

SUPER SIX SERIES 1 – brad pamp

<http://www.youtube.com/watch?v=SyTr6v36c3M>

EX # 1. SQUATS

My preference: Barbell Front Squats

Alternatives: Dumbbell shoulder Squats, Body weight squats

Action: Safely bend knees, gripping bar with an under-grip lifting bar placing it under your chin resting on your shoulders with a narrow grip. Allow your elbows to move flare forward

Sets: 3

Reps: 12

Rest between sets: 30 secs

Load: I want you completing all 3 sets are working strongly to complete the 3rd set.

Tips: Chock your heels if your are challenged with knee pain

Notes:

EX #2. SQUAT PRESS

My preference: Barbell press

Alternatives: Dumbbell press, Body weight with arm overhead extension

Action: Safely bend knees, gripping bar with an over-grip lifting bar placing under your chin. Drop into your squat (you dictating your appropriate range) driving up through your hips & core finishing with the bar above your head. Release bar back to starting position

Sets: 3

Reps: 8

Rest between sets: 30 secs

Load: start conservatively and build week to week

Tips: Accelerate out of your squat using momentum to elevate the bar above your head

Notes:

EX#3. BARBELL PUSH UPS

My preference: Loosely Plated Barbell

Alternatives: Body weight push ups – knees etc

Action: grip the bar with your thumb & index finger together, balance your strongly positioned body over bar. Lower yourself slowly and return using your core muscles more than you would with conventional push ups

Sets: 3

Reps: 8

Rest: 45 seconds between sets

Load: Body weight, perhaps bridge to barbell option with conventional push ups (knees> feet>single feet etc)

Tips: strongly brace your core muscles on the up phase

Notes:

EX#4. DUMBBEL PULL UPS

My preference: Dumbbells

Alternatives: Body weight pulling just arms – knees etc

Action: Start in a classic push up position, drop into a push up, on the up phase pull one dumbbell from the floor

Sets: 2

Reps: 4/4 each arms

Rest: 45 seconds between sets

Load: Start lightly and build – you should be feeling it – of course perform on your knees – building towards your feet > then single legs

Tips: engage your core muscles – keep your back straight

Notes:

EX#5. SINGLE LEG BICEP CURLS

My preference: Dumbbells

Alternatives: Just arms

Action: Holding dumbbells stand tall and balance on one leg. Curl both arms and return slowly. 6 curls each leg

Sets: 3

Reps: 6/6

Rest: 30 seconds rest between sets

Load: You should be just able to complete all sets

Tips: slow down and focus on your balance – it's not really about your biceps

Notes:

EX#6. TIC TOCS

My preference: Body weight

Alternatives: Hold a dumbbell above your head and fall to opposite way to your legs

Action: Lay down face up with your arms held laterally. Allow your legs to fall to 45' then return

Sets: 3

Reps: 12

Rest: 20 seconds rest between sets

Load: legs or 10kg dumbbell

Tips: it's all about balance

Notes: