Clearwater Valley Health

ADVANCED EXERCISES

Brought to you by the Physical Therapy Team at Clearwater Valley Health

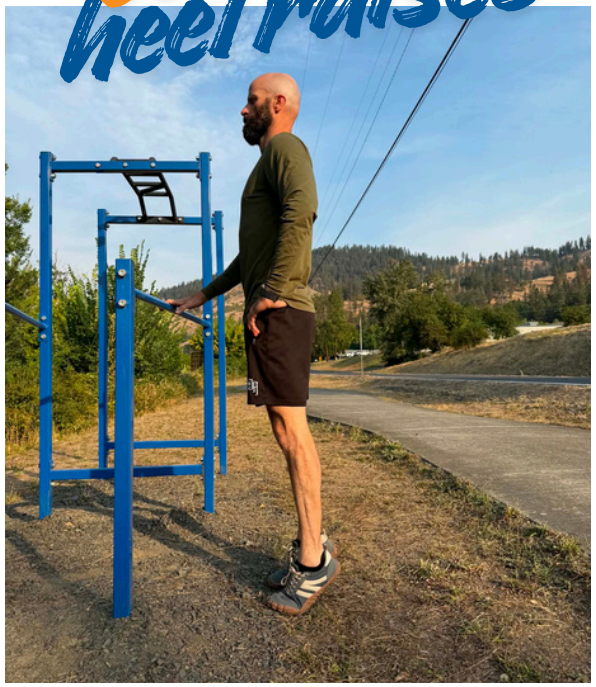
ADVANCED AUSTRALIAN pull-to



Advanced Australian Pull-Up (Pull-To)

- Stand facing the parallel bar and grip it with both hands, about shoulder-width apart.
- Step your feet forward and lean back slightly so your arms are straight and your body stays in a straight line.
- Keep your chest lifted and your core gently engaged.
- Pull your chest toward the bar by bending your elbows and squeezing your shoulder blades together.
- Keep your hips and legs steady without letting your body sag or twist.
- Slowly straighten your arms to return to the starting position.
- Use a more upright position to make the exercise easier or step farther back to increase the challenge.

SUPPORTED heel raises



Supported Heel Raises on a Bar (Double & Single Leg)

- Stand with both feet on the bar while holding on to help get your balance.
- Once you get your balance, slowly rise onto the balls of your feet, lifting both heels as high as comfortably possible.
- Keep your ankles straight and your weight evenly distributed across your feet.
- Cont.

SUPPORTED heel raises



Supported Heel Raises on a Bar (Double & Single Leg)

- Pause briefly at the top, then slowly lower your heels back down.
- Once comfortable, shift your weight onto one leg and perform the same movement on one side.
- Keep your standing knee, ankle, and foot aligned—avoid letting your ankle roll in or out.

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PUSH UP on bar



Push-Up On Bar

- Stand facing the parallel bar and grip it with both hands, about shoulder-width apart.
- Step your feet backwards and lean forward slightly so your arms are straight and your body stays in a straight line.
- Keep your chest lifted and your core gently engaged.
- Pull your chest toward the bar by bending your elbows and squeezing your shoulder blades together.
- Keep your hips and legs steady without letting your body sag or twist.
- Slowly straighten your arms to return to the starting position.
- Use a more upright position to make the exercise easier or step farther away to increase the challenge

DECLINE push up



Decline Push-Up

- Start in a push-up position on the ground with your hands about shoulder-width apart.
- Slowly walk your hands and feet backward towards the bar closest to the ground before placing both feet onto the parallel bar, keeping your body in a straight line.
- Once your feet are secure, brace your core and keep your hips level.
- Slowly bend your elbows and lower your chest toward the ground.
- Push through your hands to return to the starting position.
- Keep your body controlled throughout and avoid letting your hips sag, rise, or twist.
- When finished, carefully walk your hands forward to return your feet to the ground.

PULL UPS W/ varying grip



Pull Ups with Varying Grip

- Grip the higher bar with both hands and choose a comfortable hand position.
- Hang with your arms extended and keep your body steady.
- Pull yourself upward by bending your elbows and bringing your chest toward the bar. Keep your shoulders down and avoid swinging or using momentum.
- Slowly lower yourself back to the starting position with control.
- Keep your core engaged and your body as still as possible throughout. Use a range of motion that allows you to maintain good form.
- Can repeat the movement using different hand widths and grips, such as narrow, shoulder-width, and wider grips and palms up vs. palms down.

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DEAD hang



Dead Hang

- Hold on and lower your body weight onto your arms.
- Allow your body to relax as much as possible.
- Try to relax your back and hip muscles
- Try to hold as long as you can 30-60 sec is a good target.

TRICEP/ chest dips



Tricep/Chest Dips

- Grip the bars firmly with both hands, palms facing down.
- Keep your shoulders down and away from your ears and your chest slightly lifted.
- Lean your torso slightly forward while keeping your core tight.
- Slowly bend your elbows and lower your body while keeping your feet off the ground and hands on the bar.

TRICEP/ chest dips



Tricep/Chest Dips

- Descend as far as is comfortable without shoulder discomfort.
- Keep your elbows tracking generally backward, rather than letting them flare dramatically outward.
- Press through your palms and straighten your elbows to return to the starting position.
- Depending on your position you can lean forward or back to target more chest or tricep.
- 5-15 reps x2

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REVERSE sit up



Reverse Sit Up

- Stand between the shoulder level or slightly lower bars and place both hands firmly on the bars.
- Press down through your hands to lift your body and feet off the ground.
- Perform a reverse sit up by curling your knees toward your trunk.
- Hold 3-5 seconds, perform 10-20 reps 1-3 sets.

L SIT holds



L Sit Holds

- Stand between the shoulder level or slightly lower bars and place both hands firmly on the bars.
- Press down through your hands to lift your body and feet off the ground.
- Extend both legs straight out in front of you, creating an L shape with your body.
- Keep your chest lifted and your shoulders stable.
- Hold the position while keeping your legs as straight as comfortably possible.
- Hold for as long as you can maintain good form before slowly lowering your feet back to the ground and rest before repeating.
- Hold 10-30 sec or as long as able with good form 3-5 reps.