



RUGBY

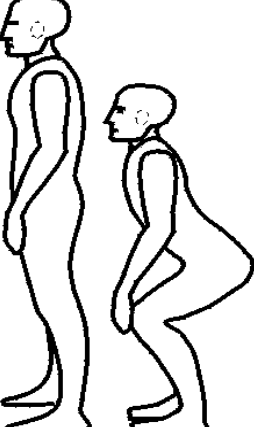
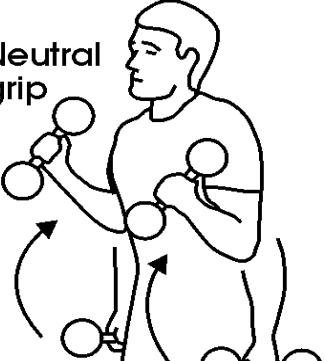
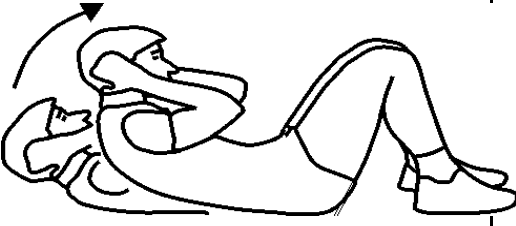
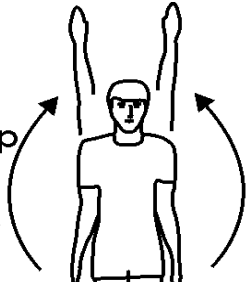
SCHOOL

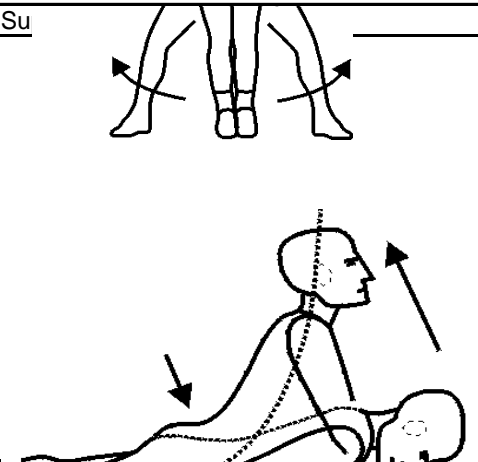
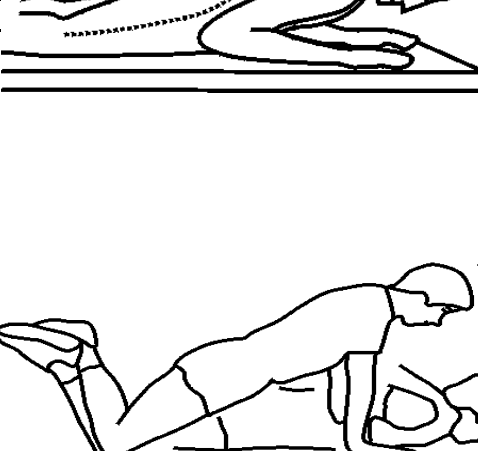
STRENGTH

PROGRAMME

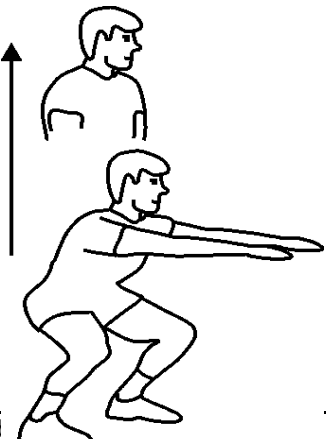
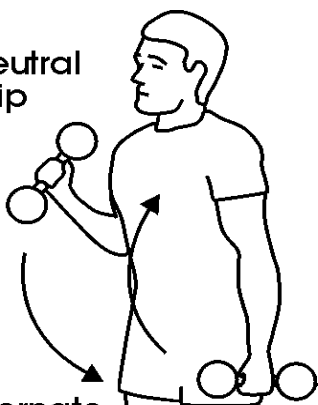
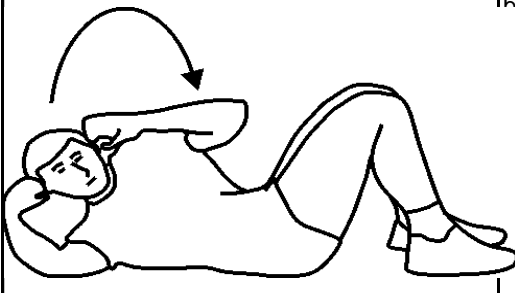
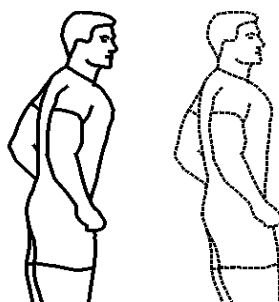
YEAR SEVEN

