

Resistance Training Exercises with Tiffany Esser

Tiffany Esser conducted stretching and resistant training exercises during the 2009 NHA Natural Living Conference. Here is Part 2: Resistant Training Exercises with photos.

Time: approximately 10 minutes
Take controlled breaths: in for 4 seconds and out for 4 seconds with each exercise.

Shoulder Shrugs 10-15 reps. x 3 sets
Start: Neutral position and place hands on the bottom of the chair to grip the sides.
Mid: Pull both shoulders upward, creating resistance by holding onto sides of the chair with your hands.
Finish: Release the shoulders and return to neutral seated position.
Focus: Trapezioids

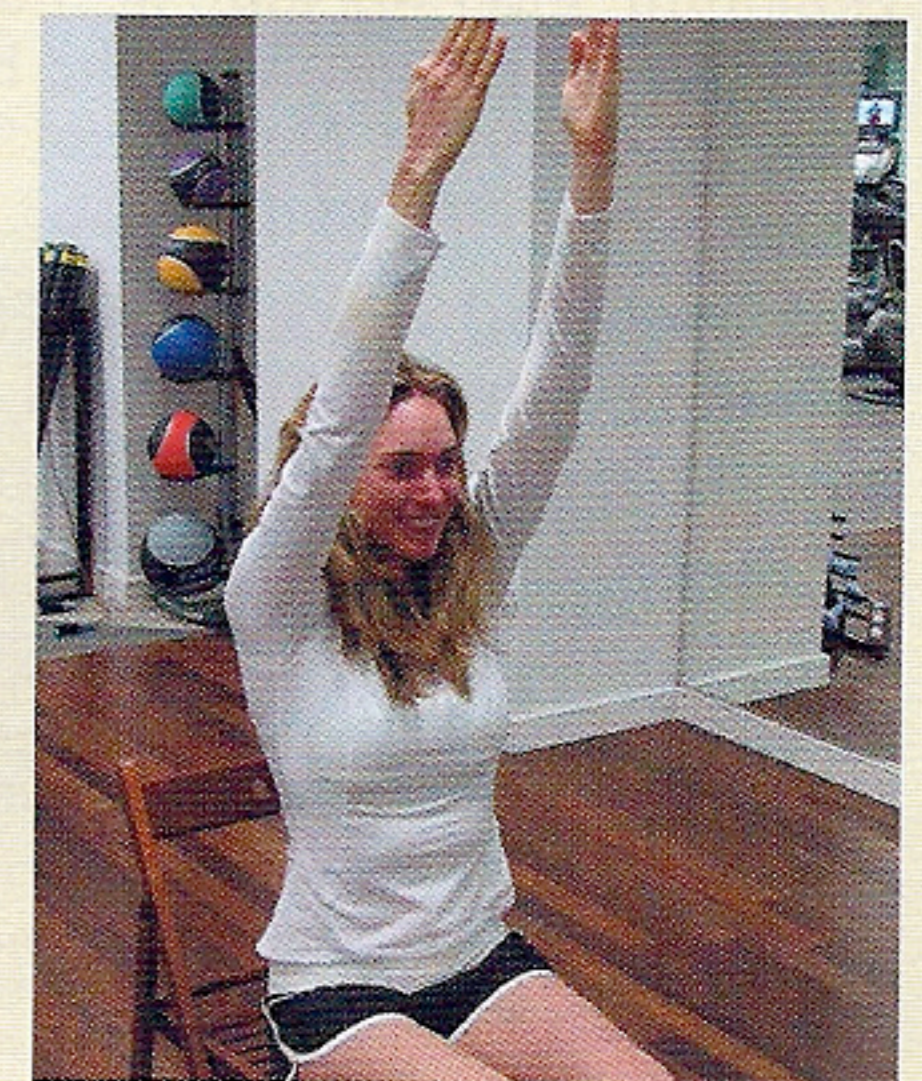
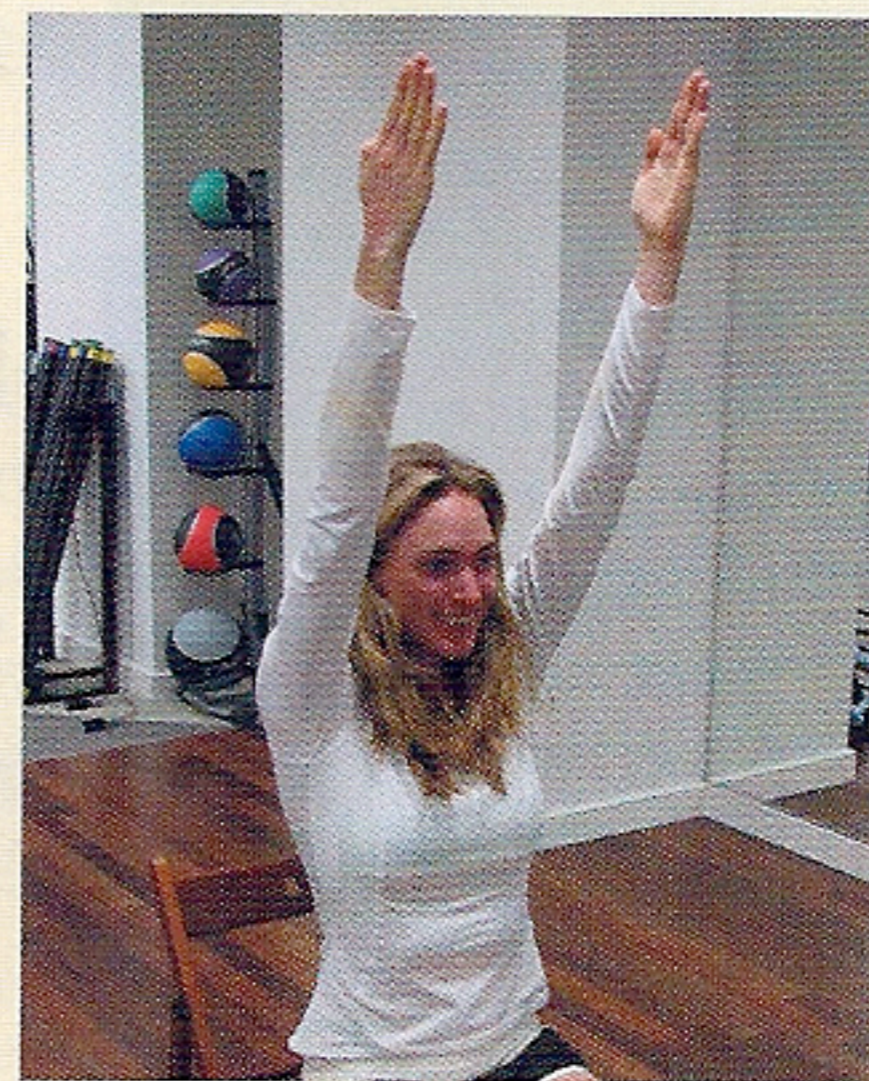
Shoulder Pulses
Pulse for 30 seconds to the front and upward
Start: Neutral position. Place arms in front of the body with straight elbows, palms facing down.
Mid: Pulse the arms 20-degrees up and 20-degrees down rapidly.
Finish: Lift the arms above the head with straight elbows, palms facing each other. Keep the elbows close to the ears and pulse the hands 20-degrees inward and 20-degrees outward rapidly.
Focus: Deltoids

