

VALLEY

Pre-Season

Fitness Program

Fitness for Netball

This exercise program has been developed for the purpose of enhancing fitness levels within the netball pre-season.

Pre-season training is used for netball players to develop fitness components that are more specific to the game of netball. This includes strength, speed, power, anaerobic endurance and agility. Players should be aware that it is also necessary to maintain flexibility, core strength and aerobic endurance.

You are expected to perform this exercise program as instructed and complete the comments section of each session. Your team coach may request to review the completed program and comments. You are also required to participate in the intermittent LYVNA fitness testing program (beep test, agility test, vertical jump test and push up test). You are expected to improve your fitness level at each progressive test.

Good Luck & Enjoy!

For further information, please contact repteams@lyvna.com.au or your coaching representative.

Introduction

As with most team sports, there are many components of fitness that are important for success. In netball, they are close in their relative importance.

Having a very good aerobic fitness level is a very important attribute, and on the other hand being very quick and agile is also very important. Player position also affects the importance of these components. These suggested fitness tests reflect this all-round fitness requirement for netball.

Fitness Component	Example Tests	Comments
Aerobic Fitness	The shuttle run (beep) test would usually be the most appropriate test for testing a netball team.	Aerobic fitness is a very important component of fitness for netball. The test should be performed indoor on the same surface that the game is played on.
Flexibility	The sit & reach test can be performed for lower back and hamstring flexibility.	Flexibility is important in terms of being injury free and being able to move freely around the court.
Strength and Power	The Push up test will measure upper body strength in an endurance state.	The push up test measures strength of the upper body and helps with throwing accuracy.
Speed	Sprint time over 20m, with a split times for the first 5 & 10m should be done if possible.	Acceleration is very important in netball. Most of the fast running in netball is conducted over a short distance.
Vertical Jump	It is a measure of how high a player can elevate off the ground (jump) from a standstill. Vertical jump ability is an important plyometric test, commonly used for jumping for the ball, rebounding.	The vertical jump test can be performed to measure leg power.
Agility	The agility test measures the ability to change direction.	The ability to quickly change direction is very important for netball.

Exercise Considerations

Warm Up

A warm up should begin with a few minutes of a similar type of activity you are about to do at light intensity. For Example: If you are going to perform a running interval program, you should warm up with a slow jog. The next step is to stretch the major muscles you are going to be using in your training program. It is also essential to stretch before your warm up and throughout your training program, if possible. 10-15 minute cardio activity and static or PNF stretches. Hold the stretches for at least 30 sec each. Try and perform dynamic stretches during the cardio component of the warm up.

A warm up:

- Elevates body temperature of muscles and connective tissues.
- Increase muscle blood flow.
- Reduces incidence of injury.
- Increase range of motion (ROM).
- Delayed onset of muscular fatigue.
- Prevention of muscular soreness.
- Improves co-ordination.
- Improves elasticity and contractility of muscles.
- Increases efficiency of the respiratory and cardiovascular systems.

Cool Down

10-15 minute cardio activity and static or PNF stretches. Hold the stretches for at least 30 sec each. Stretch at the end of the session.

A cool down:

An effective cool down helps to reduce heart rate, blood pressure and body temperature to normal levels. A proper cool down also minimises the incidence of injury & muscular joint stiffness along with removing muscle toxins from the body.

Injury Prevention & Management

Injury prevention is possible if you are prepared for your activity, both physically and mentally. You need to balance training with rest to avoid overuse injuries.

Tips for Injury Prevention:

- Wear and use appropriate exercising clothing and footwear for your activity. Warm up slowly before activity. This is especially important in activities that require quick, dynamic movements.
- Always use proper body mechanics in activities involving repetitive stress to the upper or lower extremities.
- Listen to your body. Pain is a warning sign of injury.
- You should not work through pain, but stop or slow your activity until the pain subsides.
- Train for your activity.
- Use specific skills training to prepare for your activity.
- Cross train for overall conditioning and to allow specific muscles to rest.
- Ensure to use strapping or bracing for previous ankle & knee injuries. This is not the coach's responsibility to pre strap player's prior to games.

