

IMANI FITNESS

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PERSONAL TRAINING | PROGRAMME

Short term goal programme created by: John Imani

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PREPARED DATE

Dec 09, 2018


EXP. DATE




Jan 07, 2019


1. WARM-UP						
EXERCISES	RATE OF PERCEIVED EXERTION (RPE)	TIME	REASONS	AREA/ MUSCLES EXERCISED	TEACHING POINTS	ALTERNATIVES
1. Running	2-5	5 Minutes	<p>A warm-up is a pulse raiser.</p> <p>It increases overall body and muscle temperatures which increase blood flow to the active muscles.</p> <p>Increases the body and muscle temperature which helps to increase the rate of energy production.</p> <p>Contraction and reflex times are improved with higher muscle temperatures.</p>	<p>The primary muscles used are; the quadriceps, hamstrings, glutes, hip flexors and calves.</p> <p>The arms and upper body receive a workout to a lesser degree as well.</p>	<ol style="list-style-type: none">1. Hold your head high, centered between your shoulders, and your back straight. Focus your gaze ahead of you instead of straight down. Relax your jaw and neck. Keep your shoulders relaxed and parallel to the ground.2. Lightly cup your hand as though you were holding an egg. Keep your wrists loose. Bend your elbows at approximately a 90-degree angle with your hands gliding past your waistline. As your arms pump along your sides, your elbows should swing somewhere between your chest and waistline. Pumping your arms at a faster rate will allow for faster leg turnover.3. Deep abdominal or "stomach" breathing.4. Your foot should strike the ground from heel to toe.5. If going uphill, pick up your knees and shorten your stride while increasing your stride rate. Pump your arms at a slightly	<p>Treadmill, cycling, static bike, or rowing machine.</p>

			<p>Warming up reduces the stress on the heart.</p> <p>Soft tissue (tendons, ligaments, muscles) injuries are less likely.</p>		<p>faster pace, keeping in mind that the steeper the hill, the more arm motion you will need to climb uphill. Lean into the hill as if you were on skis.</p> <p>6. If running downhill keep your body at the same angle as the hill and lower your arms. Try to land lightly on the ball of your foot.</p>	
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2. WARM-UP STRETCHES

STRETCHES	NAME	DYNAMIC, STATIC, STATIC FLOOR OR PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)	SETS	REPS	REASONS	AREA/ MUSCLES STRETCHED	TEACHING POINTS	DIAGRAM AND LINK
2. Stretch 1	Lunge with twist	Dynamic	2 Sets	10 Reps	Warm-up stretches increases range of motion, enhanced workout effects, injury prevention and rehabilitation.	<p>Lower body Stretch.</p> <p>It engages the quadriceps, gluteus maximus, and core and works on your abdominals and obliques while improving balance and proprioception.</p>	<ol style="list-style-type: none"> Stand with feet about shoulder-width apart. Step forward with your left foot into a lunge position. Keep your knee over your left foot; don't twist at the knee. From your torso, twist your upper body to the left. Then, reach across your left side with your arms outstretched. Maintain a slow and controlled movement throughout the exercise. Slowly move your arms to center and step forward with the opposite foot and twist to the other side. Continue the movement for ten steps. 	 <p>VISIT LINK HERE</p>

3. Stretch 2	Squat to overhead arm swing	Dynamic	2 Sets	10 Reps		<p>Full body stretch.</p> <p>It engages the quadriceps, Gluteus maximus, latissimus dorsi, obliques, Soleus and Iliopsoas (Hip flexors)</p>	<ol style="list-style-type: none"> 1. Squat down by bending the ankles. 2. Swing the arms down and back during the descent into the squat position. 3. Keep chest lifted throughout. 4. Return to standing position with arms stretched over head. 5. Repeat.. 	 <p>VISIT LINK HERE</p>
4. Stretch 3	Side Lunge	Dynamic	2 Sets	10 Reps		<p>Lower body Stretch.</p> <p>It engages the Glutes, quads, and hamstrings.</p>	<ol style="list-style-type: none"> 1. Stand upright, with both feet facing forward, double shoulder-width apart. 2. Place your hands on your hips or thighs, in order to keep your back straight. 3. Slowly exhale, taking your bodyweight across to one side. 4. Avoid leaning forward, or taking the knee of the bent leg over your toes. 	 <p>VISIT LINK HERE</p>
5. Stretch 4	Dynamic chest stretch	Dynamic	2 Sets	10 Reps		<p>Upper body stretch.</p> <p>It engages the pectoralis major and minor, anterior deltoid, and biceps.</p>	<ol style="list-style-type: none"> 1. Stand with your hands together, arms extended directly in front of you. This will be your starting position. 2. Keeping your arms straight, quickly move your arms back as far as possible and back in again, similar to 	 <p>VISIT LINK HERE</p>



7. Jumping rope	7	Continuous	10 Minutes	5 Minutes	Cardiovascular exercise helps build aerobic power, reduces blood pressure, lowers Type 2 diabetes risk, maintains immune functioning, reduces body fat, keeps bones strong, builds muscle mass, improves breathing, boosts your energy, reduces the risk of arthritis, brings about better sleep, improves mood, lowers anxiety, reduces absenteeism, boosts memory etc.	Full body exercise. It engages the gastrocnemius, quadriceps, hamstrings, glutes, abdominals, forearms, and deltoids Improves agility, hand-to-eye coordination, and balance for your feet. Helps in building strong building strong bones.	<ol style="list-style-type: none"> 1. Grip the handles loosely with your fingers, not your palms. You want to avoid giving your handles a "death grip." A loose grip will allow for a natural and more efficient turn of the jump rope and allow for greater speed. Hold the jump rope in front of you with your hands together and your elbows in close to you body. 2. Place the rope behind you and turn the jump rope over your head. Catch the jump rope under your toes and lift up your heels and let it out from underneath your feet. Repeat this movements until you become comfortable spinning the rope and catching it under your feet. 		Burpee, stationary run, knee lifts, dumbbell calf lifts, dumbbell or resistance band lateral raises.
8. Jumping rope	7 and 5 every 2 minutes	Intensity switch	10 Minutes	5 Minutes		<ol style="list-style-type: none"> 1. Increase and decrease speed interval roughly per every 2 minutes. 			

