

# HOME SWEAT HOME



## OFFICE EDITION



# RPC

ROMANS PERSONAL COACHING

NR@RPC84.COM



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01575/645 88 75



**SIX MONTHS FROM  
NOW YOU WILL LOOK  
BACK**

**AND THANK YOURSELF  
FOR DOING THIS**

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**RPC**

ROMANS PERSONAL COACHING

ROMANSPERSONALTRAINING  
@GMX.DE

ROMANSPT.DE


01575/645 88 75




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## HOME OFFICE FITNESS

### PRIMARY GOAL

-  **BEING PAINFREE**  
GETTING RID OF NECK TENSION & LOWER BACK PAIN  
MOBILIZATION OF THE SPINE

-  **OPTIMAL COMPENSATIONAL MOVEMENTS TO YOUR WORKDAY ROUTINE**  
WORKING AGAINST TYPICAL POSTURE HABITS  
MOBILIZATION OF SHORTENED MUSCLE GROUPS

### SECONDARY GOAL

-  **IMPROVEMENT OF CARDIOVASCULAR PERFORMANCE & HEALTH**  
SHORT TERM INTERVAL TRAINING FOR IMPROVEMENT OF  
CARDIOVASCULAR HEALTH



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We probably all know that the human body is made for movements in an upright position and walking on two legs. The upright posture is the natural form of human transportation and is seen as the foundation of all other human movements.

For being able to stand in an optimal upright position, the human body needs to have a perfect and economic balance between all skeletal muscles.

That means that all muscle groups have to find themselves within a total balance towards each other. If certain muscle groups are stronger or weaker than their corresponding muscle groups, it is called „Muscular Imbalances“.

For that reason we can certainly imagine, that remaining in a seated position for hours a day, almost every day, will most likely force the body to local and partial changes in muscular balancing and therefore result in muscular imbalances. Sitting in a chair and working at a desk all day will cause shortened muscles, pain in the shoulder/neck-area as well as in the upper and lower back.

Muscular tension or tightness of a certain muscular group, regardless of its size, will have a negative influence on the overall posture and quality of movement. Muscular Imbalances between muscle groups and muscle chains negatively affect our posture, ability to economically move as well as overall health and sports performance.

Additionally, appearances of overload and chronic postural damages might occur over time, beginning in said upper and lower back pain all the way to structural damages and „signs of wear“ in joints, cartilage, intervertebral discs etc.

Therefore, a thorough compensational activity to the workday routine is absolutely necessary to decrease and/or prevent degenerative symptoms.

How we are going to do that?

I will show you!

\* As of the current closing of gyms all over the country due to the COVID-19 it was not possible to have a strict and general display of exercises in the exercise glossary. Should there be any questions regarding exercises or workouts, feel free to contact me right away.



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## TERMINOLOGY

### Order

The „order“ describes the specific sequence in which certain exercises should be done in.

### Set

A „set“ or „workout set“ describes the amount of rounds a certain exercises should be done.

Example:

ORDER	EXERCISE	SETS	REPS
A	GLUTE BRIDGE	2	20

According to this example the exercise „Glute Bridge“ will be done twice, with 20 repetitions in each set. 1st Set of 20 Reps, Break, 2nd Set of 20 Reps.

### Superset

„Supersets“ describe a combination of two or more separate exercises within one set. They are marked with numbers in their specific order. When performing a superset, you start out doing exercise 1 for the recommended amount of reps and continue with exercise 2 without a break inbetween. When the recommended amount of reps of the last exercise is done you will have a break.

ORDER	EXERCISE	SETS	REPS
A1	GLUTE BRIDGE	2	20
A2	INVERTED ROW ON TABLE	2	12

In this case you perform the first set of „Glute Bridge“ with 20 Reps, go straight to „Inverted Row on Table“ for 12 Reps. You will then have a short break before you continue to the second time performing the superset.

## WHAT WE **STRETCH** AND WHY

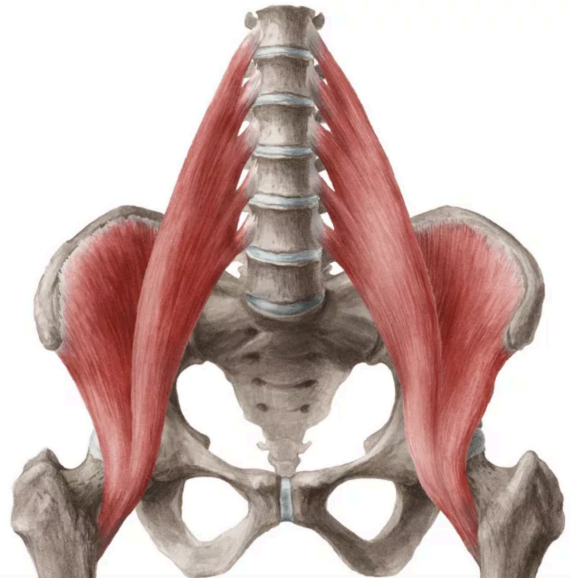
### Hip Flexor (Iliopsoas)

The Hip Flexors are a smaller muscle group in the frontal hip/groin area and lumbar spine. They consist of two primary muscles, the Iliacus and Psoas, that bend/flex your hip when contracted.

