

Own Body Weight Strength Training

Below is a basic body weight training program for the beginning phase of a triathlete's IronMan strength training. Keep in mind that this is the most basic version and some exercises or methods may not be correct for you, so I suggest you see a personal trainer about a body weight training program specifically for you.

Perform the first two exercises as an alternating set. That is, do exercise 1, rest 60 seconds, then do exercise 2 and rest another 60 seconds. That's one alternating set. Do a total of three sets of each body weight exercise. Next, do exercises 3 and 4 as an alternating set, following the same procedure. For the last exercise, do two sets and rest 60 seconds after each set.



1. Decline Push-Ups

- When you lower your body ensure your elbows are at 90 degree angles.
- Straighten arms and push up without locking elbows.
- Keep abs tight throughout the movement.



2. Lunges

- Exert your weight on the heel of your front foot. This will reduce the pressure on your knees.
- Keep your upper body upright and your shoulders vertical, while doing the lunges, so that there is no extra strain on any body part.
- Make two 90 degree angles with your legs, when you hit the bottom of your lunge.



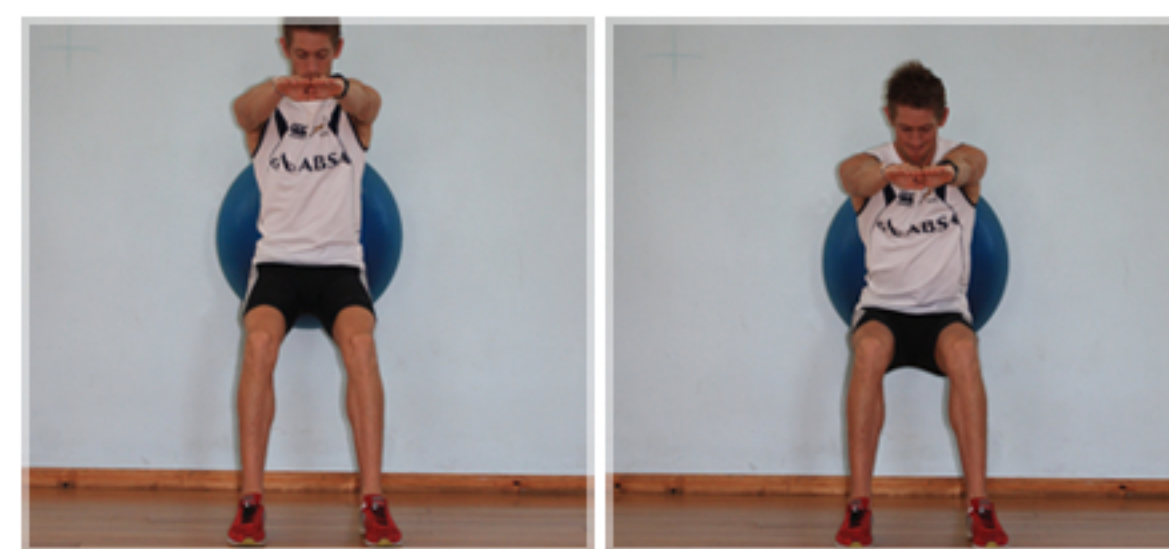
3. Plank

- Keep your back flat, in a straight line from head to heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
- It is important to constantly squeeze your abs to hold the position.



4. Pelvic Lifts

- Push the bottom of your back into the floor by pulling the lower abdominal muscles up and in.
 - Hold you're back flat while breathing easily in and out.
 - Try not to lift your heels off the floor when pressing up.



5. Wall Squats With Exercise Ball

- Keep your feet pointing straight forward as you lower into a squatting position.
- Don't let your knees roll out to the sides. Keep them in line with the rest of your body.
- Keep your weight over your heels when in the squat position



6. Boxer Ball Crunch

- Squeeze your abs in tight and lift your upper back off the ball.
 - As you curl up, keep the ball stable (the ball should not roll)
- To make this exercise effective focus on your breathing as well. In through your nose and out through your mouth.



7. Cable Standing Shoulder External Rotation

- Pull cable attachment away from body as far as possible by externally rotating shoulder.
- Keep your elbow against your side and fixed at a 90 degree angle throughout exercise.
- This exercise is all about form so keep the weight very light.



8. The Superman

- Exhale as you lift your arms and legs and inhale as you lower them back down.
 - Keep your arms and legs straight but not locked.
- An important aspect of this exercise is ensuring that your torso is stationary.



9. Reverse Crunch

- The key to this exercise is to avoid swinging the legs to raise the hips.
- Contract your abs to curl the hips off the floor, reaching the legs up towards the ceiling.
- It's a very small movement, so try to use your abs to lift your hips.



10. Transverse Plank

- It is very important to use your abs to keep hips lifted.
- The key to this exercise keep your hips up and steady. Not moving up and down.
- This exercise will be more effective if you keep breathing steady. In through your nose and out through your mouth.