on the ground throughout. Start with arms out in front or holding a light ball. Remember to maintain good posture. On toes, plank like body, shoulders blades drawn together. 1-2 tempo. Try to keep the elbows in. Variations can include varying the hand position, using one leg and obviously increasing the repetitions.
4	Side plank Bridge Progressions	10 secs 2 secs hold x 5 each leg		Side position, one forearm on the ground hips raised off the ground, knees or one foot grounded. Keep body in a good posture, tendency will be to rotate the upper forward. Push the hips forward, squeeze the butt and work the lower abs. See video for more details. Single leg raise keeping the hips up and level. Try feet on the Swiss Ball and arms crossed on your chest for more challenge. Eventually perform a single leg bridge with the ball under your shoulders. This one is much harder.

“Perfect Practice” – practice with pristine technique and posture always. It is about quality not quantity.