4. MUSCULAR STRENGTH AND ENDURANCE

EXERCISES	EQUIPMENT	EQUIPMENT OR BODY WEIGHT	PART OF BODY	SETS	REPS	INTENSITY	REST	TEMPO	REASONS	AREAS/MUSCLES EXERCISED	TEACHING POINTS	DIAGRAM AND LINK	ALTERNATIVES
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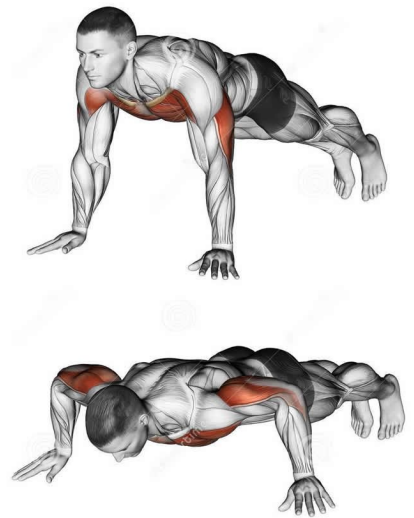
9. Shoulder press	Dumbbells	Equipment	Upper body	3 Sets	12 Reps	1RM 75%	1 Minute Rest per set	2020 Tempo	<p>Muscular strength and endurance exercises Increase your ability to do activities like opening doors, lifting boxes or chopping wood without getting tired.</p> <p>Reduce the risk of injury.</p> <p>Help you keep a healthy body weight.</p> <p>Lead to healthier, stronger muscles and bones.</p> <p>Improve confidence and how you feel about yourself.</p> <p>Give you a sense of accomplishment</p> <p>Allow you to add new and different activities to your exercise program.</p>	<p>Upper body exercise.</p> <p>It engages the anterior and lateral deltoids.</p>	<ol style="list-style-type: none"> 1. Hold a dumbbell in each hand and sit on a bench with back support. 2. Plant your feet firmly on the floor about hip-width apart. 3. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level. 		<p>Barbell shoulder press and machine shoulder press.</p>
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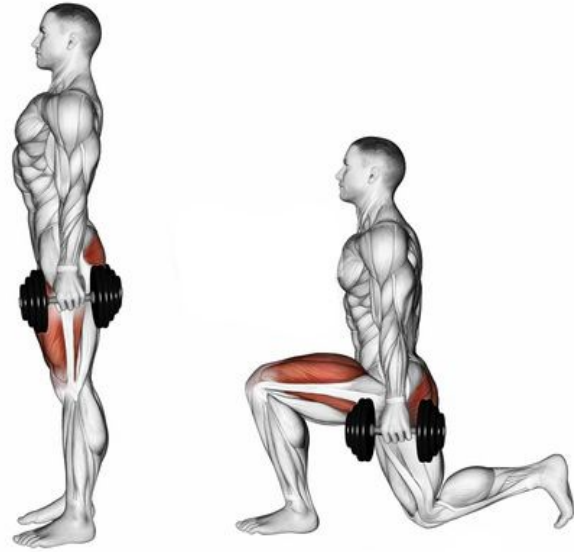
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10. Bicep Curl	Dumbbells	Equipment	Upper body	3 Sets	12 Reps	1RM 75%	1 Minute Rest per set	2020 Tempo	<p>Upper body exercise.</p> <p>It engages additional muscles, known as synergists, or assisters, help the biceps perform the supinated curl movement. The two main synergists in this exercise are the brachialis that lies under the biceps and the brachioradialis, located in the forearm near your elbow.</p>	<ol style="list-style-type: none"> 1. Hold a dumbbell in each hand and stand with your feet as wide apart as your hips. 2. Let your arms hang down at your sides with your palms forward. 3. Pull your abdominals in, stand tall, and keep your knees slightly bent. 4. Curl both arms upward until they're in front of your shoulders. 5. Slowly lower the dumbbells back down. 		Machine bicep curl and barbell bicep curls.
11. One arm Dumbbell row	Dumbbell	Equipment	Upper body	3 Sets	12 Reps	1RM 75%	1 Minute Rest per set	2020 Tempo	<p>Upper body exercise.</p> <p>It engages the latissimus dorsi, rhomboids, lower traps, and erector spinae, and requires a large degree of stabilisation from the rotator cuff.</p> <p>This means that if you're doing it correctly, you should feel the muscles between and below your shoulder blades working.</p>	<ol style="list-style-type: none"> 1. Start by standing next to a flat bench and position the left knee on the bench with the dumbbell in the right hand. 2. Bend forward from the hips, and place the left hand on the bench. 3. Bend so that your upper body is parallel to the floor and the head facing down. 4. The right hand with the dumbbell should hang straight down with the palm facing the bench. 5. Keeping the arm close to the side of your body, pull the dumbbell up to your side. 6. After a pause, lower the weight back to the starting position. 7. Repeat the movement until the set is finished. 8. Switch arms and repeat. 		T-bar row, cable row, seated cable row, hammer grip seated row (Can be done with one arm), hammer strength pulldowns (Can be done with one arm) and bent over barbell row.

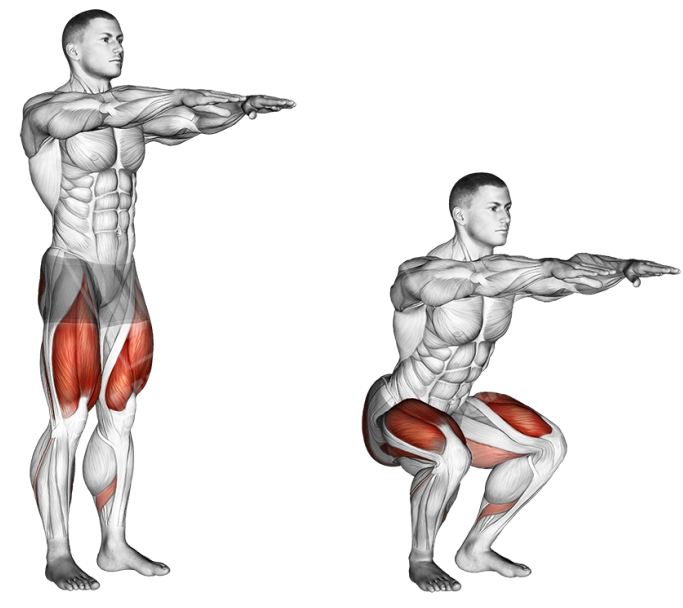
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12. Dumbbell chest press	Dumbbell	Equipment	Upper body	3 Sets	12 Reps	1RM 75%	1 Minute Rest per set	2020 Tempo		<p>Upper body exercise.</p> <p>It engages shoulders, triceps, forearms, lats, pecs, traps, rhomboids, and pretty much every muscle in your upper body.</p>	<ol style="list-style-type: none"> 1. Lay on your back on a bench with your feet on the floor 2. Hold a dumbbell in each hand, starting with the elbows bent and just below shoulder level 3. Either hold the dumbbells in a pronated position (palms facing to your feet) or in a neutral position (palms facing each other) 4. Push the hands straight up, towards the ceiling 5. Slowly return to the starting position 6. Keep the lower back in contact with the bench at all times 	 <p style="text-align: center;">VISIT LINK HERE</p>	Machine bench press, barbell bench press, push-up.
13. Push-up	N/A	Body weight	Upper body	3 Sets	12 Reps	N/A	1 Minute Rest per set	2020 Tempo		<p>Upper body exercise.</p> <p>It engages the anterior deltoids and pectoralis major muscles to horizontally adduct the upper arms during the upward phase of a push-up.</p> <p>The triceps brachii muscles, or triceps for short, are also hard at work extending the elbow joints so the arms can be fully extended.</p>	<ol style="list-style-type: none"> 1. Assume the pushup position: elbows locked; hands about shoulder width apart, flat against the ground; toes on the ground; torso and legs straight, core tight; body parallel to the floor. 2. Lower yourself to the ground, touching your chest to it. Make sure you maintain a tight, rigid body. Think of your legs, hips, and torso as if they formed a cohesive plank or a straight line. Maintain that plank throughout the exercise. 3. Push yourself back up, squeezing your pectoral muscles and completing the full range of motion. 4. At the top, continue until your elbows are completely locked and 	 <p style="text-align: center;">VISIT LINK HERE</p>	Machine bench press, barbell bench press and dumbbell bench press.