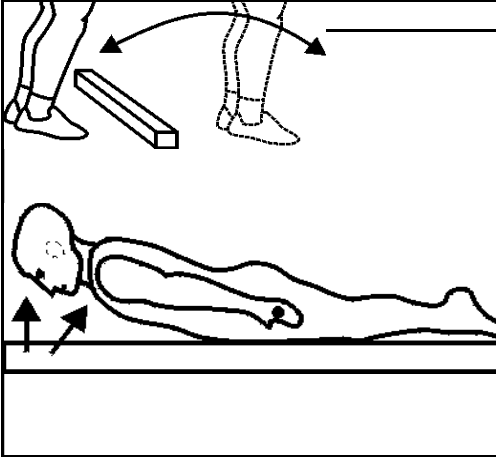
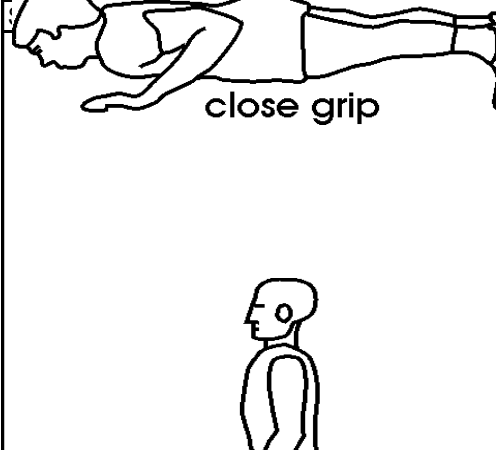
Block 1	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Quarter squat	10	1	10	1	10	1	12	1	12	1	12	1
Pull	Dumb Bell Curl	10	1	10	1	10	1	12	1	12	1	12	1
Core	Sit ups	10	1	10	1	10	1	12	1	12	1	12	1
Leg	Jumping Jacks	10	1	10	1	10	1	12	1	12	1	12	1
Core	Supported Back Extension	10	1	10	1	10	1	12	1	12	1	12	1
Push	Push Up Arms Elevated	10	1	10	1	10	1	12	1	12	1	12	1
NOTES		Rest for thirty seconds between exercises. Carry this programme out twice per per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells	√												
Medicine Ball													
Small Barrier													
Step Box													
Towel Headrest													

Name and diagram	Description
<p data-bbox="300 230 794 264">Quarter Squat</p> 	<p data-bbox="794 264 1284 414">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Breathe naturally during the movement</p>
<p data-bbox="300 683 794 716">Dumb B</p>  <p data-bbox="311 806 438 884">Neutral grip</p>	<p data-bbox="794 683 1284 929">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending the arms and curling the dumb bells upwards towards the shoulders in a controlled manner. Breathe naturally during the movement</p>
<p data-bbox="300 1131 794 1164">S</p> 	<p data-bbox="794 1131 1284 1444">Description Lie on your back. Place your hands to the side of your head . Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish the movement when the elbows touch your knees. Breathe naturally during the movement</p>
<p data-bbox="300 1579 794 1624">Jumping Jack</p>  <p data-bbox="327 1870 422 1982">Jump and jack</p>	<p data-bbox="794 1579 1284 1780">Description Start with your feet together and hands to your sides. Jump out with your legs whilst simultaneously raising your hands above your head. Breathe naturally during the movement</p>

