

# Chatham-Kent Cougars Strength Training Exercises

## Before you start

- Make sure that you are warmed up and that you have loose clothing on.
- A warm up can be any sort of low intensity activity like walking or biking. A warm up of 5 to 10 minutes is good.
- For each of the exercises below, you should try to do 12 to 15 repetitions.
- For proper rep speed, it should take you about 4 seconds to lower yourself down and about 2 seconds to push yourself up.
- If you have lots of energy left after going through each of the exercises below, you can do them all again a second time.
- The order of these exercises has been set up so that your muscles will get a break while you're doing the next exercise.
- Take about 30 seconds rest between exercises if you need it. If you don't need the rest, move on to the next exercise.
- Flex and squeeze the muscles as you perform the exercises. Keeping constant tension on the muscle is essential. If you don't feel the muscle working, then it isn't working. Concentrate on feeling the main muscle group you are working with each exercise.
- A good stance and posture are important. You should keep your back straight and abs tight throughout each exercise. When standing, begin with your feet shoulder width apart and keep your knees slightly bent.

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## Pushups

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps and Shoulders

Equipment: None



### Tips

- Kneel down and place your hands flat on the floor.
- Begin with a good stance: feet together and arms a little wider than shoulder width apart.
- Keep your back straight, core tight, and head up during the movement. Your body should remain in a straight line throughout the exercise.
- With your shoulders directly over your hands, straighten your arms.
- Lower yourself down slowly until either your chest touches the ground or your upper arm and lower arm are at a 90° angle.
- Push your body up away from the floor, straightening your arms, until you have returned to the starting position. Make sure not to lockout your elbows.
- Pause for a moment and squeeze your chest muscles at the top.
- Repeat.
- Moving your hand position will work different parts of the chest muscle.
- For proper breathing, inhale on the way down and exhale on the way up.
- To make this exercise easier, you can perform it on your knees. To make this exercise harder, you can perform it off of a raised surface like a bench or a chair.
- This exercise helps to give you the strength to get up off the ground and to push other players back.

## Squats

### Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, and Butt.

Equipment: None



### Tips

- Keep your feet shoulder width apart and pointing slightly outwards.
- Keep your core tight, back straight, and head up throughout the exercise.
- At shoulder level, cross your hands in front of you so that each hand is touching the opposite elbow.
- Slowly lower yourself until your thighs are parallel to the floor.
- Push yourself up to the standing position.
- Flex your thighs at the top and pause. Do not lock out your knees.
- Repeat.
- For proper breathing, inhale on the way down and exhale on the way up.
- The top half of the motion works your quads the most and the lower half of the motion works your glutes and hamstrings the most.
- This is a full body exercise and the supporting muscle groups will get a workout from keeping you stabilized during the movement.
- This exercise helps for balance, gives you strength to push off, and will help when getting into your stance.

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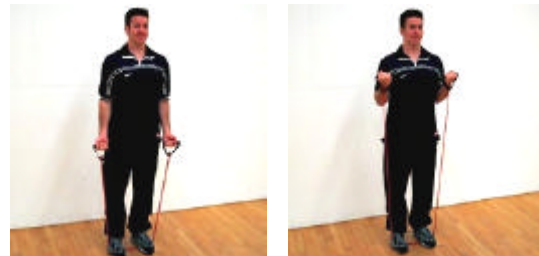
## Curls

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Athletic Band



### Tips

- Step on the centre of the athletic band and grasp the handles with your palms facing up.
- Begin from standing position.
- Keep your back straight and your core tight. Do not swing or cheat on the reps.
- While keeping your upper arms and elbows still, curl your wrist up towards your chest. Your elbow and upper arm should be pointing at the ground during the entire movement.
- Once at chest level, squeeze your biceps for a moment.
- Lower back down slowly towards your thighs.
- Do not lock out your elbows at the bottom of the movement. Keep constant tension on the muscle.
- Repeat.
- For proper breathing inhale on the way up and exhale on the way down.
- This exercise will help to strengthen your arms and assist when wrapping up and tackling opponents.