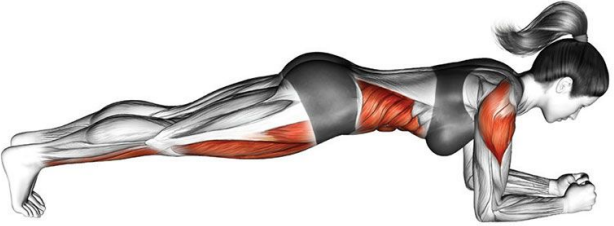
16. Dumbbell Lunge	Dumbbell	Equipment	Lower body	3 Sets	12 Reps	1RM 75%	1 Minute Rest per set	2020 Tempo	Lower body exercise.	It engages the glutes in your hips and butt along with the hamstrings and quadriceps in your thighs.	The calf muscles in your lower legs, your abdominal muscles and your back muscles act as stabilisers during this exercise.	<ol style="list-style-type: none"> 1. Stand with your torso upright holding two dumbbells in your hands by your sides. This will be your starting position. 2. Step forward with your right leg around 2 feet or so from the foot being left stationary behind and lower your upper body down, while keeping the torso upright and maintaining balance. 3. Inhale as you go down. Note: As in the other exercises, do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your front shin perpendicular to the ground. 4. Using mainly the heel of your foot, push up and go back to the starting position as you exhale. 5. Repeat the movement for the recommended amount of repetitions and then perform with the left leg. 		Landmine reverse lunges, single-leg press, bulgarian split squat, proprioception lunges, dumbbell low lunge, uneven lunges and step-ups.
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17. Squats	N/A	Body weight	Lower body	3 Sets	12 Reps	N/A	1 Minute Rest per set	2020 Tempo	<p>Full body exercise.</p> <p>Engages the thighs, hips and buttocks, quadriceps femoris muscle (vastus lateralis, vastus medialis, vastus intermedius and rectus femoris), hamstrings, as well as strengthening the bones, ligaments and insertion of the tendons throughout the lower body.</p>	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart and toes pointing straight forwards. 2. Hold a barbell over your shoulders as shown. 3. Keep the back straight as you initiate movement at your hips. 4. Push your buttocks out behind you and bend your knees. 5. Do not let your knees move in front of your toes. 		<p>Goblet Squats, Front Squats, Zercher Squats, Bulgarian Split Squats, Step-ups, Walking Lunges, Reverse Lunges, Leg Press, Bodyweight Squats.</p>
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5. CORE

EXERCISES	TIME	REASONS	AREAS/ MUSCLES EXERCISED	TEACHING POINTS	DIAGRAM AND LINK	ALTERNATIVES
18. Plank	2 minutes	<p>Core exercises improve balance and stability.</p> <p>It trains the muscles in the pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities.</p>	<p>Core exercise.</p> <p>It engages the rectus abdominis (the "six-pack muscles" you can see), transverse abdominis, internal and external obliques, hips, and back.</p>	<ol style="list-style-type: none"> 1. Get in the pushup position, only put your forearms on the ground instead of your hands. Your elbows should line up directly underneath your shoulders. Toes on the ground. 2. Squeeze your glutes and tighten your abdominals. 3. Keep a neutral neck and spine. 4. Create a straight, strong line from head to toes – a plank, if you will. 5. Hold that position. 	 <p>VISIT LINK HERE</p>	<p>Pelvic tilt, TA (transversus abdominis) trampolines, abdominal prep, half roll-back, side Plank hold, and chin up bar hang.</p>




6. COOL DOWN


EXERCISES	RATE OF PERCEIVED EXERTION (RPE)	TIME	REASONS	AREAS/ MUSCLES EXERCISED	TEACHING POINTS	ALTERNATIVES
19. Running	5-2	5 Minutes	<p>A cool-down provides the body with a smooth transition from exercise back to a steady state of rest.</p> <p>The overarching goal of a cool-down is to reduce heart and breathing rates, gradually cool body temperature, return muscles to their optimal length-tension relationships, prevent venous pooling of blood in the lower extremities, which may cause dizziness or possible</p>	<p>The primary muscles used are; the quadriceps, hamstrings, glutes, hip flexors and calves.</p> <p>The arms and upper body receive a workout to a lesser degree as well.</p>	<ol style="list-style-type: none"> 1. Hold your head high, centered between your shoulders, and your back straight. Focus your gaze ahead of you instead of straight down. Relax your jaw and neck. Keep your shoulders relaxed and parallel to the ground. 2. Lightly cup your hand as though you were holding an egg. Keep your wrists loose. Bend your elbows at approximately a 90-degree angle with your hands gliding past your waistline. As your arms pump along your sides, your elbows should swing somewhere between your chest and waistline. Pumping your arms at a slower rate will allow for slower leg turnover. 3. Deep abdominal or "stomach" breathing. 4. Your foot should strike the ground from heel to toe. 	<p>Treadmill, cycling, static bike, or rowing machine.</p>


			<p>fainting, and restore physiologic systems close to baseline.</p> <p>The proposed benefits of a cool-down are below:</p> <ul style="list-style-type: none"> - Reduce heart and breathing rates. - Gradually cool body temperature. - Return muscles to their optimal length-tension relationships - Prevent venous pooling of blood in the lower extremities. - Restore physiologic systems close to baseline. 			
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7. COOL-DOWN STRETCHES

STRETCHES	NAME	DYNAMIC, STATIC, STATIC FLOOR OR PROPRIOCEPTIVE	SETS	TIME	REASONS	AREAS/ MUSCLES EXERCISED	TEACHING POINTS	DIAGRAM AND LINK
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		NEUROMUSCULAR FACILITATION (PNF)							
20. Stretch 1	Hamstring	Static Floor	3 Sets	30 Seconds	<p>Stretching after a workout will reduce muscle soreness as well as help to get your muscles back to their original length.</p> <p>Cool down stretches are static and not dynamic because the body is cooling down and not warming up.</p> <p>Cool down stretches are floor based to prevent a larger impact of fall if dizzy or faint from blood pooling.</p>	Hamstrings.	<ol style="list-style-type: none"> 1. Sit on the floor with both legs out straight. 2. Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight. 3. Hold this position for 30 seconds. 4. Relax back into the starting position. 5. Repeat 3 times 	 <p>VISIT LINK HERE</p>	
21. Stretch 2	Groin	Static Floor	3 Sets	30 Seconds		Hips, groin, and lower back.	<ol style="list-style-type: none"> 1. Lay on the floor on your back and cross the right ankle over the left knee. 2. Grip the thigh of your left leg and pull the knee towards you, lifting the foot off the floor. 3. Pull the knee further towards you to increase the stretch. 4. Hold for between 30 seconds. 	 <p>VISIT LINK HERE</p>	
22. Stretch 3	Quadriceps	Static Floor	3 Sets	30 Seconds		Quadriceps.	<ol style="list-style-type: none"> 1. Stand on one leg and pull the other foot up behind your bottom. 2. Keep your knees together and push your hips forwards to increase the stretch. 		

