



## TriLaVie® Strength Exercises – Basic I

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Some key strength exercises to enhance triathlon training. Simple and require no special equipment.

Strength work is important, but should not take the place of your key workouts or skill training. Train the sport to improve the sport. When you are at a point where you are either stagnant or bored, feel free to add more strength.

The first time you do these, do one set of each exercise with attention to doing them slowly and with good form. Be stable and focused.

As you progress, add an additional set for each exercise.

For the advanced athlete, do each exercise for 3 sets.

### Review the videos prior to doing each exercise.

**Squats** – 3 sets of 8 (3x12) with :30 RI between sets.

How to Do a Squat | Boot Camp Workout for Women <http://www.youtube.com/watch?v=UXJrBgl2RxA>

**Push-Ups** – 3 sets of 5 (3x5) with :30 RI between sets. Either kneeling or on toes, work at your level.

How to Do a Push Up | Boot Camp Workout for Women <http://www.youtube.com/watch?v=Q7cPaJZoOng>

**Abs and Obliques** – 3 sets of 8 (3x8) with :30 RI between sets.

How to Do Oblique Exercises | Boot Camp Workout for Women <http://www.youtube.com/watch?v=jzZP5hcn7IE>

**Walking Lunge** – 3 sets of 12 lunges (3x12) with :30 RI between sets

How to Do a Walking Lunge | Boot Camp Workout <http://www.youtube.com/watch?v=7mDWDIzFobQ>

**Tricep Dip** – 3 sets of 5 (3x5) with :30 RI between sets.

How to Do a Tricep Dip | Boot Camp Workout <http://www.youtube.com/watch?v=6kALZikXxLc>

**Back Extension** – 3 sets of 4 (3x8) with :30 RI between sets

How to Do a Back Extension | Boot Camp Workout <http://www.youtube.com/watch?v=DDJtB8Zgyow>