Side Stretches
Hold for 3 deep breaths on each side x 3 sets
Start: Neutral position. Place the right hand on waist. Lift the left hand above the head.
Mid: Bend at the waist to the right side. Keep the shoulders back to not collapse the chest.
Finish: Release the stretch and return to neutral position. Repeat with other arm.
Focus: Latissimus Dorsi, Side Flexors

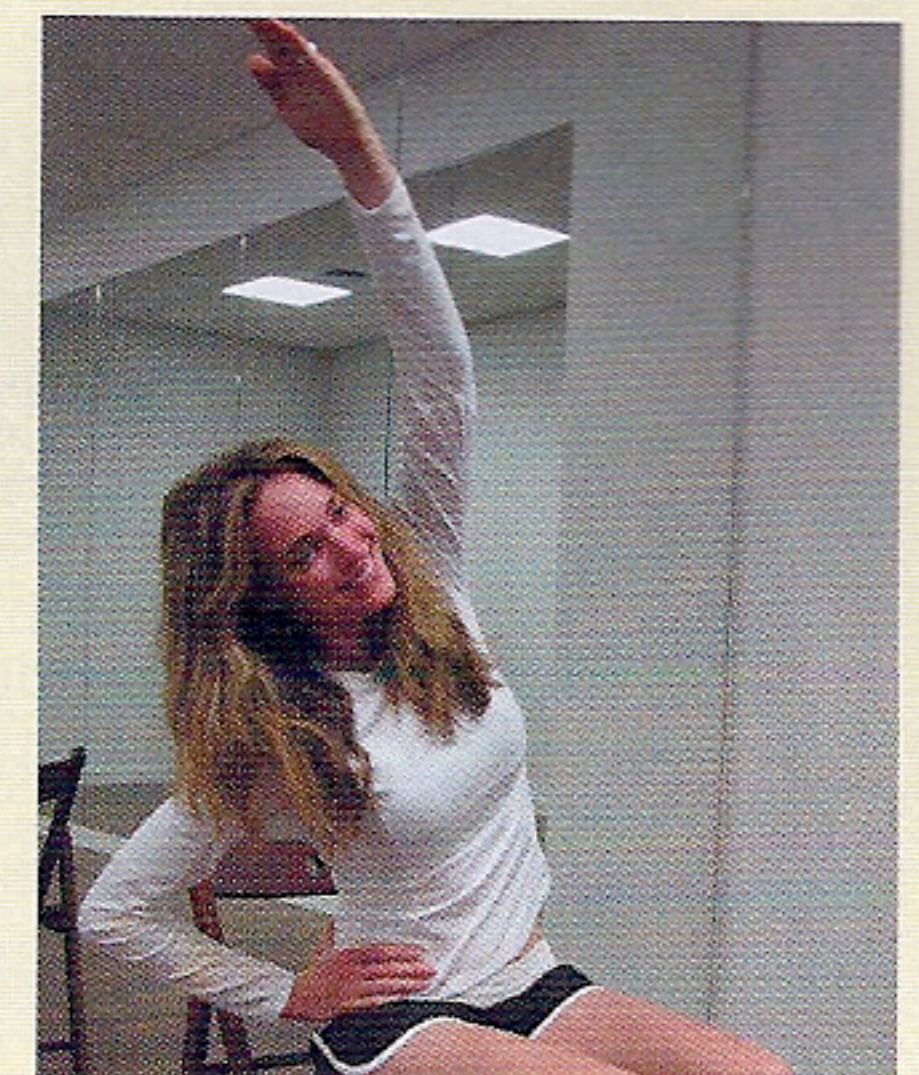
Shoulder Shrugs



Shoulder Pulses



Side Stretches





Biceps and Triceps Extensions



Biceps and Triceps Extensions

10-15 reps. on each arm x 3 sets

Start: Neutral position. Place the left hand on the front of the right forearm, palm down. Keep the wrist straight.

Mid: Bend the right elbow and pull right hand to chest. Resist the bicep curl by pushing down with the left hand.

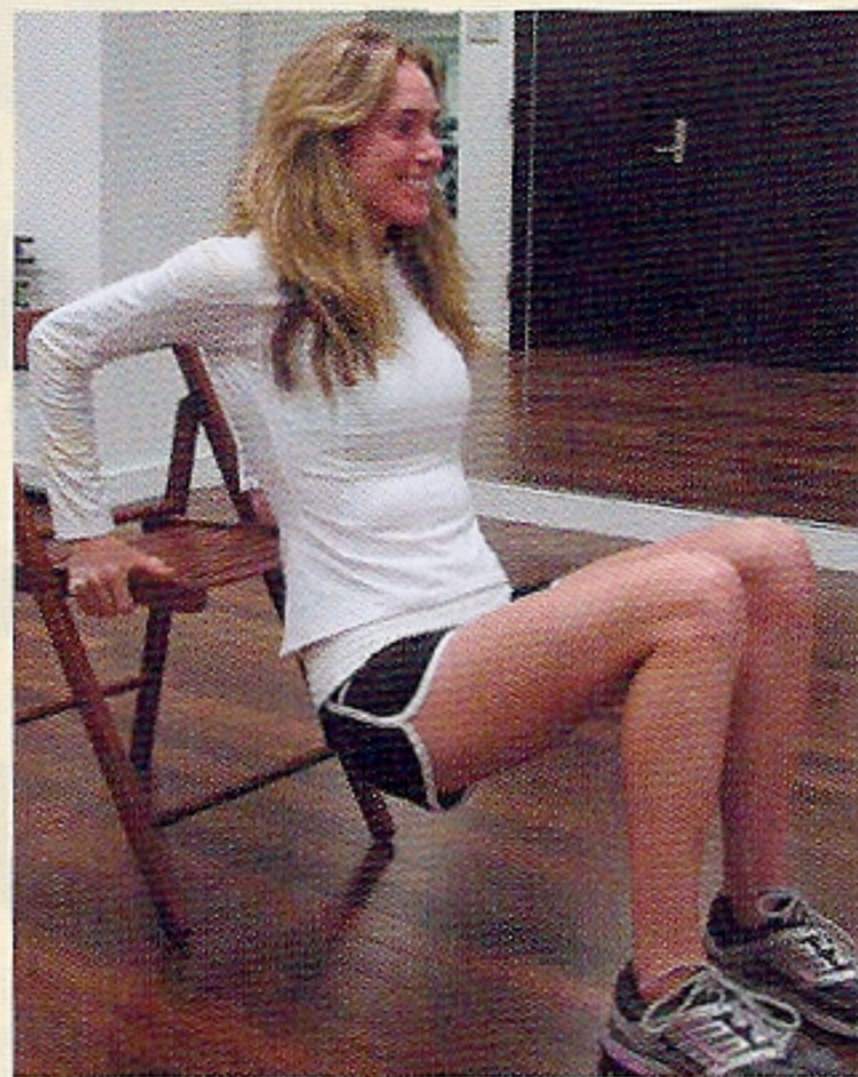
Finish: Push down with the right hand and resist the triceps extension by pushing up with the right hand.