							3. Hold for between 30 seconds.	VISIT LINK HERE
23. Stretch 4	Supine cross-leg spinal twist	Static Floor	4 Sets	30 Seconds	Spine and abdominals.	<ol style="list-style-type: none"> 1. Begin lying comfortably on the back. Bend your knees in to your chest and extend your arms out alongside the body in a "T" formation, with your palms facing up toward the ceiling. 2. Inhale here, lengthening your tailbone down toward the ground. As you exhale, drop both of your bent knees over to the right, and send your gaze over to the left. 3. Keep your knees and feet close together, and press the backs of your shoulder blades down toward the mat. 4. Remain in the twist for 5-10 breaths, then inhale to come back up to centre. On your next exhale, drop your knees to the left, and send your gaze to the right. 5. Inhale to come back up to centre. Wrap 	 <p>VISIT LINK HERE</p>	


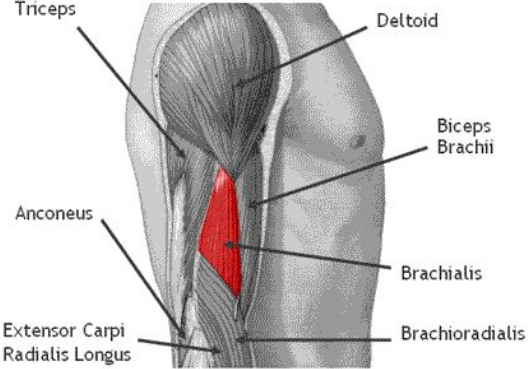
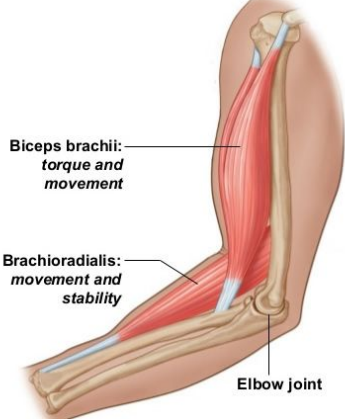
							your arms around your legs and gently rock from side to side to release the low back, then extend both legs straight down onto the mat.	
24. Stretch 5	Hamstring and glutes	PNF	3 Sets	30 Seconds	Hamstring and glutes.	<p>PNF WITH A PARTNER</p> <ol style="list-style-type: none"> 1. Lie on your back. 2. Extend your legs on the floor and dorsiflex your feet. Dorsiflexing is when you move your feet up toward your shin. 3. Lift your right leg up as high as you can. Have your partner resist your right leg. 4. Gently push into your partner's arms for six seconds. 5. Relax your hamstrings by contracting your right quadriceps and hip flexors. 6. Draw your right leg closer to your face for six seconds. Repeat at least three times. 7. Make sure to keep your left leg glued to the ground. If you need assistance, 	  <p>VISIT BOTH PNF LINK HERE</p>	


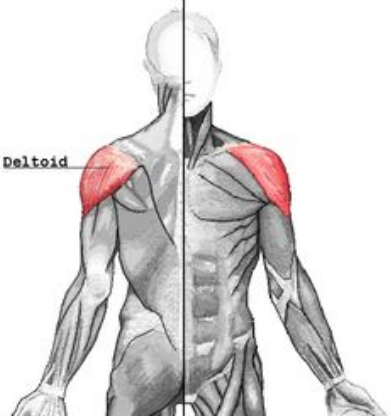
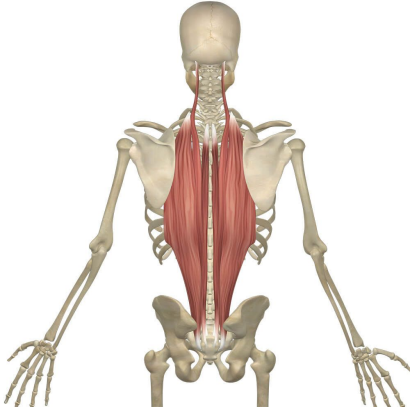
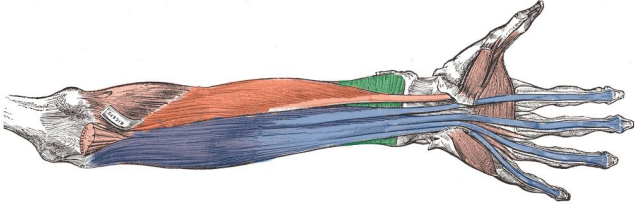
have your partner hold your left leg down. Repeat on the other side.

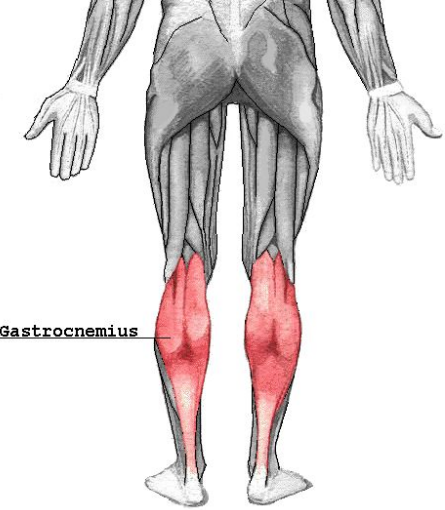
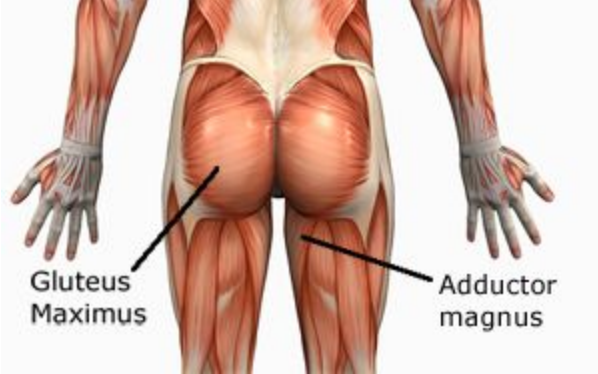
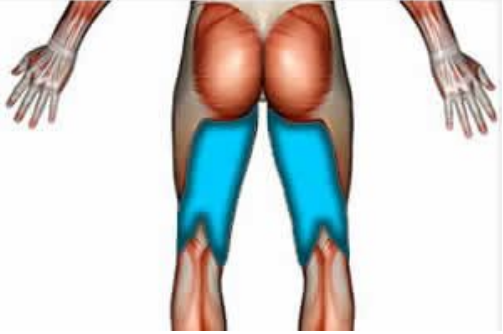
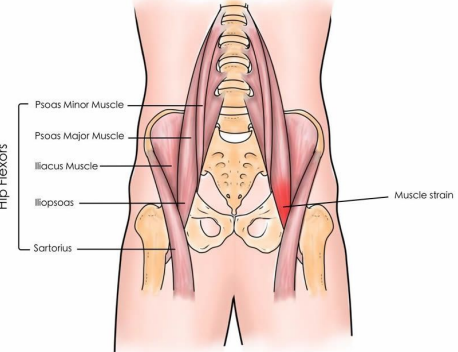
PNF WITHOUT A PARTNER



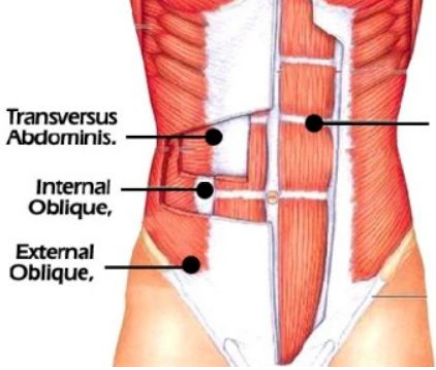
1. Lie on your back with your legs extended on the ground and your feet dorsiflexed.
2. Keep your left leg glued to the floor. Wrap a belt, rope, towel or exercise band around your right foot.
3. Lift your right leg up as high as you can.
4. Resist your leg with the belt, rope, towel or band as you push your leg into it for six seconds.
5. Relax your hamstrings by contracting your quadriceps and hip flexors as you draw your leg closer to your face for six seconds. Do this at least three times then repeat on the other side.

