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Strength Training Movement Cheat Sheet

For Busy Time Limited Amateur Athletes

Movements for Gym Strength Training Session(s)

Always do a proper full body warm-up before the below. Always do a cool down and mobility/stretching after the below.

In your main session do two of the below movements as larger compound lifts and the rest as isolation/accessory lifts. Always do compound lifts at the start of your main session, straight after the warm-up. Then do the accessory lifts. Then do core at the end, before you complete your cool down.

Don't do all nine movements in one session. If you are only able to do one session per week do horizontal push/pull one week and then do vertical push/pull the next.

There are many types of exercises and some movement types not included here (including things like Olympic Lifting and Plyometrics), and different trainers may have different approaches. **But these are the key movements I believe that a busy time limited amateur athlete should include in a well-rounded full body strength training plan** that helps them excel at their sport and in their day-to-day life:

- **Squat** – some examples: *Barbell Back Squat, Goblet Squat*
- **Hinge** – some examples: *Deadlift variations, RDL variations, Barbell Hip Thrusts, Hip Thrust Machines, Kettlebell Swings*
- **Vertical Push** – some examples: *Military Press, Seated Shoulder Press, Machine Shoulder Press*
- **Vertical Pull** – some examples: *Pull-Up, Chin-Up, Lat Pull Downs*
- **Horizontal Push** – some examples: *Barbell Bench Press, Chest Press Machines, Dumbbell Bench Press*
- **Horizontal Pull** – some examples: *Bent-Over Row variations, Seated Row Machines*
- **Single Leg** – some examples: *Step-ups, Lunge variations, Split Squats*
- **Loaded Carry** – some examples: *Farmer's Walk, Overhead Carry*
- **Core** - some examples: *Plank, Dead Bugs*

The exercise order, weight (including periodisation approach/emphasis/cycle), number of exercises in a session, exercise selection, rest time between sets and number of repetitions will come down to your own goals, fitness and/or injury history, your sport, your strengths, your weakness, the point in your race season, the equipment available, time available, and your lifting experience.

Build in regular “deloads”. Depending on the type of event, consider stopping lifting from 7 to 10 days out from an event, but keep in place some kind of mobility routine still.

If you would like help with your
strength & conditioning programming,
I offer *free no-obligation* Zoom consultations.
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Disclaimer: Undertaking Exercise

All forms of exercise carry a risk of injury. Therefore, by following a training programme, suggestions or exercises from simongPT, you do so at your own risk and accept I am in no way liable for any accidents or injuries that arise from your training.

By undertaking any workouts or exercises contained within in this document, you confirm you do not have a heart condition, a doctor has never told you to not exercise or to not do certain exercises, you have not had chest pains in the past month, you do not lose balance due to dizziness or ever lose consciousness, you do not have a bone or joint problem that is made worse by physical activity, you are not on medication for high blood pressure or a heart condition, and you do not know of any other reason why you should not take part in physical activity.

If you can answer YES to ANY of these statements, you must consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health before attempting these or any other workouts or exercises.

This document is not trying to diagnose, treat or cure any medical conditions. I am not a medical professional or doctor. If you start having or are already suffering with any type of health issue or injury, you must consult a qualified medical professional.