

Strength and Alignment

With Robin O'Grady

When creating a strength based workout it is highly beneficial to consider the alignment not only of the muscles you are targeting but of the rest of the body as well. When we are strengthening one muscle or a group of muscles it will change the intensity and enhance the experience by focusing on the body as a whole. For example, if we are strengthening the legs we can lengthen and align the torso and arms, creating a whole-body experience. In addition, the participant will leave feeling not only stronger but longer and more flexible as well. Consider the coaching and cueing you offer during the workout. How can we create a visual map with our cues to get them into the most effective position for their body?

Exercises	Progression/Regressions	Important Cues	Notes
Side Lunge with arm extension	M – no arms P – both arms	chest lifted/align knee over foot/back leg straight	
Pistol squat to one leg dead lift	M – balance only P – ROM/arm extension	long spine/hips back on pistol squat	
Curtsy windmill	M – no arms P – both arms	chest lifted/long torso/knee aligned with foot	
Squat front kick	M – no squat P – lean back	controlled movement/knee first then kick/lead from heel	
Plie to plank	M – step not jump P – jump, one leg	chest lifted/hips low/avoid sagging in the plank	
Gi Jane Push ups	M – normal pushup P – one leg	wide legs/strong core/keep elbows into ribs	
Elbow plank with shoulder stabilization	M – knee plank P – opposite leg	shoulders engaged/long spine/abdominals engaged	
Side plank with overhead arm extension	M – knee plank P – lift top leg	elbow under shoulder/hips high	
Side step push up	M – knees P – Hold	shoulders over wrists/head level with torso	
Kneeling long lunge	M – arms down P – raise from the floor	long torso/front knee over heel	
Back extension	M – arms to sides P – arms extended	engage upper back/lengthen and engage legs	
C-shape	M – arms close to body P – raise arms & legs	shoulders relaxed and down/core engaged	
Table top extension	M – knees closer P – add arms	keep ribcage down/brace abdominals	
Consider...	Safety considerations		
Headstands Handstands Rolls Cartwheels Plyometrics Specialized styles	Client preparedness/neck alignment/safety of your space/your knowledge and scope of practice		

Robin O'Grady

Twitter: @robinogrady FB – Robin O'Grady IG - rogrady

Email: robin@ogradyfitness.com