Sprains and Strains:

Joints are held together and supported by ligaments (connective tissue). The entire joint is enclosed inside a membrane filled with lubricating synovial fluid, which helps to nourish the joint and provide extra cushioning against impact. A sprain is a type of joint injury characterised by tearing of the ligaments and capsule. Common sites for sprains include the thumb, ankle, knee and wrist. Common netball sprains are associated with the ATFL ligament on the lateral side of the ankle or ACL (Anterior Cruciate Ligament) of the knee.

Muscles which are anchored to joints with connective tissue called tendons. Injuries to tendons are classified as strains and most commonly occur in the hamstring and groin area. There are two types of injuries to soft tissue, chronic and acute. Acute refers to a sudden injury, while chronic is an injury that has evolved overtime.

Symptoms of a sprain or strain are;

- pain
- swelling
- redness or bruising
- stiffness
- reduced function

Treatment of soft tissue injuries:

- stop activity immediately
- first aid R.I.C.E.R method (Rest, Ice, Compression, Elevation, Referral)
- avoid exercise, heat, alcohol and massage which may exacerbate the swelling
- seek medical advice

Muscle Cramps

A muscle cramp is an uncontrollable and painful spasm in the muscle. A muscle spasm can last for varying periods of time and generally resolves itself. The exact cause of a muscle cramp is unknown however the risk factors are;

- poor physical condition
- mineral and electrolyte imbalances
- tight and inflexible muscles
- poor muscle tone
- physical exertion of cold muscles
- excessive perspiration
- reduced blood supply
- inadequate diet

Treatment:

Treatment options include the following;

- stretch and massage
- ice methods (ice pack, cryotherapy)
- spiky ball therapy
- medication – seek doctor advice

Prevention Strategies:

The following strategies may prevent the likelihood of muscle cramping;

- increase your level of physical activity
- warm up and cool down effectively
- hydrate before and after exercise
- ensure your diet is adequate including fruit & vegetables.
- regular massages
- wear properly fitted shoes and orthotics if required

Eating and Drinking Before, During & After Exercise

By Alison Walsh, Clinical and Sports Dietician

What you choose to eat and drink around exercise can have benefits nutritionally and psychologically. It should give you the energy you need and help you recover properly after you finish, so you are ready to exercise again soon! You need to feel confident that what you eat is best for you, for your exercise and body.

Before you exercise:

There are two rules to remember: firstly, eat something high in carbohydrate to fuel your muscles, and secondly, start with this food in small quantities before training, so you grow in confidence that you can tolerate it while exercising. Often people blame their poor performance on foods: sure, a high fat high protein snack (eg. bacon and eggs) prior to exercise will not help, but if it's right nutritionally, it is more likely to be due to fitness, race conditions, or just one of those things. So develop a list of foods you find fit your nutritional and confidence needs. Have your last main meal three to four hours before exercise, with a light snack one to two hours prior. If you exercise in the early morning you won't have sufficient time for a main meal, so just have the small snack. So what are some good choices? Low-fat foods are better than fatty foods which can sit in the stomach and feel heavy. Try pancakes, bread or toast with honey or jam, cereal with low-fat milk, porridge, pasta, fruit, and low-fat milk smoothies. If you have less than one hour to eat before exercise, I find that bread with honey / jam, low fat cereal bars, or a sports drink (giving carbs and fluid) are a great boost and well digested. And don't forget to drink! In the hours before exercise, you should have a few glasses of water. Then, about 15 minutes before starting have another couple of glasses.

During exercise:

This really depends on how long and what exercise you are doing. If you are exercising for less than one hour, and it's not a hot day, you may be fine just to sip on water. Weighing yourself before and after exercise tells you how much you have sweated – if you lose 1kg, you have sweated 1L. Remember if you drink while exercising, you also need to count this fluid in your loss (that is, if you lose 1kg on the scales, and drink 500mL water, you have really lost 1.5L in that time). If you can drink 80% of what you lose while exercising (eg. in this case, 1.2L), this is ideal! Then after you finish, you just need to replace the last amount (ie. 300mL), plus an extra 50% (ie. 150mL) as you continue to sweat and may go to the toilet.

