

**Diversifying Your
Repertoire:
How to Expand your
Exercise Menu**

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Typical Workouts

- Boring
- Lack of Variety
- Monotonous
- Repetitive
- Dumb-downed



Think in Movements

- We are all athletes
- Integrated vs. Isolated
- Isolation for pre/re-hab
- Create Exercise Menu



Body Breakdown

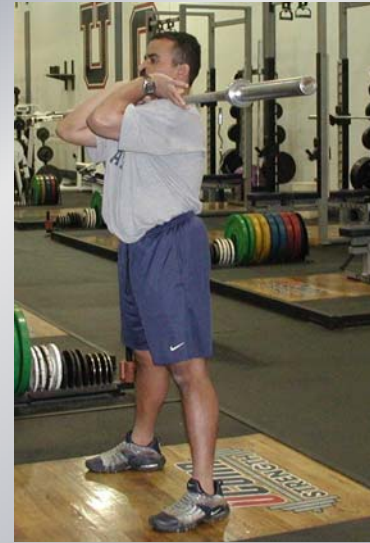
- Total Body
 - a. Explosive
 - b. Combination
- Upper Body
 - a. Push
 - b. Pull
- Lower Body
 - a. Squat
 - b. Bend
- Middle Body – see A Practical Approach to Torso Training Series

Total Body Movements

- Explosive Movements
 - i. Olympic Lifts (Snatch)
 - ii. Jumps (Jump Squats)
- Combination Movements
 - i. Upper-Lower (Squat to Press)
 - ii. Upper-Upper (Upright Row to Press)

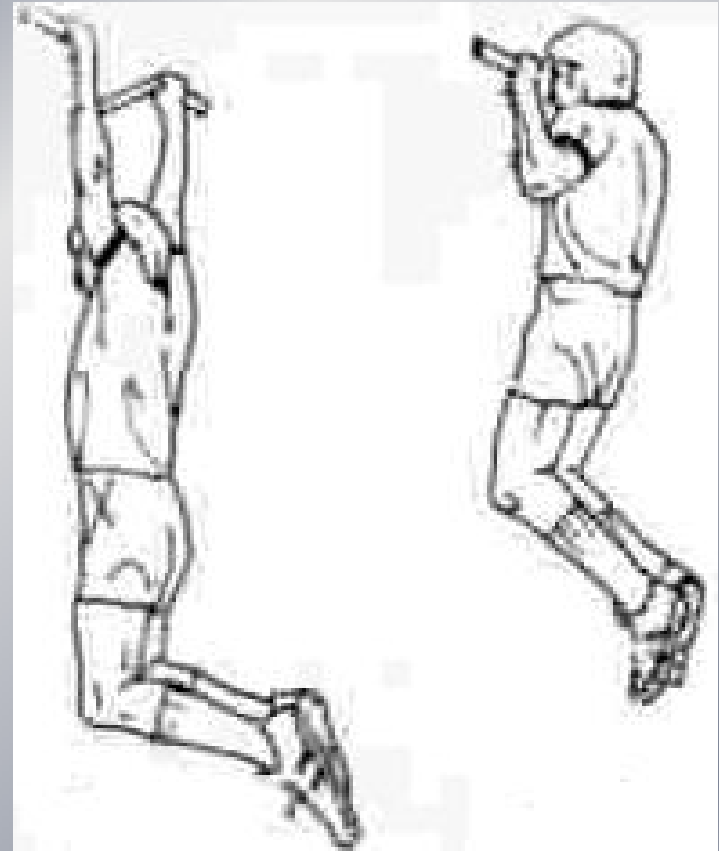
Lower Body Movements

- Squat Movements
 - i. 2 Leg (Squat)
 - ii. 1 Leg (Lunge)
- Bend Movements
 - i. Straight Leg (SLDL)
 - ii. Bent Leg (Glute Ham)



Upper Body Movements

- Push Movements
 - i. Horizontal (Bench Press)
 - ii. Vertical (Shoulder Press)
- Pull Movements
 - i. Horizontal (Bent Over Row)
 - ii. Vertical (Pull-up)