#### Generally speaking

Every muscle in the human body will eventually remain in the position that it is constantly put in.

This alone might clear things up on why stretching the iliopsoas is absolutely necessary, if not mandatory for office employees.



Constantly being in a seated, and therefore „hip-bent“ position with shortened hip flexors will eventually result in chronically shortened hip flexors. The shortened hip flexor will then put a constant pull on the lumbar spine to which it is attached to. This constant pull will result in a „hollow back“ posture and lower back pain.

#### The positive part

Lower back pain caused by shortened and tight hip flexors is very treatable and can be relieved by thoroughly stretching the shortened muscle group.

#### TIPP:

For every hour sitting at a desk you should spend at least one minute stretching.

## WHAT WE **STRETCH** AND WHY

### Hamstrings

(Biceps Femoris, Semitendinosus & Semimembranosus)

The Hamstrings are on the back of your thighs, bend the leg in the kneejoint and also take part in extending the hip.

Remaining in a seated position will cause a shortening of the lower part of your hamstrings due to the constantly bent knees.

Since the hamstrings are attached to the lower, back part of your pelvic bone, a shortened hamstring will result in a pull on your pelvic bone in all low lifting movements, such as lifting out of a deep squat.

This pull will force your lower back to be rounded in deep squat positions, which may result in injuries such as increased back pain or worst case scenario: herniated intervertebral discs.

Thoroughly stretching your hamstrings will benefit remaining in a correct posture during heavy lifts in low squat positions and prevent spinal injuries and back pain.



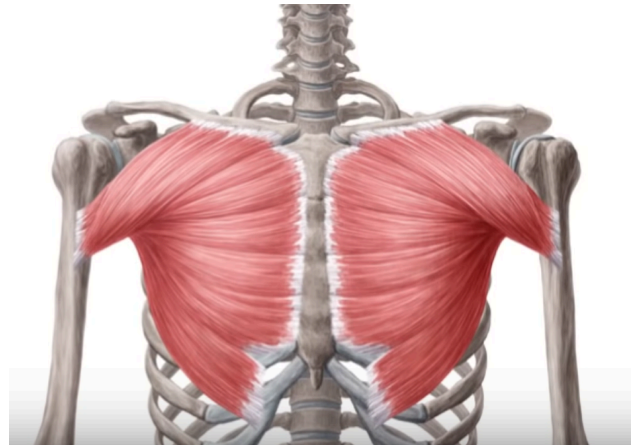
## WHAT WE **STRETCH** AND WHY

### Chest Muscles

(Pectoralis Major & Minor)

Your chest muscles are primarily made up by the Pectoralis Major and secondary by the smaller Pectoralis Minor. Together, the "Pecs" are one of the three biggest muscle groups in the human body. They connect the sternum, collar bone and upper arm bone.

In its functionality, contracting the pecs will cause the upper arm to adduct to the body, cross arms in front of the body, lift the arms in front of the body and, depending on arm position, retract the arm backwards.



Sitting at a desk all day and working with a PC will cause your arms to be constantly in front of your body, hence result in constantly contracted and therefore shortened pec muscles. This posture will also result in a rounded upper back and lengthened (therefore weakened) upper back muscles.

### Long story short

Deskwork increases a shortening in frontal upper body muscles.

Contrary to the shortened frontal muscle in your upper body, the muscles in your upper back will have to lengthen.

### The problem

Shortened muscles are stronger, lengthened muscles are weaker. We have a muscular imbalance which not only increases bad posture but pain as well. Weakened muscles are prone to cramping and tightening up fast.

Thoroughly stretching your pectoralis muscles in combination with strengthening of your upper back muscles will result in a corrected posture and massive pain relief, if you suffer from neck- & shouldertension.

We will take a closer look on how to strengthen your upper back muscles later.

## WHAT WE **STRETCH** AND WHY

### Trapezius Muscle

(Trapezius p. ascendens, p. transversalis & p. descendens)

Almost everybody knows them. Not necessarily by name, but by their symptoms. Your Trapezius, or short „Traps“ are the first muscles that you will notice after a long day of deskwork.

The traps are set up by three separate parts. One upper part (descending part) goes from the back of your head to your upper shoulder. One middle part (transverse part) that goes from shoulder to your spine and one lower part (ascending part) that connects the inside of your scapula to your spine.

Due to a contracted pectoralis while sitting at a desk your upper back, especially the traps will be lengthened and therefore weakened. This concerns mostly the upper and medial part of the traps. The weakened muscle now tends to tighten up and build up tension.



### The best cure

The absolutely best cure against muscle tightness in your shoulder- & neck area is to strengthen your muscles step by step.

So why should I stretch the traps, when they are already long and weak?

### Pretty simple

Muscular tightness is like having small knots (so called triggerpoints), that need to be released. The best way to do that is by stretching and applying punctual pressure to a triggerpoint until it is releasing. Massaging is a good way to do that. But massaging cures the symptoms, not the origin of the pain.

After stretching and releasing the triggerpoint you will have to strengthen the muscles with specific strength training. That is the only way to have a long lasting cure to muscle tightness.

