

## PHYSICAL TRAINING INSTRUCTORS MANUAL

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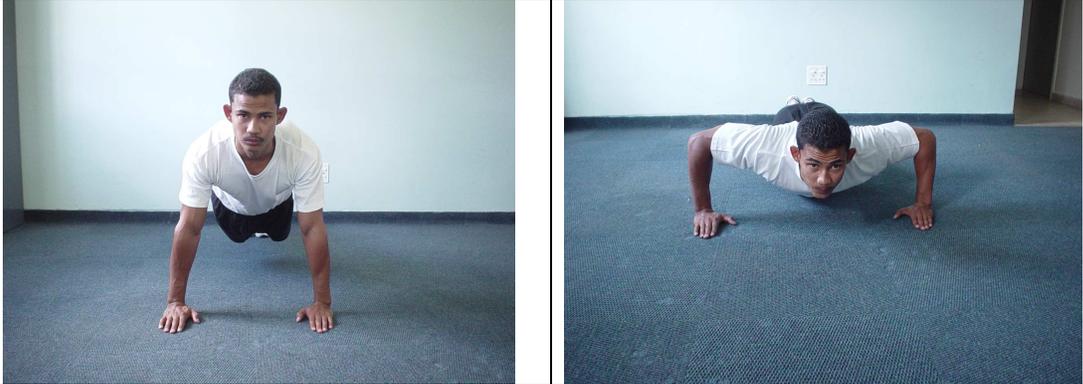
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## PHYSICAL TRAINING INSTRUCTORS MANUAL

### Formal exercises to develop upper body muscular strength and endurance

#### *Body weight training exercises*

<b>Exercise No 1: Normal push-ups</b>	
<b>Illustration</b>	
	
<b>Objective</b>	To push the body up by straightening the arms at the elbow with hands shoulder width apart.
<b>Primary Muscles</b>	Pectoralis major, triceps and anterior deltoids
<b>Starting Position/ Command</b>	Front support, position, ready
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with hands shoulder width apart. Keeping the knees rigid, flex the elbows and lower the body as a single unit until the chest is approximately 10 cm from the ground. Return to the starting position.
<b>PTI Pointers</b>	<p>Avoid hyper extending the back.</p> <p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on the knees (easy), on an incline (easier) or against a wall (easiest).</p>

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<b>Exercise No 2: Push-ups (hands together)</b>	
Illustration	
	
	
<b>Objective</b>	To push the body up by straightening the arms at the elbow with hand close together.
<b>Primary Muscles</b>	Pectoralis major, triceps and anterior deltoids
<b>Starting Position/ Command</b>	Front support, position, ready. Hands together.
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with hands together forming a triangle. Keeping the knees rigid, flex the elbows and lower the body as a single unit until the chest is +/-10 cm from the ground. Return to the starting position.
<b>PTI Pointers</b>	<p>Avoid hyper extending the back.</p> <p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on the knees (easy), on an incline (easier) or against a wall (easiest).</p>

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<b>Exercise No 3: Push-ups (alt. side to side)</b>	
Illustration	
	
	
<b>Objective</b>	To push the body from side to side up by almost straightening the left arm at the elbow if moving to the right and by almost straightening the right elbow if moving to the left.
<b>Primary Muscles</b>	Pectoralis major, triceps and anterior deltoids
<b>Starting Position/ Command</b>	Front support, position, ready. Hands wide apart.
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with hands wide apart. Keeping the knees rigid, flex the elbows and lower the body as a single unit to the right until the chest is approximately 10 cm from the ground then move whole body to the left.
<b>PTI Pointers</b>	<p>Avoid hyper extending the back.</p> <p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on the knees (easy), on an incline (easier) or against a wall (easiest).</p>

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<b>Exercise No 4: Push-ups (hands wide apart)</b>	
Illustration	
	
<b>Objective</b>	To push the body up by straightening the arms at the elbow with hands wide apart.
<b>Primary Muscles</b>	Pectoralis major, triceps and anterior deltoids
<b>Starting Position/ Command</b>	Front support, position, ready. Hands wide apart.
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with hands wide apart. Keeping the knees rigid, flex the elbows and lower the body as a single unit to the right until the chest is approximately 10 cm from the ground then move whole body to the left.
<b>PTI Pointers</b>	<p>Avoid hyper extending the back.</p> <p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on the knees (easy), on an incline (easier) or against a wall (easiest).</p>

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<b>Exercise No 5: Shoulder press</b>	
Illustration	
	
