

## **Cardinal Bodyweight Strength Program**

The emphasis on muscular endurance (hypertrophy), strength, power, and maximal strength is accomplished primarily through individual team strength programs (In-season, Pre-season, Post-Season). However, your body is a great tool to use for resistance training to get stronger for your sport and lifetime fitness. It is inexpensive, you do not need a whole lot of equipment, and it can be performed anywhere, anytime. Use your own creativity and surroundings to implement a great body weight strength-training program.

**“Your body is a gym and you take it wherever you go”**

### **Bodyweight Strength Training Ideas & Movements:**

- **Body weight Squat** (1 per second for 20 seconds) great indicator for leg strength, ready to perform weighted squats
- **Lateral Squat or Lateral Lunge**
- **Split Squat**-feet are split apart, one forward, one back, where you lower yourself into a lunge position and then press up into a standing position
- **Single Leg Squat Variations**
  - Arms out front (counter balance) or Hands in prayer position in front of abdominals
  - Arm opposite squat leg (perform reaches to ground clockwise & counter clockwise)
  - Squat touch-touch toe of your squat leg with your opposite hand (Squat & Touch)
  - with leg out to side (frontal plane)
  - with leg out to front (sagittal plane)
  - squat with open hip (turning to side with the leg up) (transverse plane)
- **Lunges (in-place or walking)**
  - Forward
  - Backward
  - Angled-step out at 45 degree angle
  - Side or lateral
  - Russian twist (Forward lunge while rotating upper body over the lead leg)-hold hands together, arms extended or hold object for resistance (med-ball, DB, plate)
  - Overhead-hands locked overhead like a diver or hold a med-ball, plate, DB
  - Rotational Lunge-turn and lunge backward at a 45 degree angle behind you (keep toe on front leg pointing forward)
  - **Combination Lunges**-lunge with front raise, side raise, press overhead, bicep curl)
- **Hamstring Work-Single Leg Front Reach (Single Leg Stiff Legged Deadlift)**
- **Step Ups-12-18” box or chair to step up on**
  - Forward Step Up
  - Lateral Step Up
  - Crossover Step Up
  - Rotational Step Up

## **Bodyweight Strength Training Ideas & Movements Con't:**

- **Push-up** (elbow, shoulder width placement, wide hand placement, close hand placement, staggered hand placement)
- **Push-up** (with rotation) Twisting push-up-turn so your one side of your body is facing up to the ceiling or sky
- **Push-up Jump**- explosive push up
- **Clap Push-up**- explosive push up with clap of hands
- **Side to Side Push-Up**- Jump over line with both hands moving side/side
- **Single arm push-up (3 point)**
- **Push-up** (4 point-2 arms, 2 legs, 3 point -2 arms, 1 leg, 2 point 1 arm, 1 leg)
- **Push-up between two chairs** (get lower position-hands on chair, feet on another object)
- **Decline Push-up**-place feet up higher on a bed or chair, bench, etc., hands on ground
- **Partner Push-Up**-partner holds a stability ball, then you perform a push-up facing them with your hands on their shoulders. You may also perform a push up from the side position (hand on shoulder and side of partner's body)
- **Dips**-use chair, bench
- **Partner work: Pull-ups, squat, SLD, Single leg squat**, any movement in weight room may be performed with manual/partner resistance
- **Core (abs & low back)-time intervals to perform activity, keep it simple (:30, :45, 1:00 etc.)**
  - Variety of crunches, sit-ups, twisting variations
  - Low back extensions on ground **super(wo)mans, alternate opposite arm & leg, upper body only, lower body only (reverse hyperextensions)**
  - **Balance holds:** on forearms, push-up position, on side (forearm or hand), on back (keep hips, legs, torso off ground)
  - **Balance hold:** On forearms, now alternate lifting up opposite arm & leg
  - If you have a stability ball or physioball you may perform many other low back and core activities

## **Explosive/Speed/Power: Lower Body (some ideas)**

- **Squat Jump** (hands interlocked behind head)-squat & explode in the air vertically, quick, soft, landing & explode for desired number of repetitions. **Squat Jump w/ Arms (Vertical Jump)** (same jump except use your arms to propel yourself up to max height)
- **Split Squat Jump** (start in a modified lunge position-one leg forward, one leg back, quick dip & explode in the air vertically, quick, soft landing & explode for desired number of repetitions)
- **Cycled Split Squat Jump** ((start in a modified lunge position-one leg forward, one leg back, quick dip & explode in the air vertically-switch legs in the air "jump & switch", quick, soft landing & explode for desired number of repetitions)
- **Standing Long Jump "Broad Jump"** (start in an athletic ready position, bend knees, arms back, dip & explode out, think about height & distance, quick soft landing & explode up & out into the next jump. Continue for desired number of repetitions)
- **Lateral (Side to Side) Jump** (start in an athletic ready position, bend knees, arms back, dip & explode up & over a cone, a line, an object, think about height & quick soft landing & explode up & over into the next jump. Continue for desired number of repetitions)