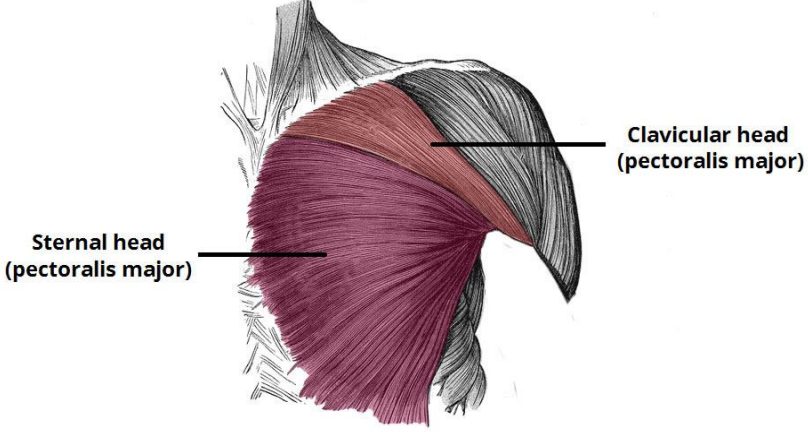
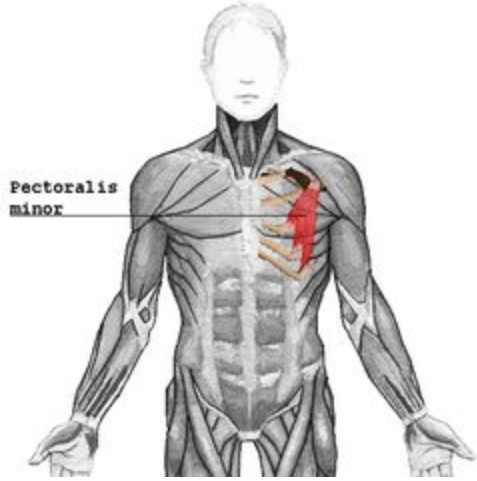
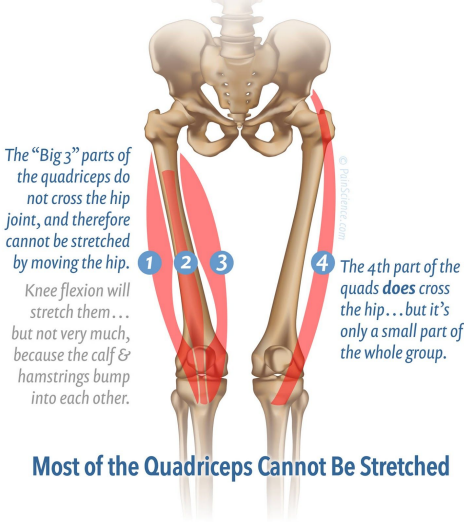
MUSCLE KEY (A-Z)

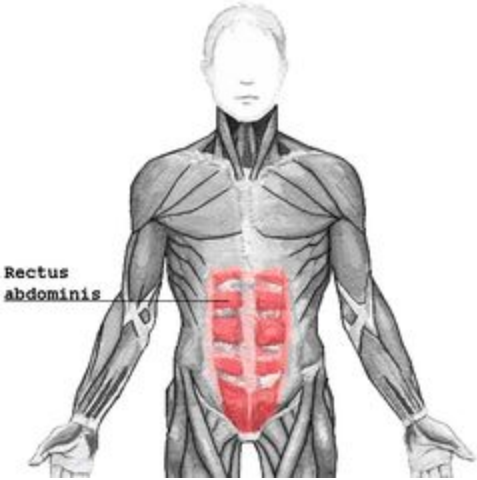
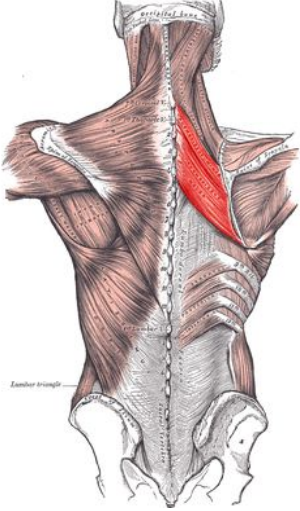
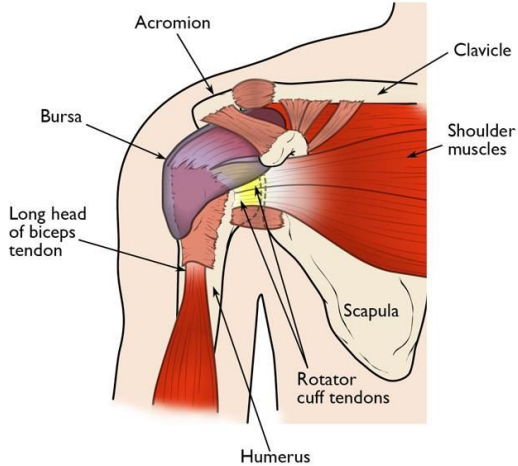
ALPHABETICAL ORDER	MUSCLES MENTIONED	LAYMAN'S TERMS	DIAGRAM
<p>B</p>	<p>Biceps or biceps brachii</p>	<p>A large Muscle that lies in front of the upper arm.</p>	
	<p>Brachialis</p>	<p>A muscle in the upper arm that flexes the elbow joint. It lies deeper than the biceps brachii, and makes up part of the floor of the region known as the cubital fossa. The brachialis is the prime mover of elbow flexion.</p>	
	<p>Brachioradialis</p>	<p>A muscle of the forearm that flexes the forearm at the elbow. It is also capable of both pronation and supination, depending on the position of the forearm.</p>	