	
<b>Objective</b>	To push the upper body up by straightening the arms at the elbow with hands wide apart.
<b>Primary Muscles</b>	Deltoids and triceps
<b>Starting Position/ Command</b>	Front support, position, ready. Walk in with your feet.
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with hands wide apart. Walk the feet in until body forms a 45-degree angle. Keeping the body in a piked position, flex the elbows and lower the upper body as far as possible without letting the head touch the ground. Straighten the arms and lock the elbows as the end position.
<b>PTI Pointers</b>	<p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on an incline (easy) or against a wall (easiest).</p>

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<b>Exercise No 6: Tricep extension</b>	
Illustration	
	
<b>Objective</b>	To push the body up by straightening the arms at the elbow with hands in a triangle form.
<b>Primary Muscles</b>	Triceps
<b>Starting Position/ Command</b>	Front support, position, ready. Elbows on the ground, hands together.
<b>Exercise Description</b>	Keep the upper body and legs in a straight line with elbows bent at 90-degrees, on the ground and hands in a triangle shape. Keeping the knees rigid, straighten the elbows and lift the body as a single unit to a locked elbow position. Return to the starting position.
<b>PTI Pointers</b>	<p>Avoid hyper extending the back.</p> <p>Keep the neck relaxed. Don't turtle!</p> <p>Don't rest all the weight on the wrist. Try to distribute it across all of the fingers.</p> <p>Go through the full range of motion.</p> <p>Beginner's can do this exercise on the knees (easy), on an incline (easier) or against a wall (easiest).</p>

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### Weight training (poles)

<b>Exercise No 7: Bicep curls</b>	
<b>Illustration</b>	
	
	
<b>Objective</b>	To flex the elbows.
<b>Primary muscles</b>	Biceps
<b>Starting Position/ Command</b>	Pole bicep curl, position ready.
<b>Exercise Description</b>	Grasp the pole with a shoulder-width (or slightly wider), palms-up grip. Feet are firmly planted and knees slightly bent. Keeping the upper arms against the sides of the body, curl the pole up by flexing at the elbow joint.
<b>PTI Pointers</b>	<p>Keep the body still. Do not rock the body back.</p> <p>Keep wrists straight through the whole exercise.</p> <p>If can't keep back from rocking, make sure the knees are kept soft. If that fails, let the exercise be executed standing against a wall utilise a lighter pole.</p>

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<b>Exercise No 8: Upward Row</b>	
<b>Illustration</b>	
	
	
<b>Objective</b>	To lift the upper arms, leading with the elbows.
<b>Primary muscles</b>	Trapezius, rhomboids and deltoids
<b>Starting Position/ Command</b>	Pole upright row, position ready.
<b>Exercise Description</b>	Face each other with pole in-between the legs keeping the pole very close to the body; pull the pole up until it is under the chin. At this point the elbows should be just below ear level. Lower back to starting position.
<b>PTI Pointers</b>	<p>Do not swing the upper body. It should remain still.</p> <p>Lead with the elbows. Do not shrug shoulders towards the ears.</p> <p>Keep knees soft and relaxed.</p>

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**Exercise No 9: Shoulder Shrugs**

Illustration



<b>Objective</b>	To pull the shoulders up towards the ears while keeping the arms straight.
<b>Primary muscles</b>	Levator scapulae, trapezius and rhomboids.
<b>Starting Position/ Command</b>	Pole shoulder shrugs, position ready.
<b>Exercise Description</b>	Face each other with pole in-between the legs keeping the pole very close to the body and the elbows frozen; shrug the shoulders up towards the ears. Lower back to starting position.
<b>PTI Pointers</b>	<p>Don't flex or extend the elbows.</p> <p>Don't roll the shoulders back and forth. The shoulders should elevate not rotate.</p> <p>Keep the pole extremely close to the body.</p> <p>Keep knees soft and relaxed.</p>

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<b>Exercise No 10: Shoulder Rolls</b>	
<b>Illustration</b>	
	
	
<b>Objective</b>	To rotate the pull the shoulders backwards while keeping the arms straight.
<b>Primary muscles</b>	Levator scapulae, trapezius and rhomboids.
<b>Starting Position/ Command</b>	Pole shoulder rolls, position ready.
<b>Exercise Description</b>	Face each other with pole in-between the legs keeping the pole close to the body and the elbows frozen; shrug the shoulders up towards the ears and rotate the upper arm backwards to starting position.
<b>PTI Pointers</b>	<p>Don't flex or extend the elbows.</p> <p>Keep the pole extremely close to the body.</p> <p>Go through the full range of motion.</p> <p>Keep knees soft and relaxed.</p>