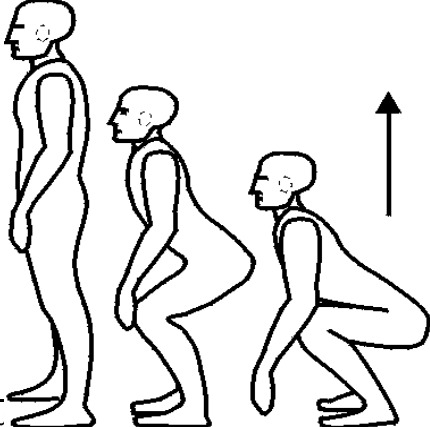
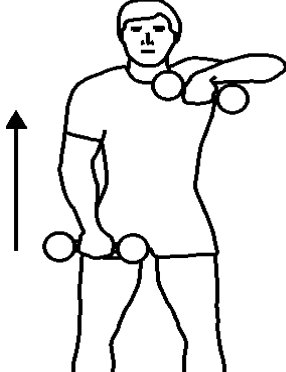
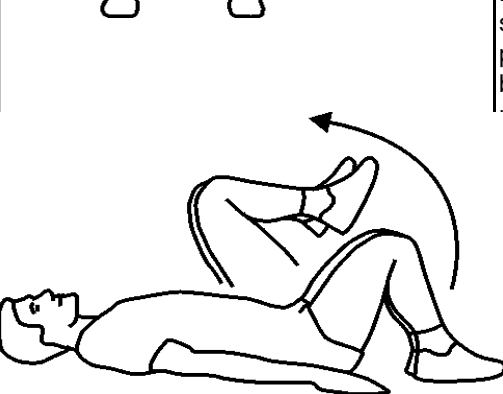
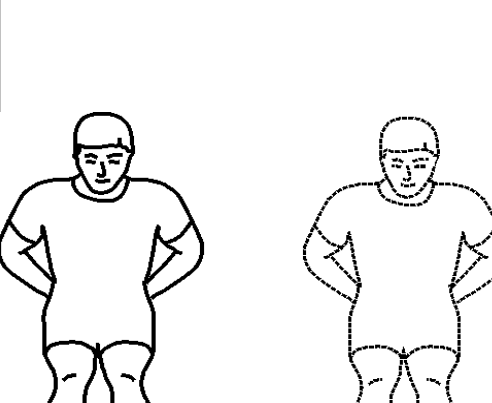
<p data-bbox="300 667 335 694">Su</p> 	<p data-bbox="798 667 925 694"><u>Description</u></p> <p data-bbox="798 698 1276 907">Lie on the ground with your hands under or just to the outside of your shoulders. Slowly raise your upper body off the ground by contracting your back muscles and extending your arms. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>
	<p data-bbox="798 1128 925 1155"><u>Description</u></p> <p data-bbox="798 1160 1276 1332">Lie on the ground with your hands under or just to the outside of your shoulders and your legs bent at the knee. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement.</p>

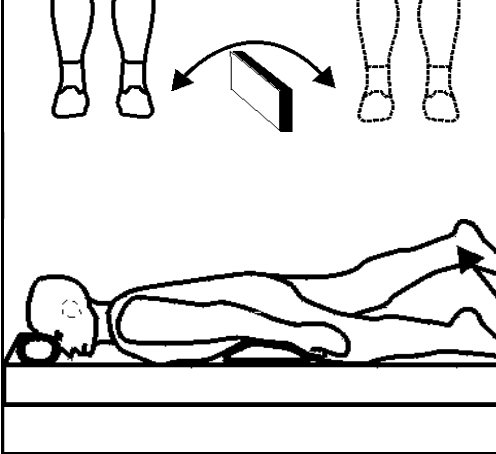
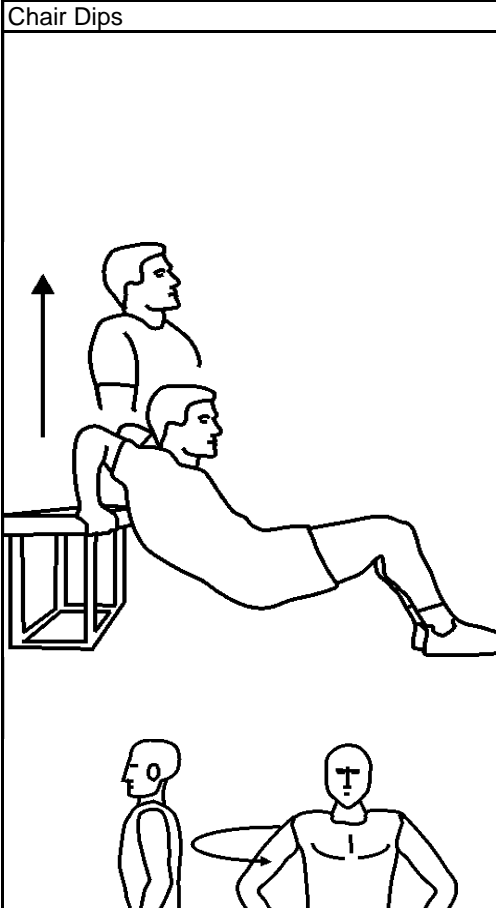
Block 2	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Half squat	10	1	10	1	10	1	12	1	14	1	15	1
Pull	Dumb Bell Alternate Arm Curl	10 each arm	1	10 each arm	1	10 each arm	1	12 each arm	1	14 each arm	1	15 each arm	1
Core	Sit Up and Twist	10	1	10	1	10	1	12	1	14	1	15	1
Leg	Jump Forward & Back	10	1	10	1	10	1	12	1	14	1	15	1
Core	Prone Back Extension	10	1	10	1	10	1	12	1	14	1	15	1
Push	Push Up	10	1	10	1	10	1	12	1	14	1	15	1
Balance	Single Leg Balance	3 x 5s each leg	1	3 x 5s each leg	1	4 x 5s each leg	1	4 x 5s each leg	1	5 x 5s each leg	1	5 x 5s each leg	1
NOTES		Rest for thirty seconds between exercises. Carry this programme out twice per per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball													
Small Barrier		√											
Step Box													
Towel Headrest													