Repeat with other arm.

Focus: Biceps & Triceps



Triceps Dips



Triceps Dips

10-15 reps. x 3 sets

Start: Neutral position. Place hands on the bottom of the chair to grip the sides. Place the feet out in front of the chair.

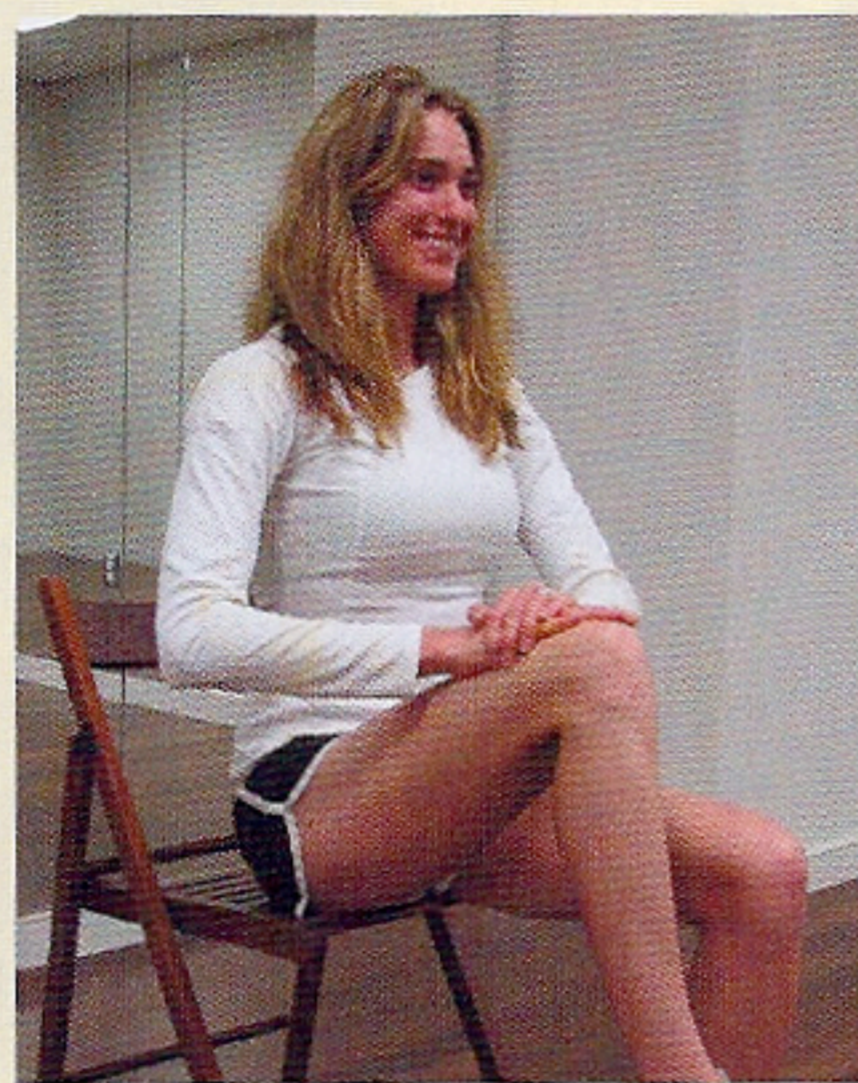
Mid: Pull the pelvis off the seat of the chair so weight is only on the arms. Lower down and to a 90-degree angle in the triceps. Inhale on the way down.

Finish: Push up to straighten the elbows. Exhale on the way up.

Focus: Triceps



Hip Flexion



Hip Flexion

10-15 reps. on each leg x 3 sets

Start: Neutral position. Place both hands palms down on the right knee.

Mid: Pull the knee toward the body while resisting the leg by pushing down with the hands. Keep the back straight. Exhale on the way up.

Finish: Push down on the knee toward the ground with the hands. Resist the hands by pushing up with the knee. Inhale on the way down. Do not let foot touch the ground to rest. Repeat other leg.

Focus: Hip Flexors, Abdominals and Triceps



Standing Squats



Standing Squats

15-20 reps. x 3 sets

Start: Standing neutral position. Clasp hands together at chest height.

Mid: Bend knees and lower body to gently touch the seat of the chair. Do not release weight to sit on the chair. Keep knees behind toes and bend to a 90-degree angle. Inhale on the way down.

Finish: Push through the feet (heels) to straighten knees and return to standing position. Exhale on the way up.

Focus: Quadriceps and Gluteus Maximus



Tiffany M. Esser is a personal trainer who draws from a past of lyric dance and endurance sports to create unique programs to meet the needs of individuals and groups alike.