## Bench Dips

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest and shoulders

Equipment: Bench, Chair, or Couch



### Tips

- Pick a chair, couch, or bench that is sturdy and won't move. You can place a chair up against a wall for stability.
- Sit down on the chair, couch, or bench and place your palms on the edge. Your palms should be a little wider apart than your butt.
- Keep your hands in this position and slide your legs out to about the distance of one large step.
- While keeping your elbows in the same position, lower yourself down towards the floor. Go down as far as you can or until your upper and lower arms make a 90° angle.
- Push yourself back up to the starting position and squeeze your triceps (the back of your arms) for a moment.
- It's important not to simply lock out your elbows and you should keep the back of your arm tight throughout the entire movement.
- Repeat.
- For proper breathing, inhale on the way down and exhale on the way up.
- To make this exercise harder, you can put your feet up on a raised surface like a bench or a chair.
- This exercise will strengthen your arms and will help you get up off the ground and also when pushing opponents.

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## Lunges

### Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, and Butt

Equipment: None



### Tips

- Begin with a good stance: feet shoulder width apart and knees slightly bent.
- Keep your shoulders back, chest up, and look straight ahead.
- Take a large step forward with your feet pointed straight ahead.
- Lower yourself down slowly so that your front knee is at a 90° angle. The upper thigh on your front leg should be parallel to the floor.
- The knee of your front leg should not travel past your front foot.
- The knee of your back leg should come close to the ground but not touch it.
- Push yourself up from the heel of your front foot and squeeze your front thigh at the top.
- Repeat.
- After you have performed 12-15 reps, switch legs.
- For proper breathing, inhale on the way down and exhale on the way up.
- This exercise will improve speed and strength and will help you get a better jump when starting to run.

## Seated Shoulder Press

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps and Abdominals

Equipment: Athletic Band and Chair



### Tips

- Sit on the chair with the centre of the athletic band resting under your butt.
- Lift your arms and the band up to shoulder height with your palms facing out.
- Keep your core tight and press your hands from shoulder level straight up. You can touch your hands together lightly at the top if you want.
- Squeeze your shoulder muscles at the top and pause for a moment. Make sure not to lock out your elbows.
- Lower your hands slowly down to shoulder level and keep the muscles tight as you do so.
- At the bottom of the movement, your upper arm should be at or near parallel to the floor.
- Repeat.
- For proper breathing, exhale on the way up and inhale on the way down.
- This exercise helps with upper body strength and will help when getting up off of the ground and pushing opponents.

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## Crunches

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: None



### Tips

- Lie down on the floor or an exercise matt. This exercise is better if preformed on carpet or something a little bit soft.
- Bring your knees up like you're sitting in a chair and cross your feet.
- Cross your arms across your chest.
- Lift your shoulder blades off the floor and move your upper body towards your knees. You don't need to go all the way up.
- Squeeze your abs for a second at the top and then lower yourself back down slowly.
- It's important to keep your abs tight throughout this exercise and to curl your spine at the top of the movement.
- Once your shoulder blades touch the floor, repeat.
- You should not rest on the floor between reps unless you have finished your set.
- This exercise will develop core strength and helps with all activities.

## Superman's

### Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: None

Equipment: None



### Tips

- Lie down on the floor or exercise matt. This exercise is better if preformed on carpet or something a little bit soft.
- Extend your arms straight out above your head, like superman flying.
- Lift your chest, arms, and legs off of the ground as high as you can.
- Squeeze your lower back muscles at the top.
- Lower your arms, chest, and legs back down to the ground slowly and keep your lower back tight.
- Once at the bottom, repeat. Do not rest at the bottom of the movement unless done.
- To make this exercise even easier, you can raise only your right arm and left leg at one time. Then alternate with the opposite arm and leg.
- This exercise will strengthen your lower back and will help for all activities.