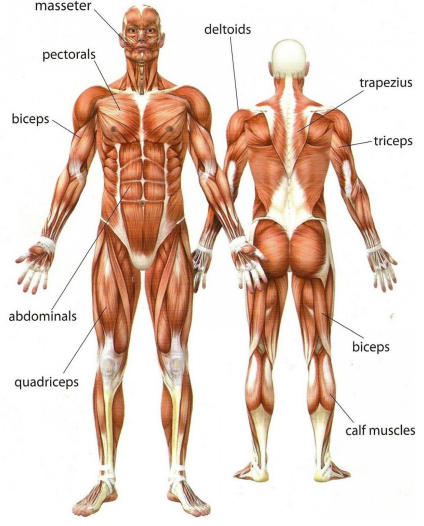
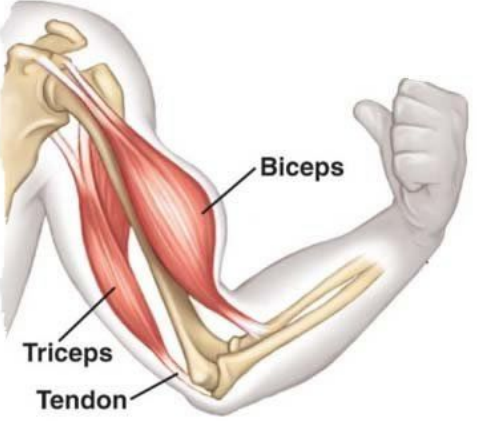
<p>C</p>	<p>Calves</p>	<p>Calves are muscles located at the the top and back of the lower part of the legs.</p>	
<p>D</p>	<p>Deltoids</p>	<p>A rounded, triangular muscle located on the uppermost part of the arm and the top of the shoulder.</p>	
<p>E</p>	<p>Erector spinae</p>	<p>A large muscle that originates near the sacrum (a triangular bone in the lower back formed from fused vertebrae and situated between the two hip bones of the pelvis) and extends vertically up the length of the back. It lies on each side of the vertebral column and extends alongside the lumbar, thoracic and cervical sections of the spine.</p>	
<p>F</p>	<p>Forearms</p>	<p>The forearm is the region of the upper limb between the elbow and the wrist.</p>	

<p>G</p>	<p>Gastrocnemius</p>	<p>Along with the soleus muscle, the gastrocnemius forms half of the calf muscle. Its function is plantar flexing the foot at the ankle joint and flexing the leg at the knee joint</p>	
<p>G</p>	<p>Gluteus Maximus (or glutes)</p>	<p>Bum.</p>	
<p>H</p>	<p>Hamstrings</p>	<p>A group of muscles and their tendons at the rear of the upper leg. They include the biceps femoris, semitendinosus, and semimembranosus. The hamstrings flex the knee joint, adduct the leg, and extend the thigh to the backside of the body. They are used in walking and running.</p>	
<p></p>	<p>Hip Flexors</p>	<p>Collectively known as the iliopsoas or inner hip muscles</p>	

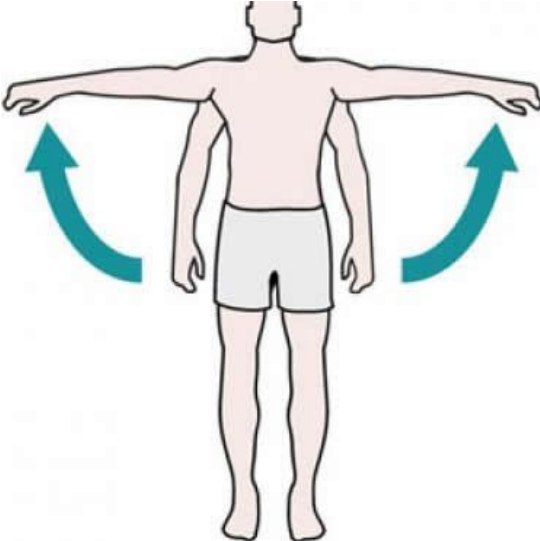
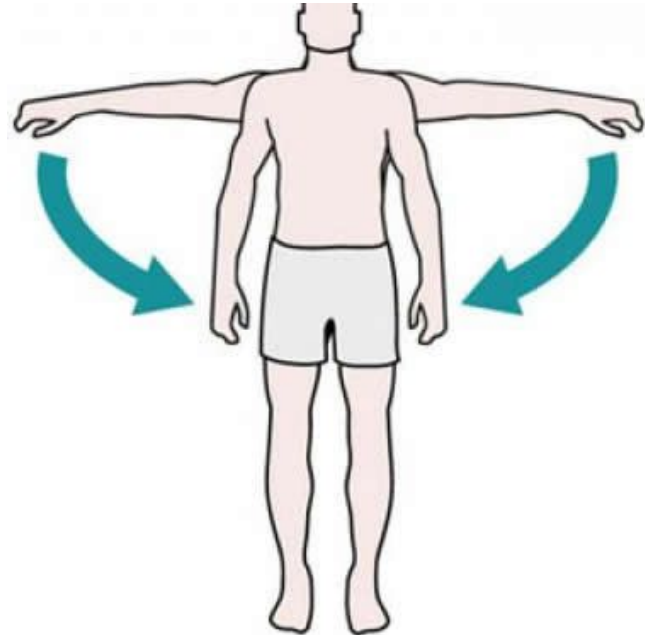
<p>L</p>	<p>Latissimus dorsi (or lats)</p>	<p>A large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline.</p>	
<p>T</p>	<p>Trapezius</p>	<p>A flat, triangle-shaped muscle in your back. It extends from your neck, down along the spine to about the middle of your back and across your shoulder blade. You have a right and left trapezius. These large muscles support your arms and shoulders, and are needed to raise your arms.</p>	
<p>O</p>	<p>Obliques</p>	<p>Muscles that cover the sides of the abdominal area.</p>	

