

**WHY REST
WILL NOT FIX
YOUR INJURY**



BARE BONES FITNESS 2019

WE AT BARE BONES FITNESS HAVE BEEN IN THE HEALTH AND FITNESS INDUSTRY FOR 15 YEARS + COLLECTIVELY. DURING THIS TIME, BOTH THROUGH OUR OWN INJURY EXPERIENCES AND WHAT WE HAVE OBSERVED WORKING WITH NUMEROUS CLIENTS, AS WELL AS FRIENDS AND FAMILY, ARE THAT PEOPLE ARE FRUSTRATED WITH THE ENDLESS PHYSIO/CHIRO/OSTEO VISITS AND NOT SEEING THE RESULTS THEY WANT. AS WELL AS OFTEN BEING OVERLOADED WITH MISGUIDING INFORMATION IN REGARDS TO RECOVERING FROM INJURIES AND RETURNING BACK TO TRAINING.

OUR GOAL AT BARE BONES IS TO SHOW YOU THAT A SMART INDIVIDUALISED APPROACH TO EXERCISE PRESCRIPTION AND MOVEMENT IS THE BEST REMEDY FOR INJURY, TO KEEP YOUR BODY HEALTHY AND INJURY FREE FOR THE LONG TERM.



WHAT WILL YOU GET FROM THIS GUIDE?

Some basic understanding and knowledge about why you may be injured, why rest will not 'fix' your injury and 4 simple exercises to incorporate into your routine to help with any pre-existing injury or to simply help bulletproof your body from injury.

Common Reasons you may be injured.

Poor movement patterns/ technique which over time can lead to muscle imbalances and overuse injuries

Poor programming working on a certain exercise too often and others not enough, which produces either muscle imbalances or over use injuries

Poor range of motion/ shortened muscles often caused by poor posture and a sedentary lifestyle

Weakness/ deconditioning, you may have overloaded or done something your body was not ready for and injured yourself

If you can relate to any of these reasons, please keep reading.

WHY REST WILL NOT FIX YOUR INJURY!

During the initial phase of an injury, rest is important, especially in the acute phase of your injury as it will allow the body to begin the healing process.

Rest will help heal the issue in this initial phase, but will not fix the root cause of the injury. Meaning as soon as you go back to your sport, training etc, the injury is going to most likely come back and often times, worse!

Our goal is to find the root cause of the issue so we can then prescribe exercises to repair, strengthen and prevent future injury and get you back to doing the things you enjoy.



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WHAT TO DO NEXT?

FIRSTLY YOU CAN EXPECT A CALL FROM US OVER THE NEXT FEW DAYS TO HAVE A CHAT ABOUT HOW WE CAN HELP YOU, BUT IN THE MEANTIME HERE ARE OUR 4 FAVORITE EXERCISES TO HELP WITH ANY CURRENT INJURIES YOU MAY HAVE OR TO SIMPLY BULLETPROOF YOUR BODY AGAINST ANY FUTURE INJURY.

SINGLE ARM BOTTOMS UP KB PRESS

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SINGLE ARM BOTTOMS UP KETTLEBELL PRESS HELPS TO INCREASE SHOULDER STRENGTH, STABILITY, MOBILITY AS WELL AS CORE STRENGTH.

KEY POINTS:

- **LIGHT KETTLEBELL**
- **KETTLEBELL FACES UP**
- **START ON YOUR WEAKNESS ARM**
- **GRIP THE KETTLEBELL TIGHTLY AT A 90 DEGREE ANGLE**
- **PRESS THE KETTLEBELL OVERHEAD TO FULL EXTENSION UNTIL YOUR BICEP TOUCHES YOUR EAR**
- **RETURN TO STARTING POSITION**

YOU CAN PERFORM THIS EXERCISE EVERY DAY IN YOUR WARM UP FOR 2-3 SETS OF 8-12 REPS AND OVER TIME LOOK TO PROGRESS REPS, SETS AND THEN WORK TOWARDS INCREASING KETTLEBELL WEIGHT.



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SPLIT SQUAT

SPLIT SQUATS HELP TO BUILD UNILATERAL STRENGTH, BALANCE AND HIP MOBILITY, IT ALSO HELPS TO REDUCE MUSCLE IMBALANCES.

