

## E: FOUNDATION TRAINING EXERCISES FOR FUNCTIONAL STRENGTH

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# 1

<b>STANDING DECOMPRESSION</b>	SETS	1	REPS	3	REST	1 min
<p>A: Stand tall with the ball of the big toes touching each other and the heels about 2,5 cm apart to line up your pelvis.</p> <p>B: Open the arms with elbows slightly bent. Use the upper back and mid back muscles to expand your chest. Thumbs point away from each other.</p> <p>C: Lift the arms without straining your neck. Push the crown of your head back and up as the arms lift. Expand the torso and press the ball of the big toes into the ground.</p>						



## 2

FOUNDER	SETS	3	REPS	3	REST	2 min
<p>A: Begin with a wide stance with feet firmly pressing towards the ground, Take 3 deep breaths in through the nose and out through the nose.</p> <p>B: Open the arms and expand your chest and hinge your hips back, well beyond your feet. Allow the knees to gently unlock. Knees must remain above or behind the ankles.</p> <p>C: Scoop the arms forward and up as you hinge the hips further back.</p> <p>D: Once you find a challenging counterbalance between the hips and the arms, hold the pose for three to 5 more breaths.</p>						



### 3

WOODPECKER	SETS	3	REPS	3	REST	1 min
<p>A: Step into a tall split stance with the hips squared and the front knee slightly bent. Take 3 deep breaths.</p> <p>B: Open the arms and chest as you hinge the hips back to load the posterior chain of your front leg.</p> <p>C: Once you feel a stretch and fatigue in the hamstring and low back, bring your arms forward to counterbalance deeper.</p> <p>D: Keep the chin back and chest up for 3 to 5 more breaths.</p>						



# 4

WOODPECKER ROTATION	SETS	3	REPS	6	REST	1 min
<p>A: Step into a tall split stance with the hips squared and the front knee slightly bent. Take 3 deep breaths.</p> <p>B: Open the arms and chest as you hinge the hips back to load the posterior chain of your front leg.</p> <p>C: Bring the arms forward, load all your weight on the front leg and rotate 7 to 15 cm to the same side as the front leg. This should make your glute muscles fatigue quickly.</p>						



# 5

INTEGRATED HINGES	SETS	3	REPS	5-10	REST	2 min
<p>A: Stand tall with legs in any width position you choose - wide, narrow, hip width, shoulder width.</p> <p>B: Bend your elbows to bring your hands by your ears. This is another chance to keep your chest wide and your back strong as you hinge.</p> <p>C: Keep your spine long, still, and stable as your hips do all the work to hinge you back and forth slowly. Try to perform 5 to 10 integrated hinges for each rep.</p>						