## WHAT WE **STRETCH** AND WHY

### **Square Lumbar Muscle**

(Quadratus Lumborum)

The square lumbar muscle connects between the pelvic crest and the 12th rib. It is part of all lateral movements in the upper body and can cause heavy pain in the lumbar spine area when it gets tight.

Although sitting has no effect on shortening the square lumbar muscle that is worth mentioning, it is not uncommon that a tight square lumbar muscle is the reason behind a lot of common back pain.

Tight square lumbar muscles are known to affect multiple pain areas, that may reach from local pain in your lumbar spine to Hamstring pain.

Therefore, additional stretching of your square lumbar muscle may help reduce pain in the lumbar spine and its surrounding areas.



## WHAT WE TRAIN AND WHY

### Hamstrings

(Biceps Femoris, Semitendinosus & Semimembranosus)

The Hamstrings are located on the back of your thighs and bend the leg in your knee joint and are also responsible for extending the hips.

Strengthening your hamstrings is beneficial because:

They have their origin at the pelvic crest, which means that shortening the hamstrings can tilt your pelvis back into a neutral position.

Talking about lifting from a deep squat this might not be what we want, as this will force the lower back to be rounded. But this is only the case, if it is not willingly controllable because of chronic muscle shortening.

As we already know, chronically tight hip flexors will tilt your pelvis forward and pull the lower back into a „hollow back“ posture constantly. With this forward pelvic tilt the upper part of the hamstring will be lengthened & weakened and will increase the hollow back posture.

Purposely strengthening the hamstrings will decrease the constant hyperstretching in the pelvic area and, in combination with hip flexor stretching, align the pelvic back with your ribcage into a neutral position and release the „hollow back“ posture and lower back tension.

Strengthening the hamstrings therefore is an important part in releasing lower back pain caused by tight hip flexors.

### POSSIBLE EXERCISES (explained later on)

Single leg Romanian Deadlifts  
Bodyweight Romanian Deadlifts  
Bodyweight Leg Curls with Towel  
Glute Bridges



## WHAT WE TRAIN AND WHY

### Trapezius Muscle

(Trapezius p. ascendens, p. transversalis & p. descendens)

As we already know, enduring long hours with deskwork in a seated position will lead to shortened pectoral muscles combined with bad posture in the thoracic spine.

The hereby stretched antagonists (Traps and Rhomboids) will be lengthened and weakened. Body posture and overall health will suffer from this condition.

Putting a focus on strengthening the posterior muscles in the thoracic spine area will improve posture, strengthen weakened muscle groups and release tightness and Tensions in the neck- & shoulderarea.



### POSSIBLE EXERCISES (explained later on)

YWTA  
Swimmers  
Inverted Hanging Table Rows  
Shrugs with Bag  
Laying Arm Circles with Waterbottles

## WHAT WE TRAIN AND WHY

### Rhomboids

(Rhomboiden)

Located beneath the „Traps“ are the Rhomboids. Deskwork and the resulting bad posture has the same effects on the rhomboids as it has on the traps.

As the shoulders round forward they pull the shoulderblades apart which will cause a constant stretch in the rhomboids. Constant stretch will lead to chronic lengthening of the muscles and hereby weakening them.

Contracting the rhomboids will retract the shoulderblades, strengthen the upper back, pull back the shoulders, actively stretch the pectoral muscles, improve proper posture and correct muscular imbalances due to deskwork.



### POSSIBLE EXERCISES (explained later on)

YWTA

Superman Press with Towel

Inverted Hanging Table Rows

Bent Over Reverse Fly with Waterbottles

# STRETCH WORKOUT

## BEGINNERS

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	HIP FLEXOR LUNGE STRETCH	2	30 – 60 Sec	Hold each stretch 30 – 60 seconds. Activate glutes for more stretch.
B	UPRIGHT HAMSTRING STRETCH	6	5 -10 Sec	Stretch each side 6 times each 5-10 Seconds. By placing the front leg on a chair, table or couch you can increase the stretch..
C	PECTORAL STRETCH IN DOORWAY	2	30 – 60 Sec	Hold stretch, then switch sides.
D	RHOMBOIDEN & TRAPS STRETCH	2	30 – 60 Sec	Single Arm. Chest upright pull arm across. You can increase the stretch by actively pushing the stretched arm into the the direction of the pull. Each side twice.
E	QUADRATUS LUMBORUM WALL STRETCH	2	30 – 60 Sec	Both sides twice.



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# STRENGTH WORKOUT

## BEGINNERS

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	GLUTE BRIDGES	2	20	Squeeze glutes, pressure over heels. Rest 60 – 90 Seconds between sets
B	BODYWEIGHT ROMANIAN DEADLIFTS	2	20	Shoulderblades back, fix knees slightly bent, 20 Reps, then 60 Seconds rest.
C	BENT OVER REVERSE FLY WITH WATERBOTTLES	2	20	Lift 1 second, hold 1 second, lower 2 seconds., Imagine squeezing a pen between your shoulderblades each rep. 60 seconds rest between sets
D	SWIMMERS	2	20 Sec	Alternating paddles with hands and feet. 30 seconds rest between sets.
E	SHRUGS WITH BAG	2	20	2 seconds lift, 2 seconds hold, 2 seconds lowering phase., Hold 3 extra seconds in bottom position for stretch.. 60 seconds rest between sets
F	SUPERMAN PRESS WITH TOWEL	2	15	Pull apart the towel constantly. 60 – 90 seconds rest between sets.

