



THE RIDGE Athletic Clubs

Introduction

MPAT leg day should be done once per week. All exercises should be performed to failure.

Warm Up

Always start with a 5 minute warm up.

Cardio Program

Activity	Intensity	Duration	Comments
Running	moderate	45 minutes	

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Lunge - Forward	Exercise	3	15				45
Squat - Prisoner	Exercise	3	15				45
Step Up	Exercise	3	15				45
Single leg leg pres	Exercise	3	12				0
Depth Jumps	Exercise	3	15				45
Squat - Back w/ Barbell	Exercise	3	12				45
Squat Touchdown - 1 Leg	Exercise	3	15				45
wall sit (toes up)	Exercise						

Cool Down

Cardiovascular portion of the plan should be done after weight training.

LUNGE - FORWARD

Reps : 15 **Sets :** 3 **Intensity :**
Tempo : **Rest :** 45 **Duration :**

Preparation :

- Stand in proper alignment with hands on hips
- Place feet straight ahead and shoulder width apart

Movement :

- From optimal postural alignment, draw your lower abdomen inward toward your spine (activating the deep stabilizing mechanism)
- While maintaining optimal spinal alignment, step forward and descend slowly by bending at the hips, knees and ankles
- During the descent maintain weight distribution between the heels and mid-foot
- *Do not allow the feet to cave inward or shift outward*
- The knees should track between the first and second toes
- Perform downward reps slowly and concentrate on the descent and the alignment of your body
- *Only descend down as far as you can maintain optimal alignment throughout the entire kinetic chain*
- Keep upper torso erect. Leaning forward is potentially injurious to the spine, knee and ankle. Note: Leaning forward may be a result of poor hip joint flexibility and a weak core
- While maintaining tone in the lower abdomen (transversus,



etc.) and optimal kinetic chain

SQUAT - PRISONER

Reps : 15 **Sets :** 3 **Intensity :**

Tempo : **Rest :** 45 **Duration :**

Preparation :

- Stand in proper alignment , at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).

Movement :

- Draw your belly button inward toward your spine.
- Allow yourself to lower to a squat position under control without compensation.
- Extend your hips, knees and ankles to a standing position.



STEP UP

Reps : 15 **Sets :** 3 **Intensity :**

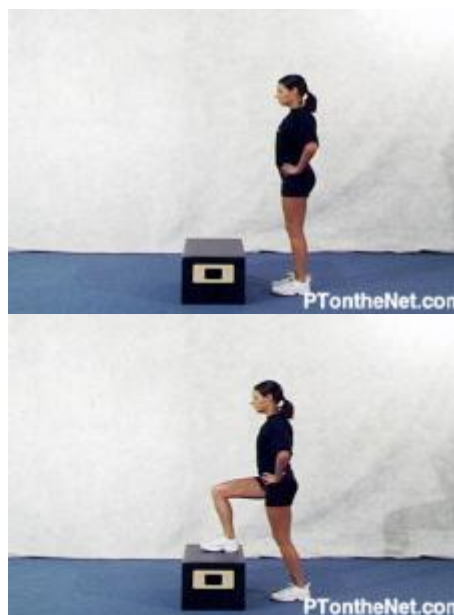
Tempo : **Rest :** 45 **Duration :**

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction.

Movement :

- Position feet shoulder width apart, pointing straight ahead.
- Choose a step or bench that is a comfortable height to step up on.
- Step forward with one foot onto the bench or step.
- In a simultaneous motion, step up and "pick up" your hips on the opposite side as your step leg.
- Step down backwards with the same technique of holding the HIPS LEVEL
- TRAINERS: watch the hips (to ensure frontal plane stability), and ensure that NO pronation distortion occurs anywhere in the kinetic chain.
- **Progression:** When technique is mastered load can be added – dumbbell, then cables, then tubing.



SINGLE LEG LEG PRES

Reps : 12 **Sets :** 3 **Intensity :**

Tempo : **Rest :** 0 **Duration :**

Preparation :

Movement :

DEPTH JUMPS

Reps : 15 **Sets :** 3 **Intensity :**

Tempo : **Rest :** 45 **Duration :**

Preparation :

- Initiate a thorough dynamic warm-up prior to starting this exercise, thus engaging the nervous system.
- Start by choosing a SHORT height from which to jump down from. Never EXCEED 12 inches as too much eccentric inertia has to be dealt with by the body.

Movement :

- Start on top of the step/box.
- With both feet, jump down and land with feet parallel and shoulder width apart.
- You should land flat footed (toes and heels at the same time) and absorb the force through a knee and hip bend.
- Keep the chest high and eyes looking straight ahead when landing.



SQUAT - BACK W/ BARBELL

Reps : 12 **Sets :** 3 **Intensity :**

Tempo : **Rest :** 45 **Duration :**

Preparation :

- Feet may be placed around shoulder width or SLIGHTLY wider, with minimal external rotation. (NOTE: The wider the stance [abduction], the more external rotation of the feet is required to maintain alignment at the knees).
- Place bar comfortably on the upper back.
- DON'T BE AFRAID TO USE A BAR PAD!

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining tone in the deep abdominal musculature, descend slowly by bending at the knees and hips.
- During the descent, maintain weight distribution between the mid-foot and heels. *Do not allow the feet to cave inward or shift outward.*
- While maintaining tone in the lower abdomen and optimal kinetic chain alignment, "drive" through the feet extending the ankle, knee and hip joints while your weight is evenly distributed between heels and mid-foot. *Do not allow body weight to shift toward the toes.*
- The knees should track over the second and third toe.
- Perform downward reps slowly and concentrate on the eccentric (descent) and the isometric (squat position) alignment of your body.
- Descend as far as you can control. Partial squats should progress to full squats as neuromuscular efficiency improves.



SQUAT TOUCHDOWN - 1 LEG

Reps : 15 **Sets :** 3 **Intensity :**

Tempo : **Rest :** 45 **Duration :**

Preparation :

- Begin balanced on one leg (opposite leg remains parallel to stance leg) while positioning entire body in optimal posture.

Movement :

- Draw your belly button inward toward your spine.
- Controllably, squat down bending the ankle, knee, and hip while reaching toward, OR, touching your toe with the opposite hand.
- While maintaining drawn-in maneuver, activate glutes & return to starting position.



Notes :

Try it on a bosu ball

WALL SIT (TOES UP)

Reps : **Sets :** **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

Movement :

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