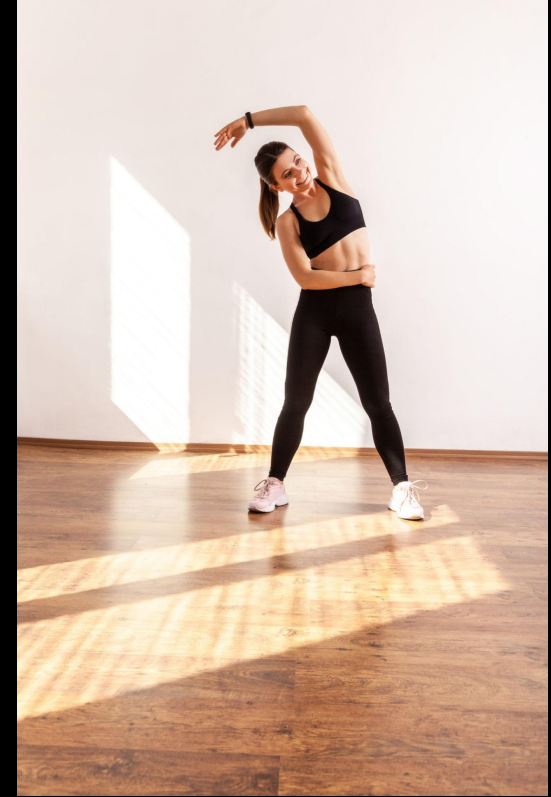


Building Your Strength Foundation

Aim Today

To the launch of our next challenge... **Strength Foundations**
in preparation for Strength Summit June 6th

- 1: What makes a top quality workout?
- 2: Why is recovery important to your strength gains?
- 3: April Challenge: The 4 Pillars that are your Strength Foundations



**How Do You Know When You've Done A Quality
Workout?**

I asked the team too....

Feeling like I've improved on something (reps, form, load etc.) and feeling like I've really utilised mind>muscle connection, not just gone through the motions!

I have to agree and say not drifting off or being distracted! SO easy to happen, especially after training for years! And if it doesn't then the chances of improving on something are much greater

Feeling like I did everything with good form / techn. Feeling tired but not injured!

Being able to lift heavier or perform moves with more confidence over time.
Feeling energised and happy after!

When I feel present and strong - I know what I should be hitting on compound lifts so use those as my marker. Give myself grace on the accessories after

I track everything usually and do 8-12 week repeats of the same workouts, so if I beat what I did last week I feel it was good. Otherwise echo the others - not getting distracted, really focusing on the muscle worked and getting good pump if it's a single joint moveme

The Signs....



Feeling Present

Focused

In Tune With Your Body

Reduction In Injury or Pain

Boost In Mood

Improved Balance and Coordination

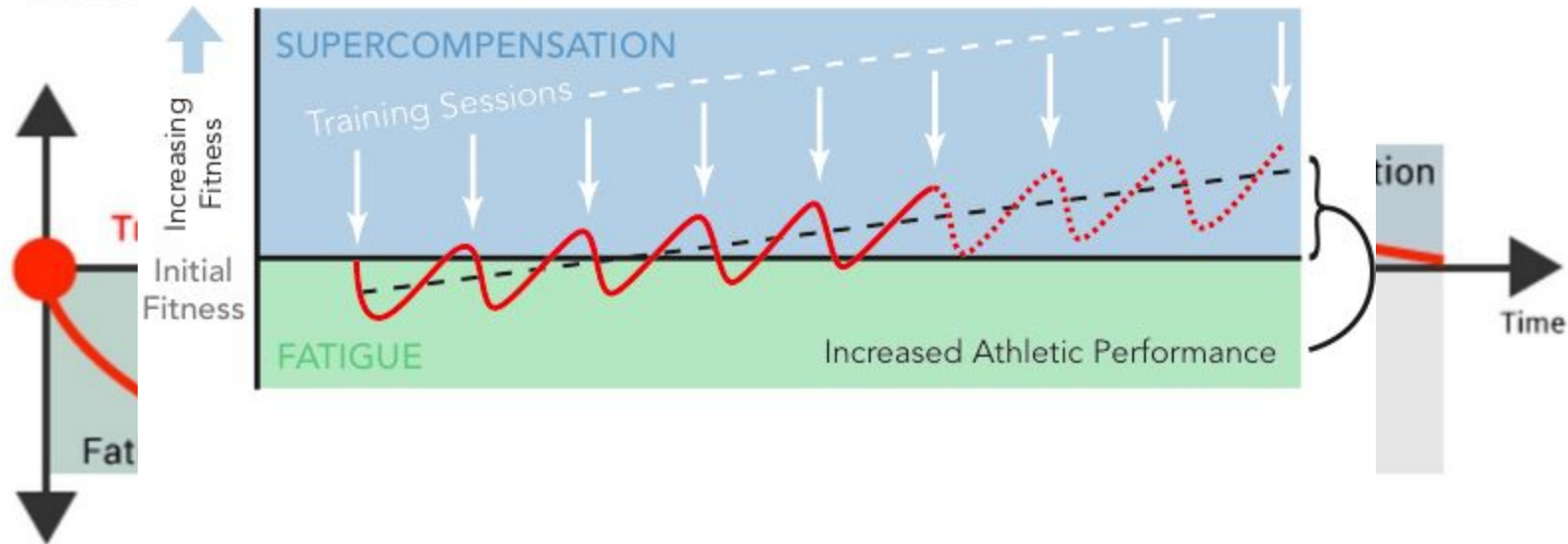
Confidence

Ability To Push and See Progress Over Time



The

Endur:



What Does 'Recovery' Mean?



What Can We Do On These Active Recovery Days
That Create Better Quality Workouts?