KEY POINTS:

- **START WITH WEAKER LEG AT THE FRONT.**
- **LOWER YOUR BACK KNEE TO THE FLOOR WHILST MAINTAINING AN UPRIGHT TORSO, WITHOUT YOUR FRONT KNEE PASSING OVER THE TOES OF YOUR FRONT LEG.**
- **RETURN TO FULL EXTENSION, KNEES LOCKED OUT.**

INCLUDE THIS MOVEMENT IN YOUR WORKOUT OR WARM UP, 2-3 TIMES PER WEEK 3-5 SETS OF 5-12 REPS (EACH LEG), LOOK TO PROGRESS MOVEMENT BY ADDING LOAD WITH DUMBBELLS, KETTLEBELLS OR BARBELL, YOU CAN ALSO PROGRESS TO A REAR FOOT ELEVATED SPLIT SQUAT.



THE DEADBUG

DEADBUGS HELP TO BUILD CORE STABILISATION, CONTROL AND STRENGTH.

KEY POINTS:

- **LAY ON YOUR BACK ON THE GROUND. TUCK YOUR RIBS AND HIPS TOGETHER AND ENSURE THERE IS NO SPACE BETWEEN YOUR LOWER BACK AND THE GROUND AT ALL TIMES.**
- **ENGAGE YOUR CORE MUSCLES, BY PULLING YOUR BELLY BUTTON TOWARDS YOUR SPINE.**
- **LIFT BOTH LEGS OFF THE GROUND, BRING YOUR KNEES TO 90 DEGREES, ARMS STRAIGHT OUT IN FRONT OF YOU.**
- **AT THE SAME TIME STRAIGHTEN YOUR LEFT LEG WHILE TAKING RIGHT ARM TOWARDS THE GROUND, RETURN TO START POSITION AND REPEAT ON THE OTHER SIDE.**
- **ENSURE YOU ARE BRACING THE ENTIRE MOVEMENT AND YOUR BACK IN FLAT ON THE GROUND.**
- **IF YOU FEEL ANY STRAIN IN YOUR LOWER BACK, STOP EXERCISE AND MODIFY MOVEMENT TO LEGS ONLY.**



INCLUDE THIS MOVEMENT IN YOUR WARM UP EVERY DAY 2-3 SETS OF 10-20 REPS OR 30 SECONDS OF WORK, IT IS A GREAT MOVEMENT TO PRIME YOUR CORE AND TEACH GOOD BRACING SKILLS.

CHEST SUPPORTED ROW

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CHEST SUPPORT ROW HELPS TO ISOLATE OUR MID TO UPPER BACK MUSCLES WHICH OFTEN BECOME WEAK DUE TO THE NATURE OF OUR LIFESTYLE, E.G SITTING AT A DESK FOR LONG PERIODS OF THE DAY. THIS MOVEMENT WILL STRENGTHEN OUR UPPER BACK, IMPROVE POSTURE AND OVERCOME ROUNDED SHOULDERS.

KEY POINTS:

- SET UP BENCH AT ROUGHLY 45 DEGREE ANGLE.
- LIGHT TO MODERATE WEIGHT.
- START WITH STRAIGHT ARMS, SHOULDERS BACK AND DOWN.
- THINK ABOUT PULLING DUMBBELLS BACK TOWARDS HIPS, SQUEEZING SHOULDER BLADES TOGETHER.
- RETURN TO STARTING POSITION

INCLUDE THIS MOVEMENT IN YOUR WORKOUT 2-3 TIMES A WEEK FOR 3-5 SETS OF 6-12 REPS AND OVER TIME LOOK TO PROGRESS REPS, SETS AND THEN WORK TOWARDS INCREASING KETTLEBELL WEIGHT.

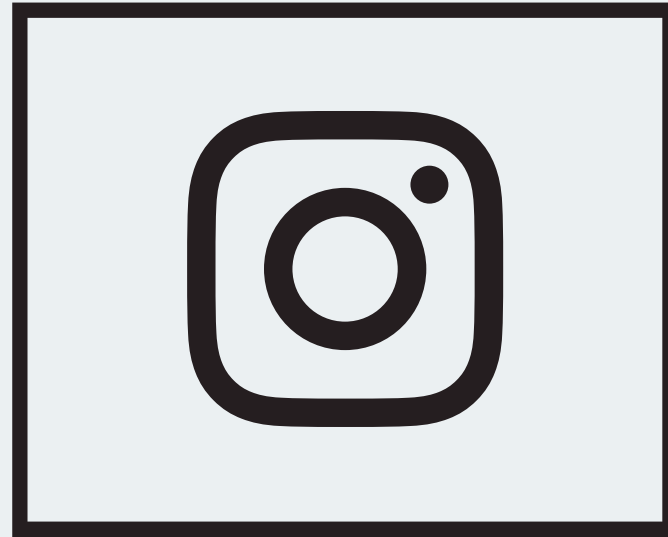
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