

DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

STRENGTH TRAINING EXERCISES

Maximum Load Method

- Full or partial ROM
 - Bench press
 - Squat
 - Deadlift
 - Chin-ups
 - Pull-ups

Isometric Method

- 2-Arm Pull-Up: top and middle position
 - Variation: “Isodynamic” method: from arm extend position, go up, hold top position 5 sec, go all the way down, go up to 90° and hold for 5 sec, go all the way down, go up to 135° and hold 5 sec.
- 1-Arm Chin-Up: top and middle position
- Squat: lowest and mid-point positions

Strongman Method

- Rope pulls
 - Body position: perpendicular to rope and parallel
- Rope pull-ups
- Landmines (single & double arm press, rotation pattern)
- Sled push
- Tire flipping
- Zercher squats
- Tire throw
- Carries
 - Bilateral
 - Sandbag
 - Farmers walk
 - Barbell overhead press carry
 - Deadlift carry
 - Cross walk (one arm extended overhead and one arm by side, heavier DB w/ lower hand)
 - Unilateral
 - Waiter’s carry
 - Suitcase carry