## NOTES



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## BEGINNERS

Order: AA BB CC DD

Each interval is 30 seconds of work and 30 seconds rest (Except C, which ist 60:30 work:rest)

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	MOUNTAIN CLIMBERS	2	30 Sec	Keep butt low to engage core. 30 seconds rest, then second time
B	SWIMMERS	2	30 Sec	30 seconds rest between sets
C	SPEED JUMPING JACKS	2	60 Sec	Quick reps. 30 seconds rest between sets
D	BODYWEIGHT SQUATS	2	30 Sec	Whole foot must remain on ground. 30 seconds rest between sets

## NOTES



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# STRETCH WORKOUT

## ADVANCED

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	HIP FLEXOR WALL / COUCH STRETCH	2	30 – 60 Sec	Squeeze glutes of hind leg, push pelvis forward actively. Hold 30 – 60 seconds
B	WORLD'S GREATEST STRETCH RIGHT	2	30 – 60 Sec	30 – 60 Seconds hold in bottom position, then proceed straight to C
C	THORATIC SPINE ROTATION RIGHT	2	8	From the same position as B your right arm rotates out and up as far as possible. Controlled movements are key. Head keeps watching the hand as it rotates. After that return to starting position and push elbow to ground once. Repeat for 8 reps
D	WORLD'S GREATEST STRETCH LEFT	2	30 – 60 Sec	See B, but left foot in front. Proceed straight to E after you're done
E	BWS ROTATION LINKS	2	8	See C. Repeat 8 times then go on to F.
F	PECTORALIS STRETCH IN DOORWAY	2	30 – 60 Sec	Single Arm stretch in doorway. Elbow is slightly above 90°. Hold each side for 30-60 seconds twice
D	RHOMBOIDS & TRAPS STRETCH	2	30 – 60 Sec	Repeat each side twice
E	QUADRATUS LUMBORUM STRETCH	2	30 – 60 Sec	Lean on a wall sideways, feet about one footlength away from the wall. Stretch your inside arm upward to the ceiling and push your hip towards the wall so that your upper body pulls away from the wall. Your body will look like a crossbow under tension. Both sides twice.



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## ADVANCED

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	SINGLE LEG GLUTE BRIDGE	2 - 3	15 - 20	Lowering 2 seconds, lifting 1 second, hold 1 second. Keep your hips straight, so they don't tilt to either side.. 60-90 seconds rest between sets
B	LEG CURL WITH TOWEL	2 - 3	20	Lay on your back, heel on the towel, your hips are pushed up high. Lowering 2 seconds, lift up 1 second. Repeat exercise for the other side. 60 – 90 seconds rest between sets.
C1	INVERTED HANGING TABLE ROW	2 - 3	12	Lowering 2 seconds, lift 1 second, hold one second in top position. No rest, proceed straight to C2,
C2	YWTA	2 - 3	15 - 20 Sec	Hold 20 seconds for each letter.. After that 90 seconds rest before repeating the superset.
D	SWIMMERS	2	30 – 45 Sec	Alternating paddling with arms and feet. 45 seconds rest between sets
E	SUPERMAN PRESS WITH TOWEL	2	15	Pull towards you for 2 seconds, hold at chest for 2 seconds, push away for 2 seconds, hold extended for 1 second. Arms are in air at all times and towel is pulled apart under tension.  60-90 seconds rest in between sets

## NOTES



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## ADVANCED

Order: AAA BBB CCC DDD EEE

Each exercise is 30 seconds work and 30 seconds rest.

ABFOLGE	ÜBUNG	SÄTZE	WDH	KOMMENTAR
A	MOUNTAIN CLIMBERS	3	30 Sec	Keep butt low to engage core.
B	SWIMMERS	3	30 Sec	Alternating paddling with arms and legs
C	JUMP SQUATS	3	30 Sec	Squat with high jump, soft landing.
D	MOUNTAIN CLIMBERS CROSS	3	30 Sec	Keep butt low, knees go diagonally to opposite elbow.
E	BURPEES	3	30 Sec	Chest touches ground when doing pushup

## NOTES



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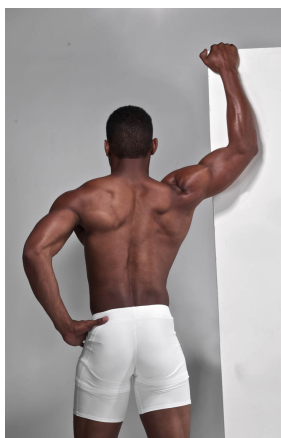
## BEGINNER WORKOUT

### HIP FLEXOR LUNGE STRETCH



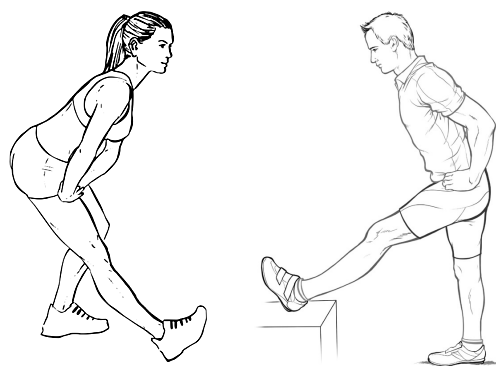
Lunge position, hind knee touches ground. Actively push hip forward to create tension on your hip flexor. By actively squeezing your glutes you can increase stretching effect.

