

CLIMBING STRENGTH CIRCUIT A



1

SINGLE
LEG SQUAT

2



DEAD
BUGS

3



PULL-UPS

4



SIDE PLANK
LEG LIFTS

Resistance members' 30 % discount ACC physio-
[book online](http://bookonline.reignitephysio.co.nz)
reignitephysio.co.nz

How to?

- 1 leg out in front & slowly sit down onto a chair/box
- stand back up
- If you struggle with balance then you can place your heel down or hold a stick

- Start with both knees in the air @ 90deg & arms pointing to the ceiling
- Then lower your opposite arm & leg
- Then return to the starting position & swap arms & legs

- Palms facing away from you, pull yourself up
- 'Imagine you are pulling the bar to your chest'
- Use the big resistance bands- green or purple to help you to begin with

- Elbow underneath your shoulder & bottom knee bent - body in one straight line
- Lift your hips up off the floor
- Then hold that position and lift your top leg straight up
- Slowly reverse the process

Either do 6-8 reps 3 sets per exercise/side & gradually increase the weight.

Or

20-30 seconds per exercise/side and 2-3 rounds. (don't worry if can't do certain exercises to begin with for whole time)

Make harder:

- use a lower chair
- hold a weighted object
- go slower

- Press a swiss ball/pillow between your hand & knee- then swap to the other side

- Perform with a weight between your legs/attached to a harness
- Go slow on the way down

5



YTW

6



RDL

7



CURL & PUSH

How to?

- Lying on a swiss ball/bench
- Keep your head down, reach arms forward 'Y', then to the side 'T' and then inwards like a 'W'.
- Don't let your arms drop down

- Standing on 1 leg with a soft, slightly bent knee and a weight in the opposite hand
- Slowly lower the weight down, hinging at the hip- keeping the weight close to you
- Then standing back up, pushing through your glutes
- If balance is challenging, hold onto a stick/support

- Hold a dumbbell and bend your elbows into a bicep curl
- Then push the weight above your head
- Reverse the process on the way down

Make harder:

- Hold 1-3kg weights in each hand/tins of beans
- Pause for 3-5 seconds at each position

- Use a heavier weight
- Stand on a box if you're very flexible

- Increase the weight

Scan To Book
Discounted ACC Physio





CLIMBING STRENGTH CIRCUIT B



1
PUSH UP
NARROW



2
SEATED
ROTATIONS



3
CALF
RAISES



4
BENT OVER
ROW

*Resistance members' 30 % discount ACC physio-book online
reignitephysio.co.nz*

How to?

- Push ups with elbows tucked into your side
- Perform on your knees & progress to knees straight
- Hovering on your sit bones with feet in the air
- Hold a weight & rotate it side to side
- Heel off the edge of a step, holding onto something for balance
- Go up onto your toes & keep your knee straight
- Aim for the rhythm of up to the count of 3 & down to the count of 3
- Opposite leg out in front with weight by your side
- Lift your elbow straight up to the ceiling & slowly lower down

Make harder:

- Get a partner to place a weighted plate on your back or wear a backpack
- Perform slower
- Press a yoga block between your knees & maintain a gentle squeeze
- Hold a heavier weight
- Use a heavier weight
- Use a heavier weight

Either do 6-8 reps 3 sets per exercise/side & gradually increase the weight.

Or

20-30 seconds per exercise/side and 2-3 rounds. (don't worry if can't do certain exercises to begin with for whole time)



5
BOX JUMPS



6
BANDED DANCE
FLOOR



7
HEEL HOOK
BRIDGE

How to?

- **Don't hit your shins & barefoot/shoes...***
- Squat down & jump up onto the box
- Land with soft knees
- Hold onto a band at your opposite hip
- Imagine you're busting a shape on the dance floor as you bring your arm up & out to the side
- Slowly return to the starting position
- If you have a grumbly shoulder, stay below shoulder height & progress height
- Heel off edge of a bench/box
- Lift your hips up & slowly back down.
- If its too provocative in the hamstring then start with a more bent knee & progress to straighter knee over time

Make harder:

- Higher box
- 1 leg
- Increase the resistance of the band
- Hold for 5-10 seconds
- Aim for just off a fully straight knee

**Scan To Book
Discounted ACC Physio**

