

Skip Rope

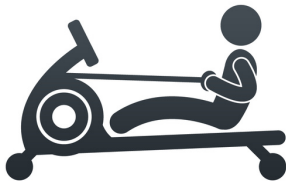
Warm up: 3 mins



Skip Rope

Rowing Machine

Warm up: 3 mins



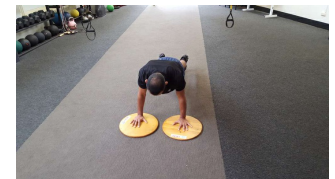
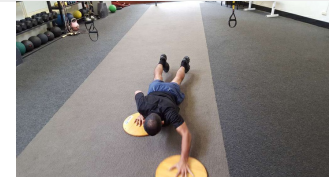
Set 1

Front Plank with Arm Reach (Push Up Slide)

Sets: 3 | Reps: 5 of each

Execution:

- Plank on hands and feet
- Hands on sliding discs (paper, frisbee....)
- Reach one hand forward, return to start
- Reach one hand to side, return to start
- Can repeat in low push up position



Bent Over Row+ Thoracic Rotation

Sets: 3 | Reps: 8-10 | Load: 2 x 10kg

Preparation:

- Assume a semi-squat position.
- Bend forward keeping a neutral spine.

Execution:

- Raise arm to 90 degrees, elbow bent to 90 degrees.
- Draw your shoulder blade down and back using your lower fiber traps.
- Now rotate your body to the same side (turn your chest towards the ceiling)

Avoid shrugging your shoulders



Set 2

Bicep Curl Tall Kneeling

Sets: 3 | Reps: 8-10 | Load: 10kg

Preparation:

- Kneel on bosu ball
- Squeeze gluts to stabilize trunk. Tighten core.



Execution:

- Maintain neutral hips while doing bicep curls

Raised Plank Knee to Elbow

Sets: 3 | Reps: 10 each side

Start in plank position with both feet raised

Reach one knee at a time to opposite elbow



Set 3

Deadlift | Single Leg- Stick on Back

Sets: 1 | Reps: 10

Preparation:

- Stand on one leg
- Hold stick on back touching the back of your head, upper back, and tail bone

Execution:

- Bend at the hip, keep back leg straight
- Rise up from the hips



'A' Stance, 3 points of contact with the stick: tailbone, upper back, head.



Maintain 3 points of contact, back leg is straight with back

Deadlift | Single Leg (Dumbbell)

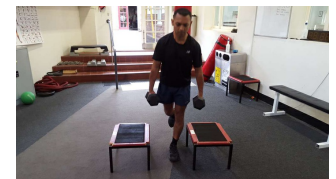
Sets: 3 | Reps: 8-10 | Load: 2 x 10kg

Preparation:

- Stand on one leg, knee slightly bent

Execution:

- Bend at the hip, keep back leg straight
- Rise up from the hips



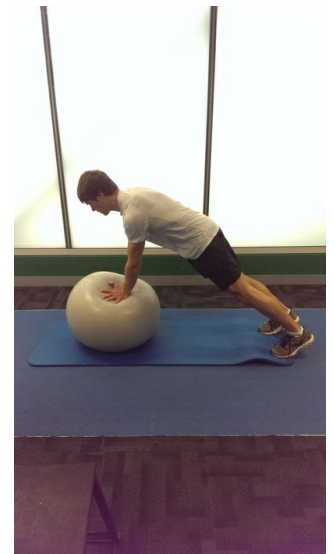
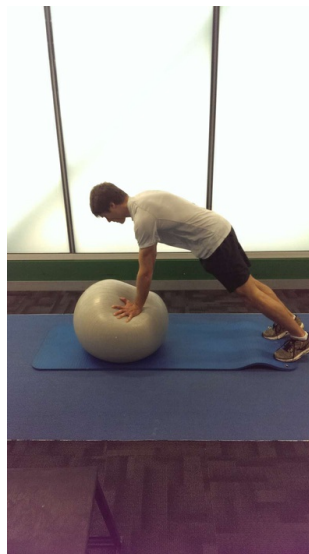
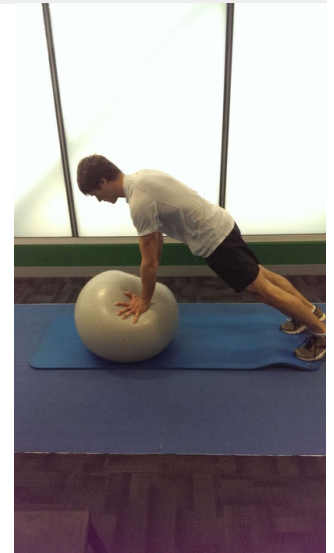
Fit Ball Straight Arm Roll Outs

Sets: 3 | Reps: 10 of each

Starting in plank position, hands on ball

Gently rock the ball forwards and backwards 10 times as far as you can control

Follow with 10 times sideways



Push Up Plus (Ball)

Sets: 3 | Reps: to fatigue

Execution:

- Begin in a push-up position
- Push-up
- At the top of the push-up press shoulder blades to the floor- adding a 'plus'



Set 4

Overhead Carry

Sets: 3 | Reps: 20m walk | Load: 12kg

Hold weight overhead, screw/pack shoulder into locked position

Handstand Against Wall

Sets: 3 | Reps: 5 | Hold: 5 breaths



Warm up and cool down

Quadriceps Release (Foam Roller)

Reps: 20 x up and back

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

Thigh Release (Foam Roller)

Reps: 20 x up and back

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.



Start Position



Roll out along foam

Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.

Thoracic Rolling Release Supine (Foam Roller)

Reps: 20 x up and back

Preparation:

- Lie on a foam roll as shown
- Put your hands behind your head to support your neck

Execution:

- Roll your upper back up and down the foam roller.

Important:

- Do not arch through the lower back



Lie on roll, support neck with hands



Roll up and down foam roller



Hip Release Hook Lying (Ball)

Duration: 1-2 mins each spot

Preparation:

- Lie on your back with your feet flat on the floor.
- Place a small ball underneath your buttock.
- Placement of the ball should be on the tight/tender muscles, not bone.



Let hip sink into ball

Execution:

- Let your hip sink into the ball.
- Allow the ball to release the tight muscles in your buttock.

Gluteus Medius Release (Tennis Ball)

Duration: 1-2 mins each spot

Preparation:

- Lie on side

Execution:

- Use ball to release side of hip



Use ball to release side of hip

Hip Flexor Release (Tennis Ball)

Duration: 1-2 mins each spot

Preparation:

- Lie on stomach

Execution:

- Use ball to release front of hip



Use ball to release front of hip