Name and diagram	Description
<p data-bbox="296 226 422 257">Half Squat</p> 	<p data-bbox="794 257 1291 504">Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Finish the movement when the bottom of the thighs are parallel to the ground. Breathe naturally during the movement</p>
<p data-bbox="296 680 359 712">Dumb</p> <p data-bbox="296 795 422 862">Neutral grip</p> 	<p data-bbox="794 680 1291 952">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner. Reverse the movement in a controlled way and repeat with the other arm. Breathe naturally during the movement</p>
<p data-bbox="296 1135 438 1176">Alternate</p> 	<p data-bbox="794 1135 1291 1467">Description Lie on your back. Place your hands to the side of your head . Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. As your upper body is coming off the ground twist so that you finish the movement when your elbow touches your opposite knee. Breathe naturally during the movement</p>
<p data-bbox="296 1588 582 1619">Jump Forwards and Back</p> 	<p data-bbox="794 1588 1291 1915">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the hips and knee, extend the ankle joint and jump over the line or barrier. Land on the balls of your feet with a slight knee bend and immediately jump back over the barrier or line again landing on the balls of your feet with a slight knee bend and immediately jump forward over the barrier or line again</p>

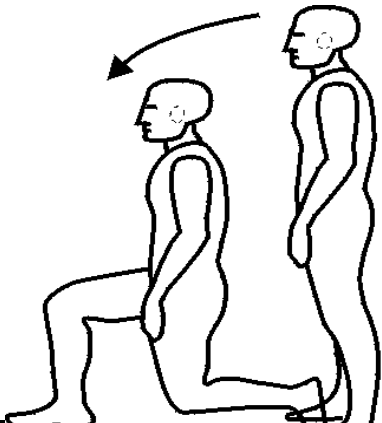
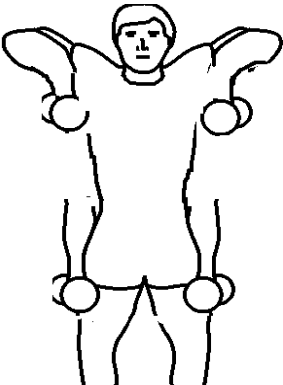
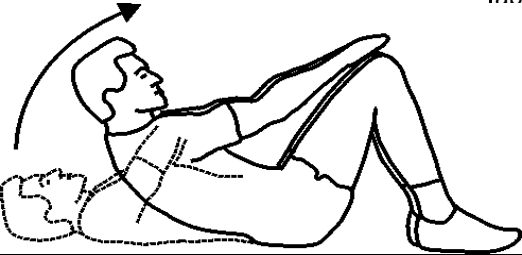
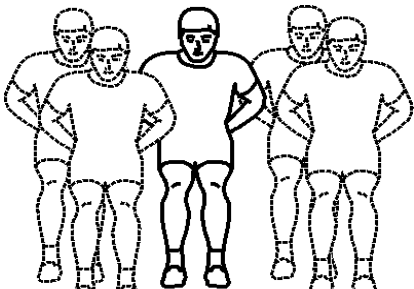
	<p>Description</p> <p>Lie on the ground with your hands to your side. Slowly raise your upper body off the ground by contracting your back muscles. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>
<p>Close Grip Push Ups</p>	<p>Description</p> <p>Lie on the ground with your hands under or just to the outside of your shoulders and your feet raised onto the toes. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement.</p>
	<p>Description</p> <p>and upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Hold this balanced position for the required time.</p>

