SummaMove Instruction

Written by Quin Coolen and Inanc Ozdemir

In this instruction you’ll be learning how to execute all the exercises that are in the SummaMove mobile application. Some exercises will be harder than others and will require some upper and lower body strength.

# Squat:

The squat exercise trains your upper legs, primarily your quadriceps and glutes. Doing squats will also boost your testosterone.

1. Stand straight with arms extended forwards.
2. Lower your body by squatting down and keeping your back straight. Keep your knees pointed in the same direction as your feet. Squat down and stop right above your calves so that you’re under constant tension.
3. Squat back up by extending your knees and hips until you’re standing up straight again.

# Push-Up:

The push up exercise trains your upper body primarily your chest, triceps, and your shoulders.

1. Lie on the floor with your arms extended holding your body up.
2. Lower yourself down by bending your arms, keeping your body straight. Lower yourself until your chest hits the floor.
3. Push yourself up until your arms are locked out.

# Dip:

The dip exercise is a harder variant of the push-up. You primarily train your chest, triceps, and shoulders.

1. Find a set of parallel bars and support yourself with locked out arms on the bars.
2. Lower yourself until your upper arms are parallel with the bar.
3. Push yourself up until your arms are locked out.

# Plank:

Planking is an isometric exercise, which means that you don’t move during the exercise to put your muscles under constant tension. It primarily trains your core, like your abdominal muscles. This exercise is great for core strength since your core’s primary function is balance.

1. Lie on the floor with your forearms on the floor holding you up. Make sure your elbows are under your shoulders. Place your legs together with only your toes touching the ground.
2. Hold your body up and keep your core tight.
3. Hold this position.

# Reverse Single Leg Hip Bridge:

The Reverse Single Leg Hip Bridge trains primarily your glutes. By extending your leg, you force your glutes to hold your leg up.

1. Sit on the floor on your hands and knees with your head parallel to the floor so you’re looking down at the floor.
2. Extend your right arm and left leg until both are straight and parallel to the floor.
3. Tuck your right arm and left leg in and extend your left arm and right leg until both are straight and parallel to the floor.
4. Tuck your left arm and right leg in and repeat.

# Mountain Climbers:

Mountain Climbers primarily train your abdominal muscles, but because you move so explosively, you’re more likely to train your condition than your abdominal muscles.

1. Stand on the floor with your hands and feet supporting your bodyweight. Bend your legs significantly so your back is parallel with the floor.
2. Explosively tuck your right leg in until you feel a slight stretch in your hips.
3. While you’re returning your right leg back into position, tuck your left leg in until you feel a slight stretch in your hips. As if you’re running in place. Repeat this process.

# Burpee

The burpee is a combination of a jumping squat and a pushup. When done consecutively, you train your explosive power and condition more than your muscles.

1. Stand straight up with enough space to walk 5 steps forward.
2. Explosively squat down and move into the push-up position.
3. Do a push-up and push yourself up explosively into the lower part of the squat position.
4. Squat up and when you’re at the top, jump up so you do a jumping squat.

# Lunge

Lunges are great leg exercises. You’re training the same muscles as you would squatting, but the difference is that you put the focus on 1 of your legs at a time.

1. Stand up straight with 1 to 2 meters of free space in front of you.
2. Step forward with your right leg until your right leg is bent 90 degrees and your left knee is touching the floor.
3. Push yourself up through your right leg until you’re standing back in the starting position.
4. Step forward with your left leg until your left leg is bent 90 degrees and your right knee is touching the floor.
5. Push yourself up through your left leg until you’re standing back in the starting position.

# Wall sit

The wall sit is a great abdominal exercise. It trains your core just like the plank but focuses on the abdominal muscle. Just like the plank exercise, it’s an isometric exercise and focuses on balance.

1. Find a wall to sit against.
2. Go up to the wall with your back facing the wall. Put your back against the wall and keep a straight back. Lower yourself down until your legs are bent 90 degrees and your back is straight and up against the wall, as if you’re sitting in a chair.
3. Hold this position.

# Crunch

The crunch exercise trains primarily your abdominal and oblique muscles. Unlike the plank and wall sit exercises, it has an eccentric and concentric movement.

1. Lie on the floor, preferably on a mat. Place your hands behind your head.
2. While keeping your lower back touching the floor or mat, raise your upper back as high as you can.
3. Lower your upper back to the floor or mat.