Basic Exercise Menu: Total Body Exercises

| Explosive-Olympic | Explosive-Jumps | Combo - Up/Lower | Combo - Up/Upper |
|-------------------|-----------------|------------------|-----------------------|
| Hang Snatch | Jump Squats | Squat to Press | Up Row to Press |
| Hang Clean | Power Step Ups | Lunge to Up Row | Bent Over Row to Curl |
| Push Jerk | Box Jumps | Step Up to Press | Curl to Press |

Basic Exercise Menu: Lower Body Exercises

| Squat - 2 Leg | Squat - 1 Leg | Bend - Straight Leg | Bend - Bent Leg |
|------------------|------------------|------------------------|--------------------|
| Back Squat | Lunge | SLDL | Dead-lift |
| Leg Press | Step Up | Hypers | Glute Ham |
| Front Squat | Split Squat | Hip Lift | Bucks |

Basic Exercise Menu: Upper Body

| Push - Horizontal | Push - Vertical | Pull - Horizontal | Pull - Vertical |
|------------------------------|----------------------------|------------------------------|----------------------------|
| Bench Press | Shoulder Press | Bent Over Row | Pull-Up |
| Pushups | Pike Press | Inverted Row | Chin-Up |
| Incline Press | Military Press | 1 Arm DB Row | Lat Pull-down |

Changing Exercises

- Program/Workout Variables vs. Exercise Variables
- Exercise Variables:
 - a. Stance/Posture
 - b. Implement
 - c. Grip
 - d. Surface
 - e. Plane
 - f. Limb Involvement



Exercise Variable Table

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|--------------------|----------------------|-----------|----------|------------|---------------------|
| Standing | Barbell | Overhand | Stable | Sagittal | Bilateral |
| Seated | Dumbbell | Underhand | Unstable | Frontal | Unilateral |
| Prone | Med Ball | Alternate | | Transverse | Alternate |
| Supine | Manual Resistance | Towels | | Scapular | |
| Staggered | Bodyweight | V-grip | | | |
| 1 Leg | Bands | Wide | | | |
| Narrow | Cables | Narrow | | | |
| Wide | Trap Bar | Low Bar | | | |

Examples

- Explosive Olympic - Snatch

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|----------------------------|------------------|-----------------------|----------------|---------------------------|-----------------------------|
| Split Snatch | DB Snatch | Med Grip Snatch | NA | 1 Arm DB Rot Snatch | Alt. DB Snatch |

Snatch Variations



Examples

- Horizontal Push – Pushups

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|----------------------------|------------------|--------------------------|-----------------|----------------|-----------------------------|
| 1 Leg Pushups | DB Pushups | Close Grip Pushups | Ball Pushups | Rot Pushups | 1 Arm Pushups |

Pushup Variations



Examples

- Vertical Pull – Pull-Up

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|----------------------------|-------------------|------------------------------|----------------|---------------------------------|-----------------------------|
| NA | Wtd. Pull- ups | Parallel Grip Pull-ups | NA | Side to Side Pull- ups | 1 Arm Pull- ups |

Pull-up Variations



Examples

- 2 Leg Squat – Back Squat

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|-----------------------------------|--------------------------|------------------------------|-----------------------------------|--------------------------|--------------------------------------|
| Narrow Stance Back Squat | Safety Bar Back Squat | High Bar Back Squat | Balance Board Back Squat | Lateral Back Squat | Alternating Lateral Back Squat |

Squat Variations



Examples

- Straight Leg Bend -
SLDL

| Stance/ Posture | Implement | Grip | Surface | Plane | Limb Involvement |
|----------------------------|------------------|------------------|------------------------------|----------------------------|-----------------------------|
| 1 Leg DB SLDL | Band SLDL | UH BB SLDL | 1 Leg DB SLDL on Airex | 1 Leg Rot DB SLDL | Alt. 1 Leg BB SLDL |

SLDL Variations



Summary

- Think outside the box
- Think in movements
- Change it Up!



QUESTIONS??????

THANK YOU!!!