



Boreal Strength Exercises

updated April 2010



1) Sumo Squats

- i) This exercise can be done with or without a weight.
- ii) Begin with your feet @ a 45 degree angle (toed out), but aligned with the leg.



- iii) Sit into the squat keeping the knee and leg aligned with the foot.
- iv) Descend only as far as your body will allow while maintaining your "sumo" stance. (Ideally you should be able to touch your weight to the floor while holding your position/alignment)



- v) Return to start position and repeat.

Muscles solicited include: Quadriceps and gluteus medius.

Repetitions: Week 1 – 2 x 12
Week 2 – 2 x 15
Week 3 – 2 x 20

2) Single Leg Squats

- i) Begin by elevating the back leg either on a weight bench, bed, or sofa etc.



- ii) The upper forefoot of the extended back leg should be face down on your bench.
iii) The front leg (support leg) should be slightly forward of your body. (You should see your toes/shoes and lower leg out in front of you – this starting position is mildly uncomfortable!)
iv) With weights at your sides, slowly lower your body towards the floor (stretching the psoas and putting your weight on the forward leg).
v) Remember to keep the knee of the forward leg behind the front toe @ all times.
vi) Squat to 90 degrees (keeping the knee aligned) and then return slowly to your start position.



- vii) Gluteus and abs should remain contracted/stable during this movement (you should not become sway backed at any point during the movement).

Muscles solicited include: Quadriceps, psoas, calves and tibialis anterior.

Repetitions: Week 1 – 2 x 12
Week 2 – 2 x 15
Week 3 – 2 x 20

3) **Barbell Lift**

- i) Using a weighted bar, pole or hockey stick (sometimes it is best to start with a non-weighted bar in order to perform this exercise properly as it requires a tremendous amount of stability as well as strength when done properly)
- ii) Stand feet shoulder width apart with arms at sides and the bar parallel across the body.



- iii) Shift weight onto one leg and slowly begin to elevate the non-support leg behind you while at the same time extending/elevating the bar in front of you.



- iv) Your leg, body and the bar should all be suspended and stabilized at the same height at the completion of this movement (Ideally, arms, leg and pole should all be parallel to the floor with the hips stable and flat).
- v) Return slowly to start position without losing balance and keeping hips, leg, arms and pole stable through the movement. Repeat.

Muscles solicited include: core (all abs), gluteus, quadriceps, erector spinae, deltoids, traps, rhomboids, and calves.

Repetitions: Week 1 – 2 x 12
Week 2 – 2 x 15
Week 3 – 2 x 20

4) **Chest Press on Stability Ball**

Equipment required: Stability ball and small dumbbells, weights, or weighted Pilates balls.

- i) Using stability ball and 5 – 15 lb weights, place upper back on ball, supporting your body with your legs (at 90° and your core).
- ii) Pick up weights and place at a 90° angle to your body (same as you would for a bench press).



- iii) Push weights upwards and together overtop of your body while stabilizing on the ball.
- iv) Touch weights together lightly at the top of the movement, pause slightly and return to start position. Repeat.



Muscles solicited: Biceps, obliques, transverse abdominals (all core), deltoids, abductors, adductors (all stabilizers).

Repetitions: Week 1 – 2 x 12
Week 2 – 2 x 15
Week 3 – 2 x 20

5) **Band Walking**

Equipment required: Yoga or Pilates band (low tension to begin; can change increase tension on band as you evolve through this exercise).

- i) Place band around ankles and place feet shoulder width apart (this should create tension in the band; if this is not the case, tie your band tighter or slightly widen your stance)



- ii) Holding the tension in the band with the feet shoulder width apart and hands held together in front of you, take a step in the lateral direction – move sideways (be careful to avoid rocking your hips to perform this movement).



- iii) While maintaining tension on the band, bring second foot to shoulder width (same as initial start position) stance once again, pause slightly and repeat movement.

Muscles solicited: Vastus externus (Quadriceps), adductors, abductors, and gluteus medius.

Number of Repetitions: Week 1 = 2 x 12 steps Left and Right (each direction)
Week 2 = 2 x 12 steps Left and Right (each direction)
Week 3 = 2 x 12 steps Left and Right (each direction)

6) Frisbee Walk

Equipment required: 2 Frisbees or 2 small hand towels.

- v) Place one Frisbee under each foot.
- vi) Place yourself in a push-up start position with each Frisbee under one foot.



- vii) Arms should be shoulder width apart and fully extended supporting the body while maintaining a plank like position.
- viii) Slowly slide one Frisbee up under the body (bring the knee towards your chest while keeping the forefoot on the Frisbee). Continue this movement, alternating legs.



Muscles solicited: Core abdominals and stabilizers, adductors, hip flexors, pectorals, and deltoids.

Number of Repetitions: Week 1 = 2 x 12
Week 2 = 2 x 15
Week 3 = 2 x 20