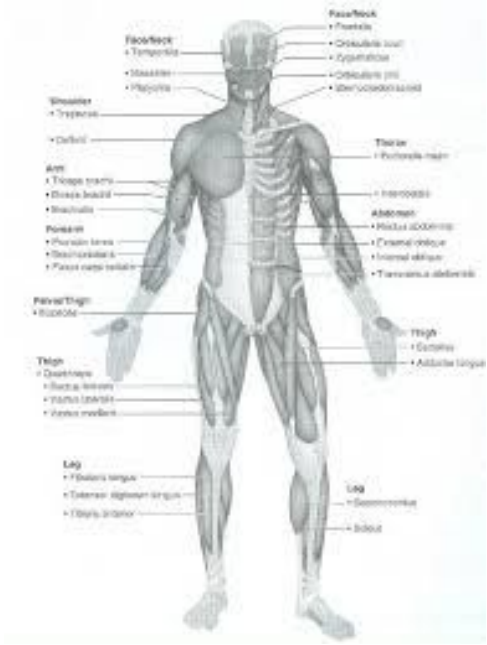
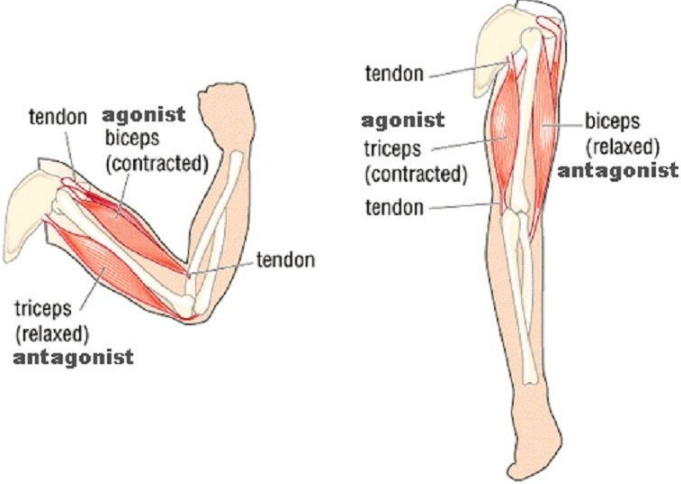
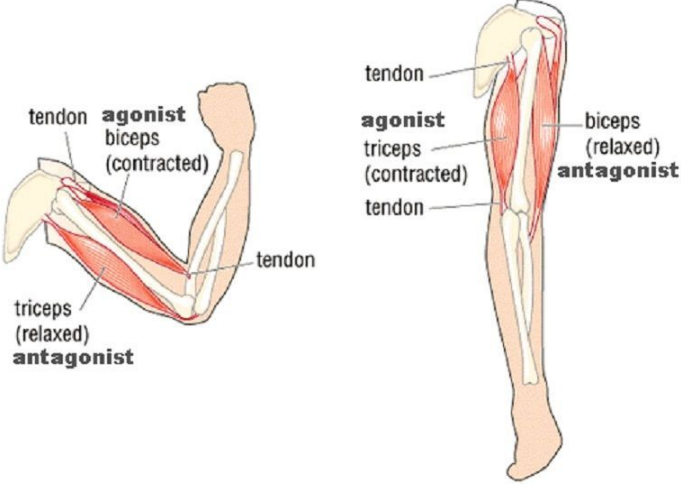
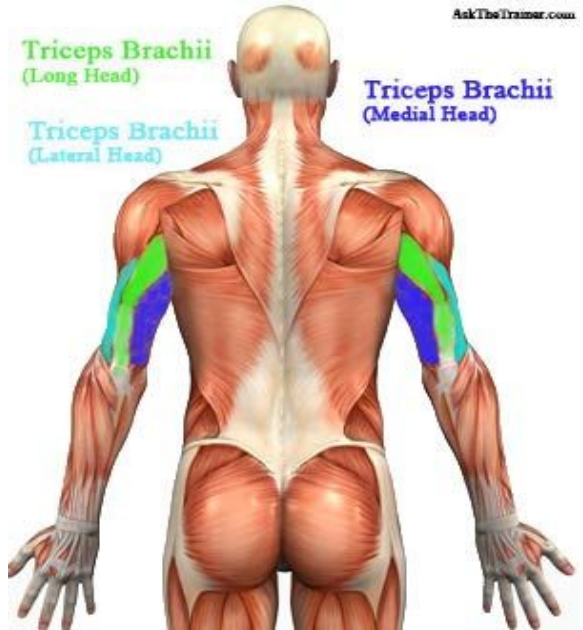
<p>P</p>	<p>Pectoralis major</p>	<p>A thick, fan-shaped muscle, situated at the chest (anterior) of the human body. It makes up the bulk of the chest muscles</p>	 <p>Sternal head (pectoralis major)</p> <p>Clavicular head (pectoralis major)</p>
	<p>Pectoralis minor</p>	<p>A thin, triangular muscle, situated at the upper part of the chest, beneath the pectoralis major in the human body.</p>	 <p>Pectoralis minor</p>
<p>Q</p>	<p>Quadriceps (or quads)</p>	<p>The quadriceps femoris is a group of muscles located in the front of the thigh.</p> <p>The group contains four separate muscles.</p>	 <p>The "Big 3" parts of the quadriceps do not cross the hip joint, and therefore cannot be stretched by moving the hip.</p> <p>Knee flexion will stretch them... but not very much, because the calf & hamstrings bump into each other.</p> <p>The 4th part of the quads does cross the hip... but it's only a small part of the whole group.</p> <p>Most of the Quadriceps Cannot Be Stretched</p>

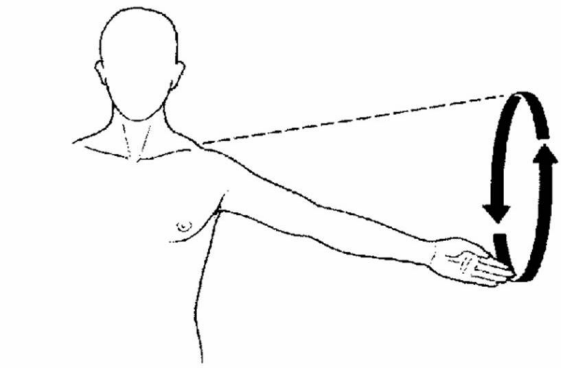
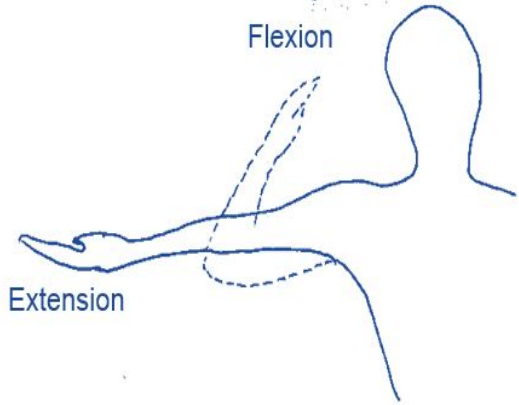
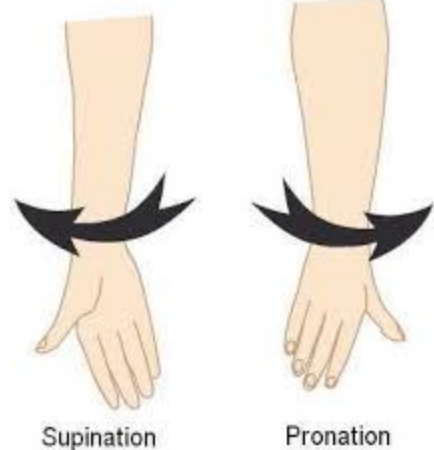
<p>R</p>	<p>Rectus Abdominis</p>	<p>Abdominals or abs.</p>	
	<p>Rhomboids</p>	<p>Muscles associated with the scapula.</p>	
	<p>Rotator cuff</p>	<p>A group of muscles and tendons that surround the shoulder joint, keeping the head of your upper arm bone firmly within the shallow socket of the shoulder.</p>	