If you are exercising for more than 1 hour, or it's a hot day, a sports drink is a handy option. This provides carbohydrates, fluid, and a small amount of sodium, which can help keep you well hydrated. For most people

600 - 750mL sports drink per hour will provide enough fluid and carbohydrates.

If you wish to eat something when exercising, go for easily digested, carbohydrate-rich foods including white bread with jam or vegemite, low fat cereal bars, lollies or sports gels.

After exercise:

You need to replace the carbohydrate your body has used, and also include some protein to help with muscle repair.

It is best to do this as soon as possible, and popular suitable choices include fruit and yoghurt, rolls with meat or cheese, lollies, fruit smoothies, low fat muffins, or a meal replacement such as Sustagen Sport. As mentioned earlier, you need to also replace fluids after exercise, and cold drinks are often easier to consume in large volumes. Sports drinks are very suitable, and water is appropriate if you are eating at the same time.

It is good to have a high carbohydrate, protein-containing meal on this night too, to further replace muscle energy stores, and to ensure you are ready for the next exercise session. Good choices are varied but may include a beef, chicken or tofu stir fry with rice or noodles, spaghetti bolognese with vegetables or salad, or grilled fish with bread and salad.

Great Sports Snacks:

Physical fitness increases energy requirements and protein needs and the requirements for some vitamins and minerals. For most active people, all those additional energy and nutrient needs can be met by eating a nutrient-rich diet.

Here's a guide to some great sports snacks from Christine Rosenbloom, Ph.D., R.D., CSSD, a leading sports dietician who has worked with age-group, collegiate and professional athletes for more than twenty years all over the world.

Snack	Why this snack?
Almonds	23 almonds provide 170 calories, 6 g protein, 3.5 g fibre, 75 mg calcium and 7.4 mg Vitamin E (highest of all nuts), antioxidants and heart healthy fats.
Cereal & Milk & Fruit	A whole-grain cereal paired with low-fat milk and fresh fruit provides carbohydrate and protein, along with vitamins and minerals. Choose a cereal that has the "whole grain" seal, and has at least 3 grams of fibre per serving. Top with fresh fruit.
Greek Yogurt with Fruit	Non-fat or low-fat Greek yogurt is thicker than other yogurt and contains more protein per serving (up to 23 grams of protein per cup) but slightly less calcium than regular yogurt. Top with fresh fruit.
Peanut Butter Sandwich	Peanut butter on whole grain bread is a high energy, tasty, portable snack. Peanut butter has heart healthy fat and is high in protein.
Popcorn sprinkled with Parmesan cheese	Low-fat microwave popcorn is whole grain snack; when sprinkled with 2 Tablespoons of grated Parmesan cheese this snack adds protein and 120 mg of calcium.
Trail mix	The key to this healthy snack is keeping the portions in check and finding or making a trail mix with dried fruit, nuts, seeds and whole grain cereal. Avoid the trail mix with candy pieces to reduce fat.

Skills & Drills Training

Goalers:

Should aim to practice their shooting 5 out of each 7 days. They should aim for 50 shots at different places and distances around the goal ring. By the end of the training program they should aim to be getting all 50 shots in.

All players:

Passing, try to pass with another person a couple of times a week to maintain your throwing conditioning. Practice with both dominant and non-dominant arms. Practice a range of passes. If you cannot pass with another person, practice throwing the ball towards a wall as if it were a person.

Defenders:

Can add in additional footwork drills, such as use 4 cones in a square and move around to each cone, varying the locomotion (side step, run), vary your pace, and mix up with cones you go to (i.e. the sequence). Aim for 1 minute working, 30 seconds resting x 5 up to four times per week. You can also do some ladder work, if you do not have an exercise ladder draw on the ground with chalk or use cones. Work forwards and backwards through the ladder, varying how many steps in between each rung, move forwards but sideways at the same time, move over the rungs facing the side. Keep your pace fast. Aim for 10 different patterns, rest for 1 minute x 3 up to four times a week.

