

Suspension

Trainer

Program



The suspension trainer is maybe the most perfect training tools for a sailor! It travels light, is budget friendly, builds overall body strength and stability, and easily changes resistance. The suspension trainer is especially good at increasing strength is an extended range of motion and building stability of the core and limbs. The stability is challenged and developed because it is a true open-chain exercise. This can be a stand-alone program performed 2-3x/week for 6 weeks or can be done 1x week in conjunction with the stone lifting program and sled program.

Remember that you need a solid anchor point to hook the suspension trainer to. The farther from the anchor point the easier the resistance the closer or more under the anchor point the more difficult the resistance. Remember the 3 S's in suspension training.

- 1) No slacking (keep the ropes tight)
- 2) No stopping (just decrease resistance and keep going)
- 3) No sagging (stay tight)

Completing this program will give you 600 reps lifting your bodyweight!
Lets get started!

Warm up round

10,10,10,8,8,8,6,6,6,4,4,4,2,2,2 - Push up, squat and row

Hip series

10,10,10,8,8,8,6,6,6,4,4,4,2,2,2 – Super man squat, hip hinge, Cossack squat (each side)

Ground series

10,10,10,8,8,8,6,6,6,4,4,4,2,2,2 – Atomic push up, side plank with hip drop (each side), hip bridge

Arm Blaster series

10,10,10,8,8,8,6,6,6,4,4,4,2,2,2 – T pull apart, biceps curl, triceps extension

Single arm and leg series

5,5,5,4,4,4,3,3,3,2,2,2,1,1,1 (each side) 1 leg pistol squat, archer row, 1 arm roll out

Advanced series single arm and leg series (once the basic program is mastered add this series)

5,5,5,4,4,4,3,3,3,2,2,2,1,1,1 (each side) – wood chop, rear foot elevated lunge, 1 arm push up