

# SPRI Slanted Risers

## Slanted Step Risers

The new Slanted Steps Risers have an angled design specifically for use with the Original Step. From aerobic training to strength conditioning, Slanted Risers will bring unlimited versatility to your workout. Not only will the Slanted Risers add a new dimension to your cardio work by transforming your flat Step into an angled platform, but paired with standard risers, the Slanted Risers will also turn your step into an angled/decline bench.



from £39.50/pr 10+

£39.95 / pr 1 - 9

**ORIGS** Slanted Riser/Pair

Excludes P&P and VAT

## Medicine Ball Sit Up

### Target muscles:

- Rectus abdominus

### Origins:

- Rectus abdominus: Pubis

### Insertions:

- Rectus abdominus: Ribs 5-7, sternum

### Start position:

- Lie on the bench with knees bent and a medicine ball held at your chest

### Transition phase:

- Press the ball in to a chest press, and as you do so use its momentum to drive your body into a sit up

### End position:

- You should end the movement in a full sit up position with the ball pressed vertically upwards before returning both ball and body back to the start position

### Coaching Points:

- Curl the body upwards rather than pivoting from the hips. As you lower back to the bench, do so one vertebra at a time

### Visualisation Cues:

- Imagine the medicine ball is pulling your body upwards



## Decline Press Up

### Target muscles:

- Pectorals, deltoids, triceps

### Origins:

- Pectoralis: Clavicle, sternum and cartilages of ribs 1-6
- Deltoids: Broad along spine of scapula, acromion process and clavicle
- Triceps: Long head on scapula just above shoulder joint. Other two heads on humerus laterally and posteriorly

### Insertions:

- Pectoralis: Lateral part of humerus
- Deltoids: Laterally on to top of humerus
- Triceps: Olecranon of ulna

### Start position:

- Assume the press up position with feet on the low end of the bench

### Transition phase:

- Lower down into a press up until your chest is 2" from the floor

### End position:

- Drive back up to the start position

### Teaching Points:

- Keep your hips and back in neutral alignment. Your elbows should be about 45 degrees from your body

### Visualisation Cues:

- Imagine being pulled through the top of the head and through the heels to maintain body alignment

### Advanced Options:

- Move your feet further up the bench to make the exercise more challenging



## Resistance Band Fly

### Target muscles:

- Pectorals, deltoids

### Origins:

- Pectoralis: Clavicle, sternum and cartilages of ribs 1-6
- Deltoids: Broad along spine of scapula, acromion process and clavicle

### Insertions:

- Pectoralis: Lateral part of humerus
- Deltoids: Laterally on to top of humerus

### Start position:

- Lie with head resting on bench, band secured underneath the end of the bench and holding both ends with arms outstretched

### Transition phase:

- Keeping the elbows slightly bent, "fly" the arms across the body

### End position:

- Finish with the arms directly above the midline of your chest, elbows slightly bent

### Teaching Points:

- Keep elbows at the same degree of flexion throughout the movement. Avoid the shoulders lifting upwards towards the ears

### Visualisation Cues:

- Imagine giving someone a big hug as you bring your arms across your body



## Asymmetric Press Up

### Target muscles:

- Pectorals, deltoids, triceps

### Origins:

- Pectoralis: Clavicle, sternum and cartilages of ribs 1-6
- Deltoids: Broad along spine of scapula, acromion process and clavicle
- Triceps: Long head on scapula just above shoulder joint. Other two heads on humerus laterally and posteriorly

### Insertions:

- Pectoralis: Lateral part of humerus
- Deltoids: Laterally on to top of humerus
- Triceps: Olecranon of ulna

### Start position:

- Assume the press up position with one arm at the higher end and one at the lower end of the bench

### Transition phase:

- Lower down into a press up, maintaining a horizontal shoulder position throughout

### End position:

- Drive back up to the start position

### Teaching Points:

- Your higher arm will remain bent throughout the movement to allow your shoulders to remain horizontal. Keep your hips and back in neutral alignment and feet shoulder and a half width apart

### Visualisation Cues:

- Imagine being pulled through the top of the head and through the heels to maintain body alignment



## Lateral Lunge

### Target muscles:

- Glutes, quads

### Origins:

- Glutes: Base of spine (sacrum and coccyx) and back of ilium
- Quads: Iliac spine and top of acetabulum, anteriorly just below neck of femur

### Insertions:

- Glutes: Posteriorly at top of femur
- Quads: Front of tibia via patella

### Start position:

- Stand about 2 feet away from the bench, risers angled towards you

### Transition phase:

- Step out to the side, placing your foot in the middle of the step

### End position:

- Taking the weight through the heel, lower your body into a lateral lunge by flexing at the hip and knee before pushing back to the start position

### Teaching Points:

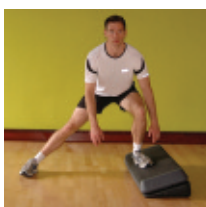
- Keep the weight through the heel. Maintain a neutral spine throughout the movement. Keep your shoulders facing forwards

### Visualisation Cues:

- Imagine curling your toes up inside your shoe as you land on the bench. Imagine being pulled upwards, back to the start position by a piece of string attached to the top of your head

### Advanced Options:

- Place two benches opposite each other and hop from one to the other



## Single Arm Row

### Target muscles:

- Trapezius, deltoids, biceps

### Origins:

- Trapezius: Back of skull, C7 and thoracic vertebrae
- Deltoids: Broad along spine of scapula, acromion process and clavicle
- Biceps: Coracoid process and supraglenoid tubercle

### Insertions:

- Trapezius: Spine of scapula and lateral edge of clavicle
- Deltoids: Laterally on to top of humerus
- Biceps: Radial tuberosity

### Start position:

- Kneel on the lower portion of the bench with your arm on the higher end, shoulder directly above the hand. Hold a dumbbell in your hand and allow your arm to drop slightly towards the floor

### Transition phase:

- Draw the dumbbell upwards towards the body, rotating the spine as you do so

### End position:

- At the top of the movement pause for half a second before returning to the start position

### Teaching Points:

- Maintain a neutral spine throughout the movement. Lift from the elbow rather than the wrist

### Visualisation Cues:

- Imagine starting a chain saw or boat engine



**George Anderson** - George is a personal trainer and senior lecturer with Drummond Education. His specialist area is advanced resistance training, where equipment such as the Powerbag, Tornado ball and medicine ball features heavily. Entering the fitness industry 8 years ago, George has continually sought new training methods and ideas, and is a firm believer in training the body as a system in a functional manner. Running a successful personal training company from Fitness First in Reading for almost 6 years, George was also the Health and Fitness Manager of the club for 2½ years and was nominated for a national award in 2005. George presented "The Hour of Power" kettlebell workshop and a Nordic walking session at this year's FitPro Convention.