Workout Instructions

Each week must be completed throughout the duration of the summer break. The warm up must be completed before commencement of the workout.

[Download the app Runkeeper to track how far you run](#)

There are two types of days, a BLUE day and a RED day. Blue days are cardio days, red days are strength days.

You have an allocated time to complete as many repetitions of the given exercise as you can, record the number of reps completed under results. That exercise is then complete for that day. The next day you complete the same exercises try and beat your previous result! eg. 'Red Day' beat results from previous red day.

Give yourself a 45 second rest between each exercise =)

If you cheat you are only cheating yourself.

Lets set some new PBs!

Week 1

Session	Warm Up	The Workout (45sec Rest between each exercise)	My Results <small>How many reps can I complete in the given time</small>
Monday Blue Day	Warm Up 1. Skipping (1min 50% speed then 1 min speed skip Repeat x5) total 10mins	Cardio Workout 1. Running 10mins (2 min rest) 2. Mountain Climbers - 1 min 3. Burpees - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ km in 10min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Tuesday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg split lunges - 1min left 1m right 2. Push Ups - 1min 3. Slow Squats - 1min 4. Tricep dips - 1min 5. Sit ups - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Wednesday	REST	REST	REST
Thursday Blue Day	Warm Up Jogging/Swim/Bike - 15mins	Cardio Workout 1. Skipping (<i>10sec rest between section</i>) - Running on Spot Skipping - 1min - Double Jumps Skips - 1 min - Right foot only 30sec - Left foot only 30sec 2. Mountain Climbers - 1 min 3. Burpies - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ in 1min _____ in 1min _____ in 30sec _____ in 30sec _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Friday Red Day	Warm Up Skipping (1min 50% speed then 1 min speed skip Repeat x5) total 10mins	Strength (45sec Rest between each exercise) 1. Single leg split lunges - 1min left 1m right 2. Push Ups - 1min 3. Slow Squats - 1min 4. Tricep dips - 1min 5. Sit ups - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Saturday Blue Day	Warm Up Jogging/Bike/Swim - 15mins	Cardio Workout 1. Skipping (<i>10sec rest between section</i>) - Running on Spot Skipping - 1min - Double Jumps Skips - 1 min - Right foot only 30sec - Left foot only 30sec 2. Mountain Climbers - 1 min 3. Burpees - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ in 1min _____ in 1min _____ in 30sec _____ in 30sec _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Sunday	REST	REST	REST

Try and beat your results from the previous Red or Blue Day.
Record all results to show your improvement

Week 2

Session	Warm Up	The Workout (45sec Rest between each exercise)	My Results <small>How many reps can I complete in the given time</small>
Monday Blue Day	Warm Up 1. Skipping (1min 50% speed then 1 min speed skip Repeat x5) total 10mins	Cardio Workout 1. Running 10mins 2. Mountain Climbers - 1 min 3. Burpees - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ km in 10min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Tuesday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg split lunges - 1min left 1m right 2. Push Ups - 1min 3. Slow Squats - 1min 4. Tricep dips - 1min 5. Sit ups - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Wednesday	REST	REST	REST
Thursday Blue Day	Warm Up Jogging/Swim/Bike - 15mins	Cardio Workout 1. Skipping (<i>10sec rest between section</i>) - Running on Spot Skipping - 1min - Double Jumps Skips - 1 min - Right foot only 30sec - Left foot only 30sec 2. Mountain Climbers - 1 min 3. Burpies - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ in 1min _____ in 1min _____ in 30sec _____ in 30sec _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Friday Red Day	Warm Up Skipping (1min 50% speed then 1 min speed skip Repeat x5) total 10mins	Strength (45sec Rest between each exercise) 1. Single leg split lunges - 1min left 1m right 2. Push Ups - 1min 3. Slow Squats - 1min 4. Tricep dips - 1min 5. Sit ups - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Saturday Blue Day	Warm Up Jogging/Bike/Swim - 15mins	Cardio Workout 1. Skipping (<i>10sec rest between section</i>) - Running on Spot Skipping - 1min - Double Jumps Skips - 1 min - Right foot only 30sec - Left foot only 30sec 2. Mountain Climbers - 1 min 3. Burpees - 1 min 4. Step Ups (small step, fast) - 1 min 5. High Knees - 1 min Stretch	_____ in 1min _____ in 1min _____ in 30sec _____ in 30sec _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Sunday	REST	REST	REST

