

Gym Loading Program



Bulgarian Split Squat: Sit on a bench with one leg outstretched and then stand up onto that leg. Rest your other leg on the bench with foot facing the wall. Using dumbbells, slowly lower down keeping good alignment with your hip knee and foot- do not let your knee cave inwards.



Single Leg Squat: Sit on a bench with your hip at about 90 degrees. Stand up on your one leg without using momentum and maintaining good alignment with your shoulder hip and knee. Slowly lower down until your hip touches the bench and then stand back up, do not sit down during the movement.



Lateral Lunge: Hold a weight at chest level. Step out to the side and lower down while sitting back like you are sitting in a chair. Maintain shoulder hip and knee in a line.



Weighted Lateral Step Up: Stand at the side of a box with your hip to almost 90 degrees. Using dumbbells, step up while driving through your heel and the center of your foot and bring your opposite hip and knee up to 90 degrees. Slowly lower yourself down.



Hip Thrusters: Use a pad on the front of your hips and a stable bench to sit up against. Place a weighted barbell on the pad on your hips. With your knees bent to about 90 degrees, drive through your heels to come up to parallel. Then slowly lower back down.



Single Leg RDL: Using a dumbbell in each hand, stand on one leg. With a slight bend at the knee, hinge at your hip, maintaining a neutral spine. Lower the weights directly in front of your shin, then return to upright position.



Deadlift: Approach the barbell until it is directly in front of your shins. Hinge at the hips then bend the knees and set your shoulders down and back while maintaining a neutral spine and head position. Drive through your heels extending your hips while lifting straight up your shins and thighs.



Back Squat: Load the barbell from the rack onto the back of your shoulders/upper traps. Start the movement with a hip hinge and then bend the knees. Shoulders, hips, and knees should move together maintaining a neutral spine. Keep knees aligned with your outside toe.



Front Squat: Face the bar with feet hip width apart and elbows facing forward with upper arms parallel to the ground. Maintain this posture during the squat, initiating with a hip hinge and then bending the knees to squat. Trunk should remain upright during the squat while maintaining knee and spine alignment.