### PECTORALIS STRETCH IN DOORWAY



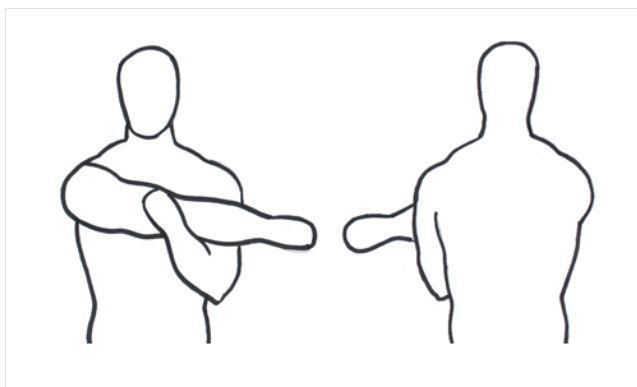
Single arm stretch in doorway. Elbow is slightly above 90° and the forearm is placed on the doorway. Slightly step into the door to increase tension on the pectoralis muscle. For even higher stretching effect, turn upper body away from the stretched arm.

### UPRIGHT HAMSTRING STRETCH



From an upright position pull back your shoulderblades and stand in a hollow back posture.. Your ground leg is slightly bent, as you place the other leg in front with only your heel touching the ground. Pull your toes back to your body and shift your upper body weight forward, keeping the hollow back posture, until you can feel a stretch in the hamstrings.

### RHOMBOIDS & TRAPS STRETCH



Lift one arm across your upper body and grip its elbow with the other hand. Pull actively towards your body to increase stretch. For even higher stretching effect, actively push the stretched arm into the direction it is pulled in.

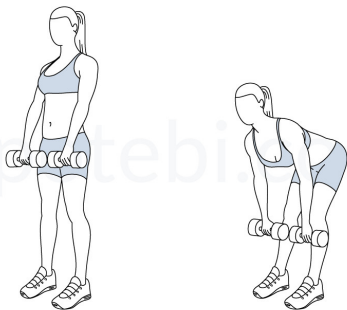
## BEGINNER WORKOUT

### QUADRATUS LUMBORUM WALL STRETCH



Lean on a wall sideways, feet about one footlength away from the wall. Stretch your inside arm upward to the ceiling and push your hip towards the wall so that your upper body pulls away from the wall. Your body will look like a crossbow under tension.

### BODYWEIGHT ROMANIAN DEADLIFTS



Displayed here with an extra weight in form of dumbbells.

Starting Position: Feet apart in shoulder width, knees are bent minimally. Chest pushed out and a slightly hollow back posture. With the locked knee position slowly push your butt backwards and your upperbody forward, keeping the hollow back posture, until you feel a stretch in the hamstrings. Now actively squeeze your glutes and come straight back into the starting position.

3 seconds lowering phase, 1 second hold at bottom position, 1 second lifting phase.

To intensify the exercise you can lift your arms straight above your head or use an extra weight in form of a sportsbag filled with books.

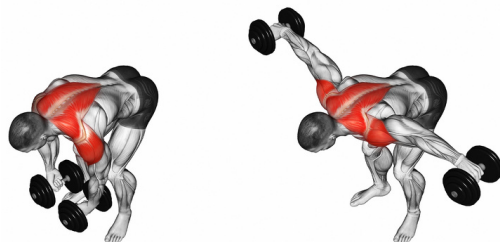
### GLUTE BRIDGE



Lay on your back and pull your heels as close to your butt as possible. Now push your hips as far up towards the ceiling as possible. When lowering back into the starting position, be sure that your butt is always a few cm/ an inch above the ground.

You can intensify this exercise by increasing the time in the lowering phase to up to 10 seconds or performing it on a single leg. Doing it on a single leg, make sure to keep your hips parallel to the ground so that they don't tilt towards either side.

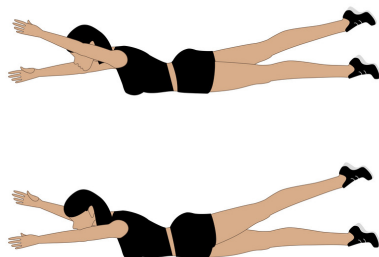
### BENT OVER REVERSE FLY WITH WATERBOTTLES



Legs are about hip width apart, upperbody is bent forward with a hollow back posture. Arms are hanging down straight with waterbottles in your hand. Now lift your arms up sideways and focus on squeezing your shoulderblades together (Imagine squeezing a pen between your shoulderblades each rep). Then slowly return into the starting position by lowering your arms and opening the shoulderblades again.

