

DRY LAND TRAINING – no pool? – no problem!

BEFORE WE GET STARTED

- Children should be monitored to ensure no health and safety concerns.
- Wear comfortable clothing without any jewellery etc.
- Outside or inside (make sure the room is well ventilated if indoor).
- Have a bottle of water handy as you do not want to be dehydrated
- Use an exercise mat if you have one. If not, use a towel or choose a room with a thick carpet

WARM-UP

FORWARD AND BACKWARD ARM & SHOULDER CIRCLES

Just circling arms around forward and back. At least 15 seconds each way. Repeat with shoulders (arms by your sides)

JOGGING ON THE SPOT

This is also straight forward. No need to sprint – just stand straight and start jogging **gently** on the spot for 60 seconds, followed by **fast** jogging for 10 seconds. Repeat 3 times.

ARM Stretches

Stand tall with your feet shoulder width apart. Stretch your arms, one at a time, above your head 6 times each arm.

Then hold your arms out to the side at shoulder level and stretch them out without bending at the waist. Repeat 6 times each side.

Now hold your arms by your sides and stretch down towards your knees, bending sideways at the waist – 6 times each side.

Keep breathing slowly with smooth and steady arm movement.

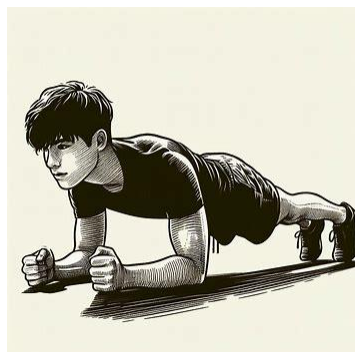
STAR JUMPS / JUMPING JACKS

for at least 60 seconds.

MAIN SET

LUNGES

Step forward with one leg and make sure you are bending both legs at a nearly ninety degree angle. Step out of the lunge and then step forward with the other leg and repeat 5 times.

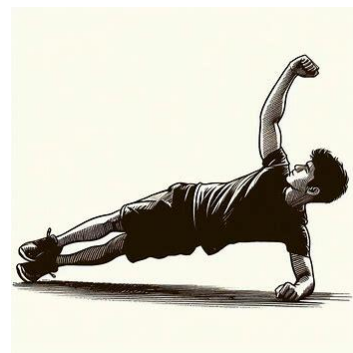


PLANK

Start by lying on the floor and place your forearms on the floor. Lift your body up so that your forearms and toes are the only places of contact with the floor. Keep your body in a straight line – make sure your bum is not too high up or too low.

SIDE PLANK

Lie on your side and place just one forearm on the floor and lift your body up so that the only places of contact your body has with the floor are your foot and forearm. Hold this position for thirty seconds before repeating on the other side.



PRESS UP

Start with your hands on the floor – shoulder width apart and curl your toes. Raise yourself off the floor with your arms so that your arms are straight. Then complete the press up by bending your arms at a 90 degree angle and then straightening your arms again.

KNEE PRESS UP

If you can't manage a full press up (keep trying!) Start as above, but lower your knees to the floor, then press up!

SUPERMAN

Lie face down on the floor with your arms out straight and then lift your right arm and left leg up and hold it there for 5 seconds. Then bring your arm and leg down and lift up the opposite arm and leg and hold for 5 seconds. Repeat 3 times.

SPIDERWALK

Start in a plank position but with your hands on the floor not your forearms. Swing your thigh out and bring your knee as close as you can to your elbow. You should aim to have your thigh ninety degrees from the ground. Once you have brought your knee as close as you can to your elbow bring it back to plank and repeat with the other leg.

BURPEE

Start by jumping straight up with your arms in the air and then bend down into a deep squat position and place your hands on the floor. Kick both feet back at the same time so you are in a plank position and then kick them back your sitting squat position and do another straight jump.



MOUNTAIN CLIMBERS

These are similar to the spider walk but instead of bringing your thigh outwards you keep your knee facing towards the floor and bring your leg towards your arms. Bring your leg back to plank position and repeat with the other leg.

STRETCH /COOL DOWN

There are so many benefits to stretching including: improved flexibility, injury prevention and increased mobility. Also stretching can also improve energy levels as muscles tighten when we are tired so stretching will help combat that! To get the best results from stretching it is recommended that you hold each stretch for thirty seconds.

THIGH STRETCHES

Bend your right knee and hug your thigh into your body (knee to chest) – hold the stretch for 5-10s. Repeat with your left leg.

Reach behind and hold your ankle, pulling your lower leg up behind your thigh – try to keep your knees together! Hold as long as you can without falling over – then repeat with the other leg.

SPINE & HAMSTRING STRETCH

Slowly roll down, one vertebra at a time and stretch to your toes. DO NOT BOUNCE. Hold for 10 seconds. Move towards the right ankle – hold. Then to the left ankle. Finally roll back up one vertebra at a time.

UPPER BODY

Stand up straight and pull one arm straight across your chest and push the arm in towards your chest by using your opposite hand on your elbow. Hold this stretch for 30 seconds before switching arms.

Another good stretch: raise both arms above your head then bend one arm at the elbow so your forearm drops down. With the other hand, hold the bent elbow and pull it backwards behind your head. Hold this for thirty seconds and then switch arms.