**ENTER THE STRENGTH
FOUNDATION CHALLENGE**

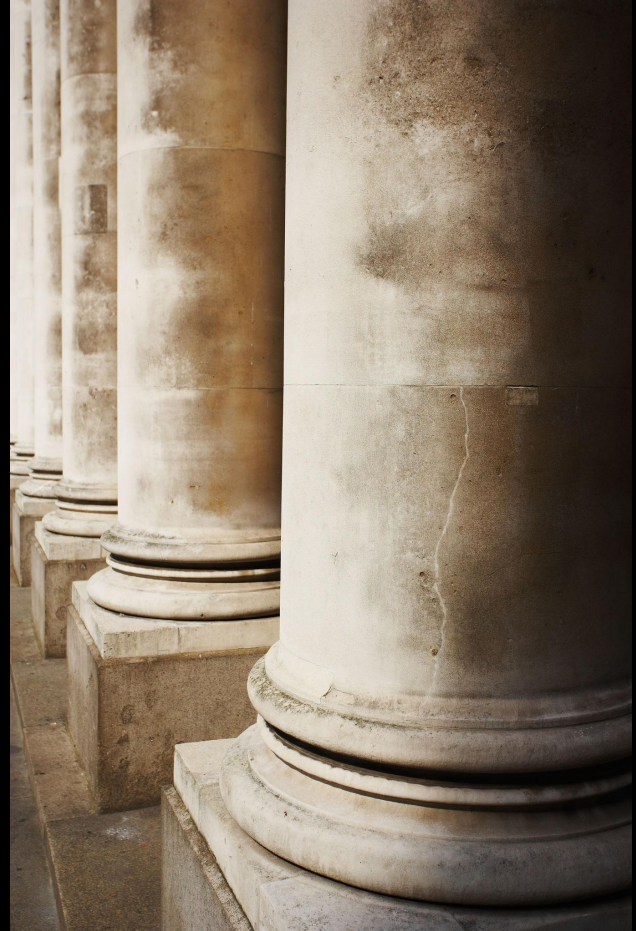
The 4 Pillars

① Mobility

② Stretching

③ Posture & Core

④ Low Impact Cardio Recovery

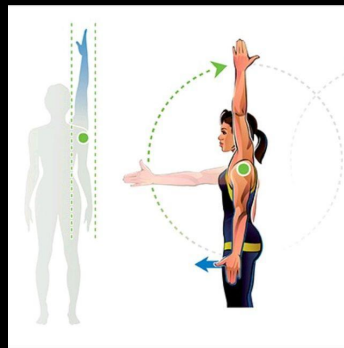


Mobility

What: Your ability to move joints through a full range

Why: Helps your technique, your ability to move through full ranges of motion and bring awareness to your joints, reduce injury risk. If you're joints have more mobility, you can perform moves with greater range of motion using more muscle and fibres which burns more cal!

How: Complete part or all of a Mobility Workout in the More Section



Examples of mobility exercises

- **Hip CARs (Controlled Articular Rotations)** – slow, controlled hip circles
- **World's Greatest Stretch** – lunge with rotation
- **Shoulder CARs** – controlled arm circles
- **Thoracic rotations** – improving upper back movement

Key focus:

- Move **slowly and with control**
- Stay within a **pain-free range**
- Think **quality over quantity**

Stretching

What: Reduces tightness and gives body freedom

Why: Helps your technique, your ability to move through full ranges of motion and bring awareness to muscles and places of tension of inflexibility, speeds recovery. Stretching taps into the parasympathetic nervous system reducing cortisol - fat loss link!

How: Complete a Stretching Sequence From The More Section



Examples of stretching

- Hamstring stretch
- Quad stretch
- Chest stretch
- Shoulder stretch

Key focus:

- Hold for **15–30 seconds**
- Breathe and relax into the stretch
- No bouncing or forcing the position



Core and Posture

What: Core and posture work focuses on strengthening the muscles that support and stabilise your body

Why: Stay stable under load (e.g. during squats, deadlifts, presses), Improve technique and control, reduce injury risk (especially lower back and shoulders), better breathing, pelvis floor support, support better posture in everyday life which actually increases your cal burn - up to 10-20%...up to 350cals a day!

How: 90 second Core Engagement Routine (Pinned in Challenge Group)

Examples of core & posture exercises

- **Dead Bug** – core control and coordination
- **Bird Dog** – core + lower back stability
- **Plank** – full core bracing
- **Resistance Band Pull Aparts** – upper back and posture



Low Intensity Cardio

What: Low intensity cardio is any form of cardiovascular exercise that raises your heart rate without putting a lot of stress on your joints.

Why: Improving recovery between workouts, boosting overall fitness and endurance, supporting fat loss and energy balance, reducing stress and improving mood, helping circulation. Increases your NEAT activity which aids a bigger calorie deficit!

How: 15-20 mins of a low impact cardio of your choice (walk, swim, bike ride etc)

Examples of low impact cardio

- **Walking** (especially brisk walking)
- **Swimming**
- **Cycling** (outdoor or stationary)
- **Cross trainer / elliptical**



Starting Tomorrow: Challenge - Tick off the 4 Pillars In Your Week

Mobility - All or Part Of Mobility Session in the Bonus Workouts area of the More Section

Stretching - One of the Stretching Sequences in the More Section

Core Activity - 90 second core engagement routine - Will Be Pinned To Challenge Group

Low Intensity Cardio - 15-20 mins of a low impact cardio of your choice (walk, swim, bike ride etc)

Share in the challenge group - Wednesday 15th to Wednesday 22nd April



Outcome...

Better movement, mind body connection, flexibility and core strength



High quality workout and great recovery to follow the dips and climbs



Improved strength, fat loss, less injury



PB's In July!