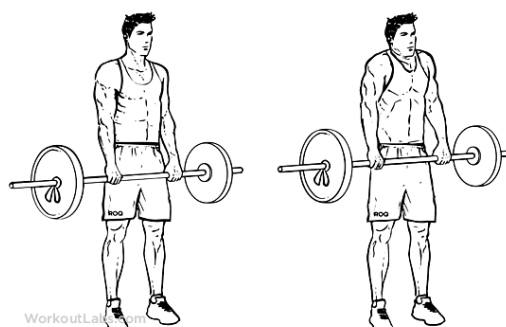
## BEGINNER WORKOUT

### SWIMMERS



Lay flat on your stomach with your arms above your head and the palms of your hands pointing to each other. Now alternately paddle with both arms and legs, keep your upper body and legs above the ground at all times by keeping tension in your Back and glutes. Keep your head straight and look down to the ground.

### SHRUGS WITH BAG



Shown here with a barbell.

Fill a sportsbag or backpack with books to add weight. Hold the bag in an upright position hanging in front of your body with extended arms. In this exercise you will only use your arms as ropes that are attached to the weight. Now simply pull up your shoulders up and behind your ears, hold for a count and then slowly release back into the lower position.

### SUPERMAN PRESS WITH TOWEL



Lay on your stomach with your arms stretched out above your head, feet set up on the ground. Hold the towel in both hands and pull it apart, so that it is under tension. While pulling the towel apart you pull it towards your chest. Hold there for a count and return into the starting position. Your arms stay above the ground during the whole exercise.

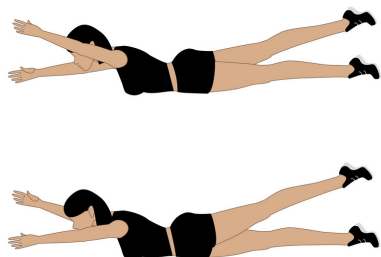
### MOUNTAIN CLIMBERS



Start in a pushup position with your hands right underneath your shoulders. You have a straight line from shoulder through hip to your ankles. No quickly alternate with pulling your knees to your chest. Keep your butt low at all times to engage the core and train your abs.

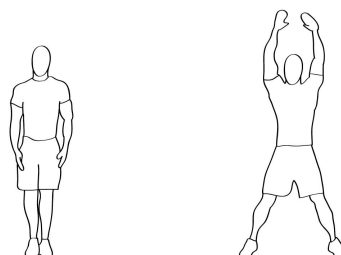
## BEGINNER WORKOUT

### SWIMMERS



Lay flat on your stomach with your arms above your head and the palms of your hands pointing to each other. Now alternately paddle with both arms and legs, keep your upper body and legs above the ground at all times by keeping tension in your Back and glutes. Keep your head straight and look down to the ground.

### SPEED JUMPING JACKS



Start with your feet about hip width apart and your arms tight on your side.

Take a very small jump on the spot, spread your legs to slightly wider than shoulder width and pull your arms sideways above your head.

Take another small jump on the spot to return into the starting position.

### BODYWEIGHT SQUATS



Stand with your feet about hip- to shoulderwidth apart, feet pointing forward being almost parallel. A very slight V-Position in your feet is acceptable. Push your chest out, and pull shoulderblades back to create a slightly hollow back posture. Now bend your knees and push back your butt as if you were to sit on a chair.

It is important to always have full contact on the ground with your heel staying on the ground.

Return back to the starting position by standing back up

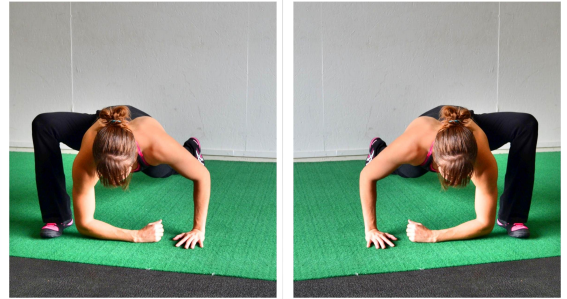
## ADVANCED WORKOUT

### HIP FLEXOR WALL / COUCH STRETCH



In a lunge position with your hind knee on the ground. The front leg is in a 90° position. Elevate your back foot on a chair or couch (or push against wall). Actively push your hips forward to create a stretch in the hip flexor and quadriceps (front thigh muscle). You can increase the stretch by stretching your arms above your head and slightly bend your upper body backwards.

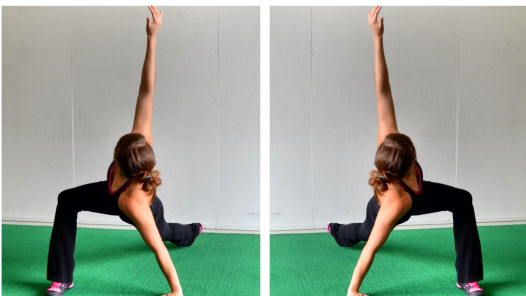
### WORLD'S GREATEST STRETCH



Example with right side:

From a pushup position, place your right foot outside of your right hand. The back knee stays above the ground. Now push your right elbow as far towards the ground as possible, creating a stretch in both front leg hamstrings and back leg hip flexors. Hold that position and increase the push towards the ground as you like.