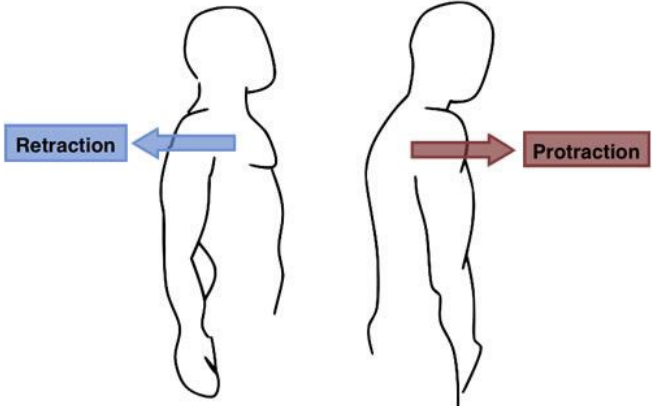
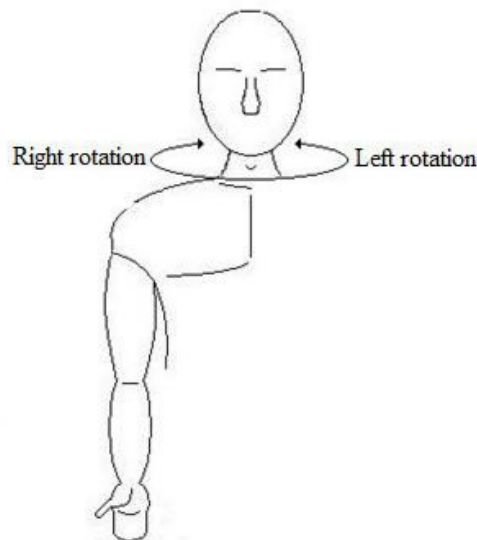
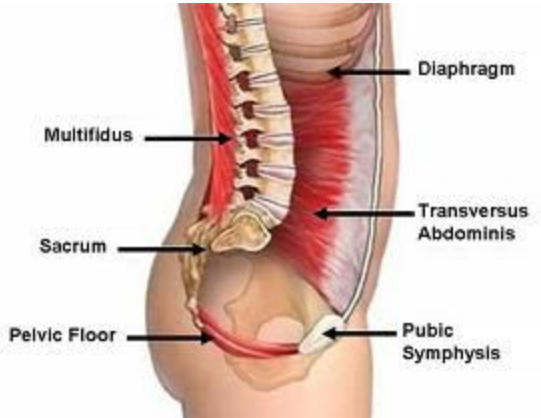
S	Soleus	A powerful muscle in the back part of the lower leg (the calf). It runs from just below the knee to the heel, and is involved in standing and walking.	 <p>This diagram illustrates the calf muscles from two perspectives: a lateral view on the left and a posterior view on the right. Labels include 'Calf muscles' with a bracket, 'Gastrocnemius', 'Soleus', and 'Achilles tendon'.</p>
T	Torso	The trunk of the human body.	 <p>This diagram shows a full-body view of a male figure with the torso muscles highlighted. Labels include 'masseter', 'pectorals', 'biceps', 'abdominals', 'quadriceps', 'deltoids', 'trapezius', 'triceps', 'biceps', and 'calf muscles'.</p>
	Triceps or triceps brachii	A large muscle on the back of the upper limb. It is the muscle principally responsible for extension of the elbow joint.	 <p>This diagram shows a detailed view of the upper limb from the back, highlighting the 'Biceps' and 'Triceps' muscles, and the 'Tendon'.</p>

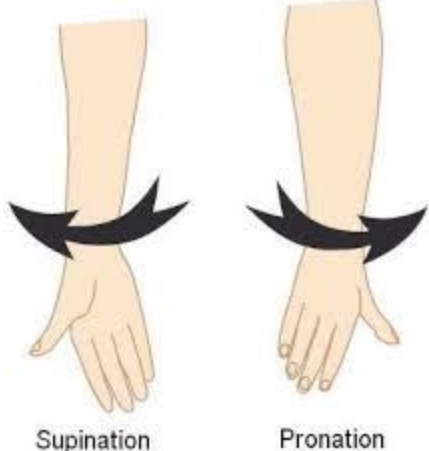
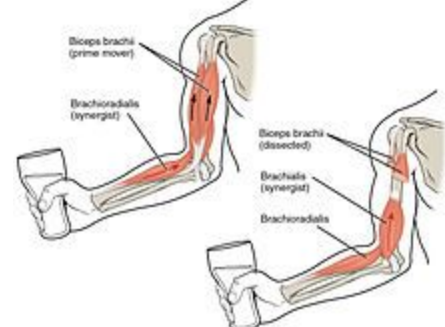
MUSCLE MOVEMENT/ POSITION KEY (A-Z)

ALPHABETICAL ORDER	MOVEMENT	LAYMAN'S TERMS	DIAGRAM
A	Abduct	<p>Abduction is movement away from the mid-line of the body.</p> <p>A muscle that can act to cause an abduction movement at a joint is called an abductor. For example, the abductor pollicis longus muscle. to abduct (verb) - e.g. "He abducted his right arm up to shoulder height."</p>	
	Adduct	<p>To move (a limb or other part of the body) towards the midline of the body or towards another part.</p>	

	Anterior	Nearer the front, especially in the front of the body, or nearer to the head or forepart.	
	Agonist	The agonist in a movement is the muscle(s) that provides the major force to complete the movement. Because of this agonists are known as the 'prime movers'. In the bicep curl which produces flexion at the elbow, the biceps muscle is the agonist.	
	Antagonist	The muscle that opposes the agonist. For example, during a biceps curl, the triceps is the antagonist muscle. This muscle relaxes as the biceps contracts.	
	Assister	The muscle that aids.	

C	Circumduction	Circumduction refers to a conical movement of a body part, such as a ball and socket joint or the eye. Circumduction is a combination of flexion, extension, adduction and abduction.	<p>Circumduction</p> 
E	Extend	Hold outwards.	
F	Flexion	Bending of a particular joint so that the bones that form that joint are pulled closer together.	
H	Horizontal	Parallel to the plane of the horizon; at right angles to the vertical.	
L	Lateral	sideward.	
P	Pronate	Turn or hold (a hand, foot, or limb) so that the palm or sole is facing downwards or inwards.	

	Protract	The action of extending a part of the body.	
R	Retract	The action of drawing something back or back in.	 <p>The diagram illustrates two human figures from the back. The left figure has a blue arrow pointing towards the back labeled 'Retraction'. The right figure has a red arrow pointing away from the back labeled 'Protraction'.</p>
	Rotator	A muscle whose contraction causes or assists in the rotation of a part of the body.	 <p>The diagram shows a human head and neck. Two curved arrows indicate 'Right rotation' and 'Left rotation' of the head.</p>
S	Stabilisers	A muscle or thing used to keep something steady or stable.	 <p>An anatomical diagram of the human torso showing the core muscles. Labels include: Diaphragm, Multifidus, Sacrum, Pelvic Floor, Transversus Abdominis, and Pubic Symphysis.</p>

	Supinate	Turn or hold (a hand, foot, or limb) so that the palm or sole is facing upwards or outwards.	
	Synergist	Synergist muscles perform, or help perform, the same set of joint motion as the agonists. Synergists muscles act on movable joints.	

INFORMATION

THIS PERSONAL TRAINING PROGRAMME IS SUBJECT TO THE FOLLOWING TERMS AND CONDITIONS:

1. Delivery will be made within [DAYS] days following [COMPANY NAME] receipt of payment.
2. Delivery will be made f.o.b. [COMPANY NAME] facility.
3. The general terms and conditions of purchase at [WEBSITE LINK OR REFERENCE TO ATTACHMENT] apply to this training.
4. This quotation may be accepted to form a binding contract upon any one of the following options:
 - a. Signature below and payment to [COMPANY NAME] for the items listed in this quote prior to the expiration date.
 - b. Issuance of a purchase order to [COMPANY NAME] referencing this quote and the terms and conditions herein prior to the expiration date above.