

Strength Training Combinations

Strength training combinations are an excellent way to add variety to your training sessions. They can be used to increase intensity by using a number of major muscles groups during resistance sessions. Strength combinations further challenge core stability and improve co-ordination between the muscle groups.

What are strength training combinations?

Strength training combinations are completed by linking different resistance exercises together to perform an exercise.

Some simple examples include:

- A Swiss ball squat with a biceps curl
- A step up completed with an added shoulder press or chest press
- A sit up with a medicine ball or Powerbag chest press
- Walking lunge with a twist
- Walking lunge with chest press or shoulder press
- Crunch with isometric cushion or fitball squeeze

Some more complex examples of strength training combinations include

- A bent over row, followed by a biceps curl and a front squat
- A Powerbag push up (hands on bag) followed by a clean and press and a back squat
- A bent over row followed by a biceps curl, a front squat, a military press and a walking lunge.

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A complex example of strength training combination in pictures

1. Push-up



2. Power clean



3. Shoulder press



4. Squat



5. Throw and back to 1 (push-up)



>> [Check out this strength training combination as an animated sequence – Visit](http://www.bodymotion.com.au/news/07-2005/stc.html)
<http://www.bodymotion.com.au/news/07-2005/stc.html>

How do I count repetitions?

One repetition is counted when all components of the strength combination are completed. I.e. A single bent over row followed by a single biceps curl and a single squat is counted as one rep of a bent over row, biceps curl and squat combination.

What type of resistance exercise equipment should I use?

Barbells, Powerbags or medicine balls. Powerbags and medicine balls have the added advantage of safety and the possibility of throwing or jumping with the weight during combinations.