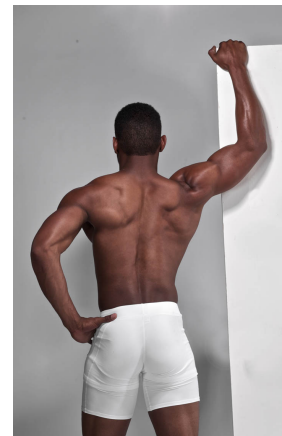
### THORATIC SPINE ROTATION



Example with right side:

From the stretched position of the World's Greatest Stretch with your elbow pushed down to the ground you now rotate your right arm (under control) out and up above your head, creating a twisting motion in your thoracic spine. Your head follows the hand as it rotates out. You then slowly rotate back into the starting position in which you once again push your elbow to the ground for 1 second and repeat the movement.

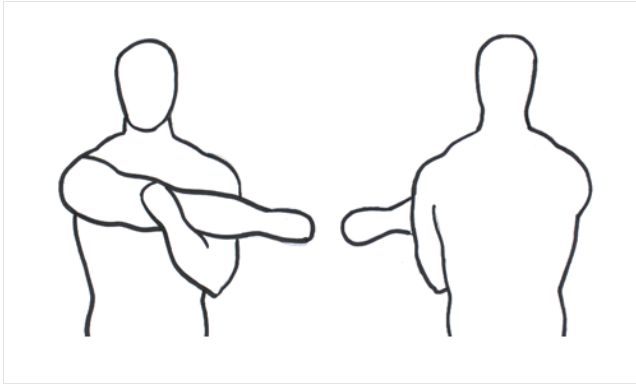
### PECTORALIS STRETCH IN DOORWAY



Single arm stretch in doorway. Elbow is slightly above 90° and the forearm is placed on the doorway. Slightly step into the door to increase tension on the pectoralis muscle. For even higher stretching effect, turn upper body away from the stretched arm.

## ADVANCED WORKOUT

### RHOMBOIDS & TRAPS STRETCH



Lift one arm across your upper body and grip its elbow with the other hand. Pull actively towards your body to increase stretch. For even higher stretching effect, actively push the stretched arm into the direction it is pulled in.

### QUADRATUS LUMBORUM WALL STRETCH



Lean on a wall sideways, feet about one footlength away from the wall. Stretch your inside arm upward to the ceiling and push your hip towards the wall so that your upper body pulls away from the wall. Your body will look like a crossbow under tension.

### SINGLE LEG GLUTE BRIDGE



Lay on your back with your heels as close to your butt as possible. Now lift up your hips towards the ceiling and extend one leg so you keep contact to the ground with only one leg.

It is important that when lifting up one leg, your hip remains parallel and will not tilt to either side.

Slowly lower your hips towards the ground, keeping it above the ground in the lowest position, then lift it back up squeezing your glutes and hamstrings.

### LEG CURL WITH TOWEL



Lay on your back with your heels on a towel as close to your butt as possible. Lift up your glutes as if you were to do a glute bridge. From this position you will slowly push the towel with your heels away from your butt until your legs are almost straightened, then pull the towel back to your butt to return into the starting position. Your hips remain above the ground at all times during the exercise.

## ADVANCED WORKOUT

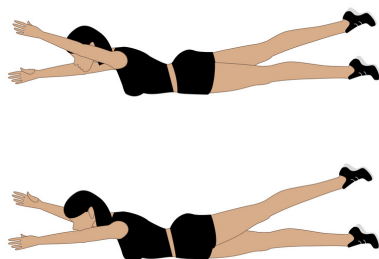
### INVERTED HANGING TABLE TOW



Lay on your back beneath a table and hold on to the edges. Now pull your chest toward the edge of the table while squeezing your shoulderblades together. Avoid creating a hollow back during this exercise, but instead keeping a straight upper body and core posture.

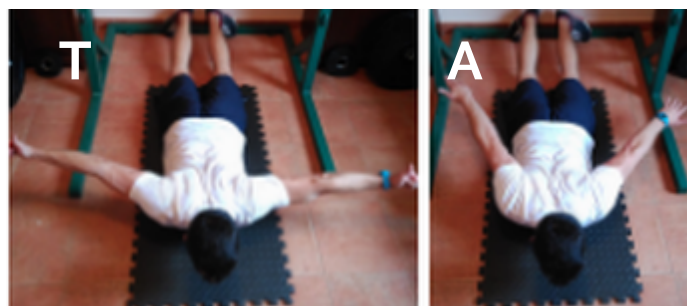
You can make this exercise easier by bending your knees and putting your feet closer to you. You can make this exercise harder by elevating your feet, for example on a chair, or increase the lowering and/or holding phase on top.

### SWIMMERS



Lay flat on your stomach with your arms above your head and the palms of your hands pointing to each other. Now alternately paddle with both arms and legs, keep your upper body and legs above the ground at all times by keeping tension in your Back and glutes. Keep your head straight and look down to the ground.

### YWTA



Lay on your stomach with your toes set up on the ground. Lift up your upper body and create the different letters „Y“, „W“, „T“ & „A“ with your arms, as shown above. Keep your head low.

Hold each letter for a certain amount of time.

