

EXERCISES AND WHAT MUSCLE GROUPS THEY WORK

STEP-UPS: Quadriceps, hamstrings, glutes, and calves

Step-ups are a simple but effective lower-body exercise that builds strength, balance, and endurance. They work many muscles in your lower body, including quadriceps, hamstrings, glutes, and calves. The benefits of doing step-ups include increased leg strength, evened out strength imbalances, enhanced stabilization, and versatility.

BOX JUMPS: Box jumps work the following muscles

- Quadriceps
- Hamstrings
- Glutes
- Calves
- Core muscles
- Fast-twitch muscle fibers, which are responsible for explosive, powerful movements.

SLED: Quadriceps, glutes, hamstrings, calves, and core muscles

Sled work primarily works the quadriceps, glutes, hamstrings, calves, and core muscles. It is beneficial for older people and those with bad knees as it is easy on the knee joint. If you want to build a big and balanced physique, you can add a sled workout once per week.

Sled Pushes Vs sled pulls

When people ask “*is it better to pull or push a sled?*” My answer is to do both. As a coach I like to program both movements, and use them fairly interchangeably within a session.

It also really depends on which specific movement variation you’re using with the sled. For example, if I really want to hit the back, I’ll use sled pulls and add in some explosive rowing type movements, whereas if I want to really build contact strength and drive for a rugby player I’ll use sled pushes and have the athlete use an aggressive start against heavy load.

BATTLE ROPES: Battle ropes work a variety of muscles, including:

- Upper body muscles: shoulders (deltoids)
- Core muscles: abdominals and obliques
- Lower body muscles: glutes and hamstrings

DEADLIFT: Glutes and quads

The deadlift primarily works the glutes and quads. Secondary muscles engaged include the shoulders, lower and mid-back, hamstrings, and core

SQUAT: Quadriceps, glutes, hamstrings, calves, and core muscles

Squats work a variety of muscle groups, including quadriceps, glutes, hamstrings, calves, and core muscles

BALL SLAM: Ball slam workouts target a variety of muscles, including the rectus abdominis, transverse abdominis, core, arms, legs, glutes, back, and shoulders