Kourtney Landis

* Type information in the first part of the following table and submit the worksheet online.
* Select exercises you are able to properly demonstrate and feel comfortable with. You are required to provide an explanation for why you chose each exercise, tying in concepts from the Integrated Fitness Training Module.
* Select one corrective exercise of your choice (reference Foam Rolling and Exercise Modifications Lab).
* Select one Core Stability/Mobility Exercise of your choice (reference Core Stability and Mobility Lab).
* Select one upper body push exercise (reference Upper Body Push/Pull Movement Lab).
* Select one upper body pull exercise.  (reference Upper Body Push/Pull Movement Lab).
* Select one lower body exercise. (reference Lower Body Movement Lab).

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| Category | Exercise Name | Provide a reasonable explanation for why you chose each exercise  |
| Corrective Exercise (Excludes Foam Rolling) | Side lying Bretzel  | The Brettzel works on stretching out the quads and hip flexor. I think that these areas are both tight and it will help with my leg flexibility if these muscles are looser. In this exercise, I will hold a my legs in a certain position and then roll back and forth on my shoulder to increase mobility and increase the intensity of the exercise.  |
| Core Stability and Mobility Exercise | Cat Cow | I choose this exercise because it does not only work my core but it also works my back muscles and works to improve my spine mobility. I was difficult to perform the seated rotation in the FMS screening. This exercise will help make the seated rotation exercise easier whenever I do it again. I do this exercise before I work out to warm up by spine and back muscles.  |
| Upper Body Push Exercise | Dumbbell bench press | I chose this exercise because it is a compound exercise. It uses the pectorals as well as the biceps and triceps. I want to work on strengthening my chest muscles and using the bench press, I will be able to increase weight, as I get stronger. Also, I prefer to use dumbbells over the bar because I think it allows for more mobility as I am performing the exercise.  |
| Upper Body Pull Exercise | Single arm dumbbell raise | I chose this exercise because it is a compound exercise. It utilizes more than one muscle. It includes muscles of the shoulder but also uses the back, bicep and triceps. I want to use exercises that include multiple muscle groups rather than an isolated exercise. I hope that this exercise will give the desired results of strengthening all the muscles used to perform the single arm dumbbell raise. |
| Lower Body Exercise | Counterbalance Squat | I chose to do this exercise because it works on strengthening the muscles in your butt and legs. It mainly works on your gluteus Maximus, hamstrings, and quadriceps. I think that this exercise also helps to work on your balance. I had trouble with the squat that I had to do for the FMS screening because it was hard for me to balance. I hope that from performing this exercise, I will strengthen my muscles and also improve my balance.  |