



Personal Trainer – Strength

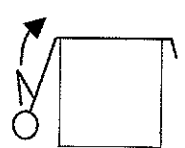
Taekwondo is the 'way of foot and fist'. Before you can develop strong, powerful legs for powerful kicks you need to have a strong and stable 'core' which includes strengthening the lower back and abdomen. Those with a weak back and hip flexors (muscles that raise the thigh) will not be able to kick strongly or for long. Strength or resistance training is therefore essential in your fitness regime. Before attempting resistance training with weights you should be able to do hundred's of press ups, sit ups and squat thrusts for muscular endurance (but not for children) and be able to run 3000m in 12 minutes for aerobic endurance.

The following are suggested exercises that may be carried out over a 2-4 month period, after which different exercises should be used to vary the effect on the body. Performing 2-3 sets of 6-12 repetitions of each exercise twice per week is adequate, allowing 48 hours recovery. In all strength exercises increase resistance at such a rate as to perform the exercises while breathing naturally, with calm abdominal breaths, without holding your breath. Light weights should be used when starting resistance training then increase the load (resistance, distance, pace) gradually so your whole body has time to adapt. Children should only use their own body weight, while juniors may use some light weights. A 'fast' pace doing the exercises develops the type of functional strength needed in Taekwondo. Ensure you continue to develop your flexibility before increasing resistance.

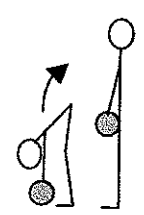
(1) Lower Back



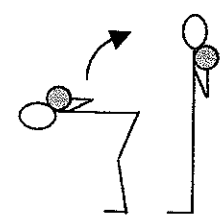
Back extensions on the floor. Use a kick - bag to raise you further of the ground. Hold a light weight behind your head.



Back extension on a bench. This is a more advanced exercise than the floor and not suitable for children.



Dead lift Bend your knees slightly but keep your back straight.



Good Morning. Bend at the waist and knees slightly bent. Start with no weights and build up.

(2) Abdomen



Sit-ups. Rolling up starting with your head



Crunches. Touch your ribs to your pelvis.



Reverse crunch. Roll your knees to your face.



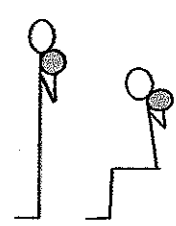
Incline reverse crunch.



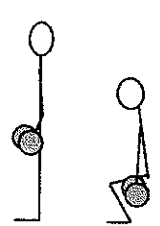
Bicycle. Rotate legs in the air like a bicycle.

For safety, always consult the weights room attendant to ensure you are using the correct form.

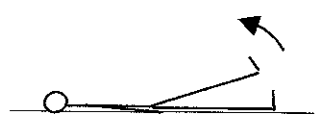
(3) Legs



Squats. Sit as if you were going to sit on a chair.

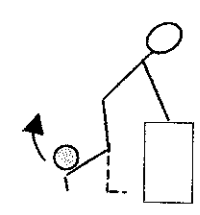


Dumbbell Squats. Using 2 dumbbells as an alternative.

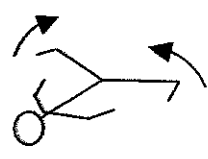


Leg Raises. (Only after sufficient back strengthening.) Keep lower back pressed against floor.

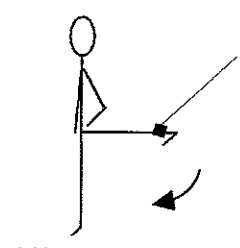
Vertical Leg Raises. Hang from bar and swing legs to face.



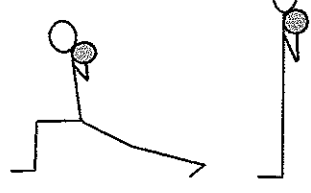
Hamstring curls. (Use high reps)



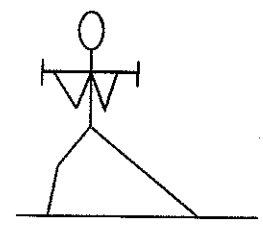
Adductor Flies. Keep your back on the floor and open and close your legs. Work up to 100 reps then add ankle weights so that you can only do 30 reps. Then 15 reps.



Adductor pull down. Pull down weight/elastic ropes and return leg to waist level.



Forward Lunges



Sideward Lunges