Try and beat your results from the previous Red or Blue Day.
Record all results to show your improvement

Week 3

Session	Warm Up	The Workout (45sec Rest between each exercise)	My Results
Monday Blue Day	Warm Up - 8 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Tuesday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Wednesday	REST	REST	REST
Thursday Blue Day	Warm Up Jogging/Skipping/Bike - 20mins	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min 5. Alternating Jumping Lung - 1 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min _____ in 1min
Friday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest when up (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Saturday Blue Day	Warm Up - 8 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Sunday	REST	Rest	Rest

Week 4

Session	Warm Up	The Workout (45sec Rest between each exercise)	My Results
Monday Blue Day	Warm Up - 8 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Tuesday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____ R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Wednesday	REST	REST	REST
Thursday Blue Day	Warm Up Jogging/Skipping/Bike - 20mins	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min 5. Alternating Jumping Lung - 1 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min _____ in 1min
Friday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest when up (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____ R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Saturday Blue Day	Warm Up - 8 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Sunday	REST	Rest	Rest

Week 5

Session	Warm Up	The Workout (45sec Rest between each exercise)	My Results
Monday Blue Day	Warm Up - 10 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Tuesday Red Day	Warm Up Jogging/Skipping/Bike - 10mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____ R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Wednesday	REST	REST	REST
Thursday Blue Day	Warm Up Jogging/Skipping/Bike - 20mins	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min 5. Alternating Jumping Lung - 1 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min _____ in 1min
Friday Red Day	Warm Up Jogging/Skipping/Bike - 15mins	Strength (45sec Rest between each exercise) 1. Single leg Step Up, Opposite Knee to Chest when up (large step) 1.5min L leg, 1.5min R leg. 2. Air Boxing - 1 min (no equipment needed) 3. Butt Raises - 1 min 4. Wall Sit - 1min 5. Plank - 1 min 6. Swimmers - 1 min 7. Leg Lifts - 1min Stretch	L_____ R_____ _____ in 1min _____ in 1min _____ in 1min _____ in 1min _____ in 1min
Saturday Blue Day	Warm Up - 10 minutes (Every minute on the minute, complete the following) - 30 Skipping - 10 high knees - 20 fast feet - 3 burpees	Cardio Workout 1. Mountain Climbers - 1.5 min 2. Jump Squats 1min 3. Step Ups (medium step, fast) - 1.5 min 4. Star Jumps - 1.5 min Stretch	_____ in 1.5min _____ in 1min _____ in 1.5min _____ in 1.5min
Sunday	REST	REST	REST

Stretches



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



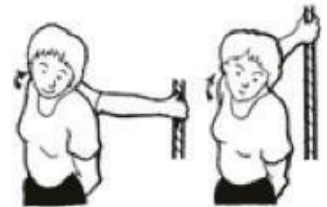
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



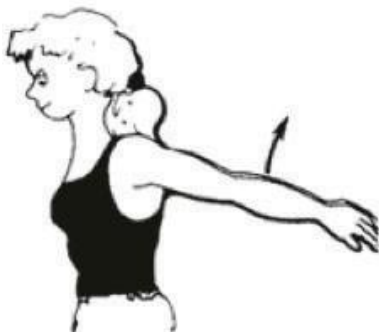
4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



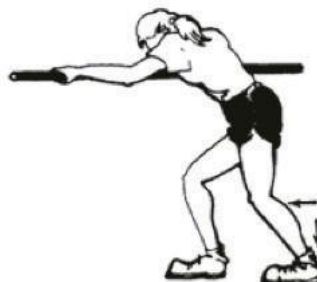
8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



26. Soleus Stretch
(knee bent over rear foot, feet facing forward)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



18. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)