## Wesleyan University Strength Program Bodyweight Resistance Training

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<p><b>Day 1 &amp; Day 2: Perform 2 x's through</b></p> <ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 20</li> <li>2. Push-up (see variations) 1 x 20</li> <li>3. In place forward lunge 1 x 10 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) (explosive jump) 1 x 15</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 10 ea. leg</li> <li>8. Low back extensions/Supermans (on ground) 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 10 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 12 ea.</li> </ol>	<p><b>Day 1 &amp; Day 2: Perform 2 x's through</b></p> <ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 20</li> <li>2. Push-up (see variations) 1 x 20</li> <li>3. In place forward lunge 1 x 10 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) (explosive jump) 1 x 15</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 10 ea. leg</li> <li>8. Low back extensions/Supermans 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 10 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 12 ea.</li> </ol>	<p><b>Day 1 &amp; Day 2: Perform 3 x's through</b></p> <ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 20</li> <li>2. Push-up (see variations) 1 x 20</li> <li>3. In place forward lunge 1 x 10 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) (explosive jump) 1 x 15</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 10 ea. leg</li> <li>8. Low back extensions/Supermans 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 10 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 12 ea.</li> </ol>
<p><b>Abs -Core Training: Perform ea. day</b></p> <p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p> <p>Stability Ball Variations if you have one</p>	<p><b>Abs/Low Back-Core Training: Perform ea. day</b></p> <p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p> <p>Stability Ball Variations if you have one</p>	<p><b>Abs/Low Back-Core Training: Perform ea. day</b></p> <p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p> <p>Stability Ball Variations if you have one</p>

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<p><b>Warm-up:</b> Activity to get body warm-up and feeling like exercising. Jogging, walking, running, cycling, or warm-up drills and skills specific to your sport.</p>	<p><b>Warm-up:</b> Activity to get body warm-up and feeling like exercising. Jogging, walking, running, cycling, or warm-up drills and skills specific to your sport.</p>	<p><b>Warm-up:</b> Activity to get body warm-up and feeling like exercising. Jogging, walking, running, cycling, or warm-up drills and skills specific to your sport.</p>
<p><b>Day 1 &amp; Day 2: Perform 3 x's through</b></p>	<p><b>Day 1 &amp; Day 2: Perform 3 x's through</b></p>	<p><b>Day 1 &amp; Day 2: Perform 3 x's through</b></p>
<ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 30</li> <li>2. Push-up (see variations) 1 x 30</li> <li>3. Walking Angled lunge 1 x 14 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) or explosive jump 1 x 16</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 14 ea. leg</li> <li>8. Low back extensions/Supermans (on ground) 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 12 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 12 ea.</li> </ol>	<ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 30</li> <li>2. Push-up (see variations) 1 x 30</li> <li>3. Walking Forward lunge 1 x 14 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) or explosive jump 1 x 16</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 14 ea. leg</li> <li>8. Low back extensions/Supermans 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 12 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 12 ea.</li> </ol>	<ol style="list-style-type: none"> <li>1. Squat (see variations) 1 x 30</li> <li>2. Push-up (see variations) 1 x 30</li> <li>3. Walking Backward lunge 1 x 14 ea. leg</li> <li>4. Pull-ups (partner, bar, modified) 1 x 15-20 or max #</li> <li>5. Squat Jump (use arms) or explosive jump 1 x 16</li> <li>6. Abdominal activity: 1 min abs <b>see below</b></li> <li>7. Step ups (chair, box, stairs, etc..) 1 x 14 ea. leg</li> <li>8. Low back extensions/Supermans 1 x 20</li> <li>9. Lateral Lunge (in place or walking) 1 x 12 ea. side</li> <li>10. Dip (Bench, chair, bed, etc..) 1 x 15-20</li> <li>11. Single Leg Front Reach (single leg SLD) 1 x 10 ea.</li> </ol>
<p><b>Abs-Core Training: Perform ea. day</b></p>	<p><b>Abs/Low Back-Core Training: Perform ea. day</b></p>	<p><b>Abs/Low Back-Core Training: Perform ea. day</b></p>
<p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p>	<p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p>	<p>Upper(chest to knee), Lower(knee to chest),Double(chest &amp;knee)</p> <p>Alternating Twist, Left side twist, Right side twist, Left side crunch, Right side crunch, V-up, Tuck-up, Hip rolls (side to side)</p> <p>Partner leg toss, bicycle, Med-ball variations, Stability ball variations, Low back ext on mat, w/ Med-ball, Stability ball</p>
<p>Stability Ball Variations if you have one</p>	<p>Stability Ball Variations if you have one</p>	<p>Stability Ball Variations if you have one</p>