

## Skip Rope

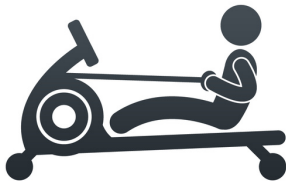
Warm up: 3 mins



*Skip Rope*

## Rowing Machine

Warm up: 3 mins



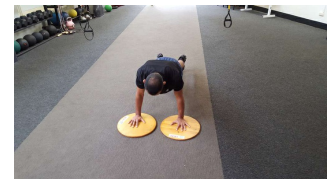
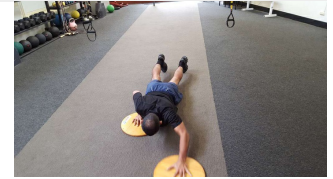
## Set 1

### 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



### Bicep Curl | Single Leg Balance on Foam

Sets: 3 | Reps: 8-10 each side | Load: 2 x 9kg

#### Preparation:

- Balance on one leg

#### Execution:

- Maintain balance while doing bicep curls



### Handstand Against Wall

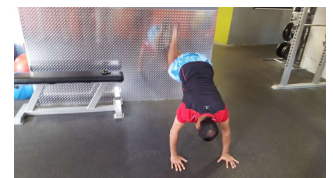
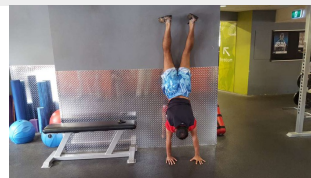
Sets: 3 | Reps: 5

Start in push up position

Walk feet up the wall to full handstand

Pause for a breath

Walk back out to push up position



## Single Leg Bent Over Row with Thoracic Rotation | on Foam

Sets: 3 | Reps: 8-10 | Load: 2 x 9kg

### Preparation:

- Go into a partial squat
- Arms hang straight down
- Set your shoulders



### Execution:

- Raise arm to 90 degrees, elbow bent to 90 degrees.
- Draw your shoulder blade down and back using your lower fiber traps.

## Set 2

### Side Mini Squats Against Wall

Sets: 3 | Reps: 15

- Standing against wall on outside leg
- Sit back on heel, leaning forward from the hips
- Keep your standing knee slightly pointing out (while you push the inside knee into the wall)
- Don't let your standing knee drift forwards



### Split Squat - Rear Foot Elevated (Dumbbells)

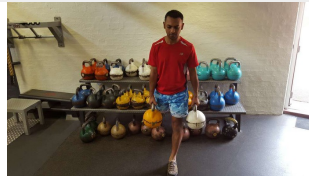
Sets: 3 | Reps: 10-12 | Load: 2 x 12kg

#### Preparation:

- Position yourself in a stride stance, back foot elevated on bench or chair

#### Execution:

- Lower back knee towards the ground



## Deadlift (Barbell)

Sets: 3 | Reps: 8-10 | Load: 20kg++

### Preparation:

- Stand with good posture holding barbell

### Execution:

- Bend at the hips by sticking the buttocks out, as if sitting in a chair
- Bend at the knees once the bar passes close to the front of the knee caps
- Rise up by straightening the hip, squeezing the buttocks



*Knees behind toes,  
weight on the heels*



*Back straight - Arms  
vertical*



*Lift weight to hips*



*Knees shoulder width  
apart*



*Knees aligned with toes*



*Lift weight to hips using  
buttock*

## 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*