You can increase the difficulty of this exercise by additionally lifting up your legs.

### SUPERMAN PRESS WITH TOWEL



Lay on your stomach with your arms stretched out above your head, feet set up on the ground. Hold the towel in both hands and pull it apart, so that it is under tension. While pulling the towel apart you pull it towards your chest. Hold there for a count and return into the starting position. Your arms stay above the ground during the whole exercise.

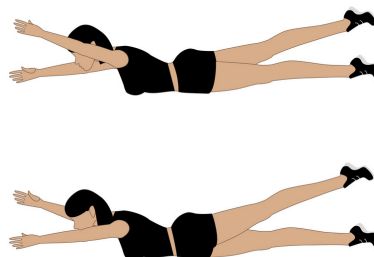
## ADVANCED WORKOUT

### MOUNTAIN CLIMBERS



Start in a pushup position with your hands right underneath your shoulders. You have a straight line from shoulder through hip to your ankles. No quickly alternate with pulling your knees to your chest. Keep your butt low at all times to engage the core and train your abs.

### SWIMMERS



Lay flat on your stomach with your arms above your head and the palms of your hands pointing to each other. Now alternately paddle with both arms and legs, keep your upper body and legs above the ground at all times by keeping tension in your Back and glutes. Keep your head straight and look down to the ground.

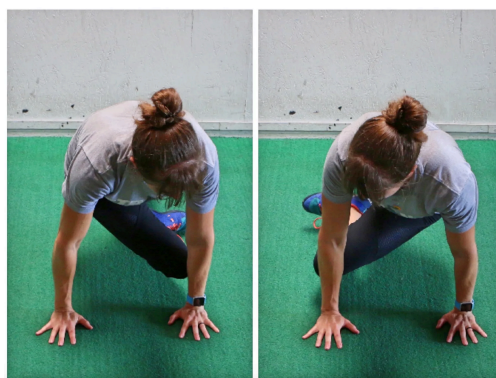
### SQUAT JUMPS



Stand upright with your feet about hip- to shoulderwidth apart. Perform a bodyweight squat with an additional high jump. Land softly.

Keep your whole feet on the ground during the squat movement.

### MOUNTAIN CLIMBER CROSS



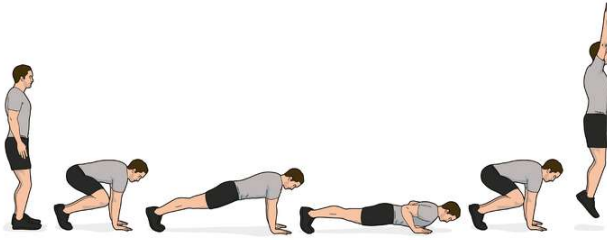
Pushup position with hands directly underneath your shoulders and a straight line from shoulders through hip to ankles.

Quickly alternate pulling your knees up towards it's opposing sides's elbow. Right knee pulls towards the left elbow and left knee will pull towards the right elbow.

Keep your butt low at all times to engage your core.

## ADVANCED WORKOUT

### BURPEES



Go from an upright position into a pushup position, perform one pushup with your chest touching the ground, then come back up into the upright position followed by a jump. Repeat this pattern for certain amount of reps or time.



**NIKLAS RÖMER**

## WHO IS THIS GUY?!

Being the son of a former professional soccer player Dirk Römer, athletic sports have always been a centerpiece of my life. Starting my sporting career with soccer as well, an old friend of mine brought me up to American Football practice in 2005. After three seasons with the Neuss Frogs youth team I made the jump into the German Football League, where I have been active from 2008 until 2019 as well as in the German national Team from 2010 – 2017.

In 2012 I decided to study fitness economics at the „Deutsche Hochschule für Prävention & Gesundheitsmanagement“ in Cologne from which I graduated with the Bachelor of Arts in Fitness Economics in 2015.

Over the course of my studies I was able to collect a lot of experiences and additional qualifications in the field of athletic training

To name a few:

Trainer for Machine Based Strength Training  
Health Coach  
Trainer for Sportsrehabilitation  
Nutrition Coach  
Licensed Personal Trainer

In July of 2013 I was brought to Braunschweig by the reigning German Bowl and American Football German record champions NEW YORKER Lions who made it possible for me to continue my studies at one of the main sponsors, the HYGIA Fitness GmbH.

After graduating in 2015 I took the next step in my Fitness Coaching Career was the General Manager for the VIENNA Fitness Wolfenbüttel until August 2017.

I have created Romans Personal Training in 2016 to focus on teaching people valuable lessons in the field of fitness & nutrition. Romans Personal Training has been renamed to Romans Personal Coaching in 2019, as I am focusing on creating knowledge in coaching instead of simply training people. Everybody can make you tired. But we will make you better.

## FUN FACTS

Things you might want to know, but definitely don't need to know.



5x German Bowl Champion (2013, 14, 15, 16, 19)  
4x Eurobowl Champion (2015, 16, 17, 18)  
2x European Champion (2010, 2014)  
1x Eurobowl MVP (2016)



Super Nintendo Super Tennis World Champion (undefeated until today, therefore self crowned champion)



2:52 Minutes Personal Best Rubik's Cube time for solving