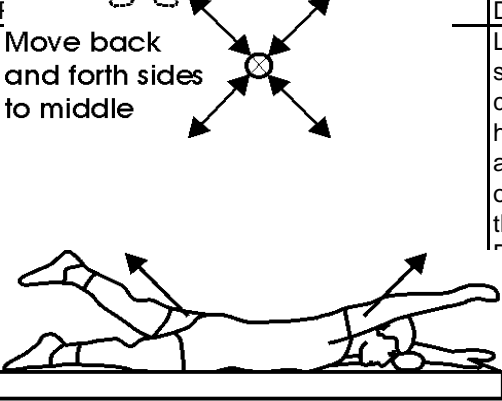
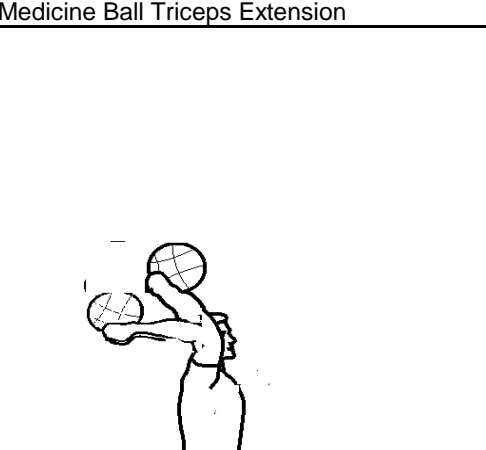
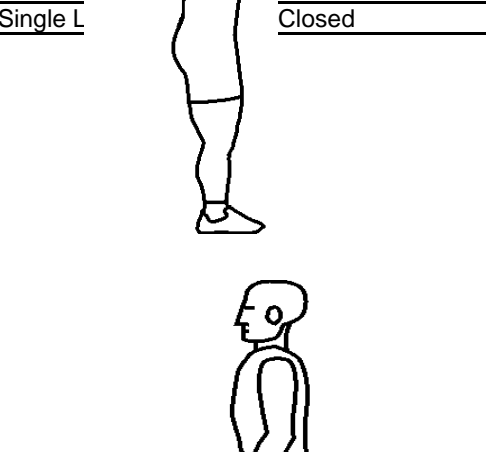
Block 3	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Body Weight Full Squat	10	1	10	2	15	1	12	2	12	2	15	2
Pull	Dumb Bell Upright Row	10	1	10	2	15	1	12	2	12	2	15	2
Core	Reverse Sit Up	10	1	10	2	15	1	12	2	12	2	15	2
Leg	Lateral Barrier Jump	10	1	10	2	15	1	12	2	12	2	15	2
Core	Prone Alternate Leg Raise	10 each leg	1	10 each leg	2	15 each leg	1	12 each leg	2	12 each leg	2	15 each leg	2
Push	Chair Dips	10	1	10	2	15	1	12	2	12	2	15	2
Balance	Single Leg Standing Hip & Trunk Rotation	10	1	10	2	15	1	12	2	12	2	15	2
NOTES		Rest for twenty seconds between exercises and ninety seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair	√												
Dowel/Bar													
Dumb Bells	√												
Medicine Ball													
Small Barrier	√												
Step Box													
Towel Headrest	√												

Name and diagram	Description
<p data-bbox="300 230 794 264">Body Weight Full Squat</p> 	<p data-bbox="801 230 1291 712">Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe naturally during the movement</p>
<p data-bbox="300 712 794 745">Re</p> 	<p data-bbox="801 712 1291 1137">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by raising one shoulder and simultaneously bending the arm to lift the dumb bell upwards in a controlled manner. Lower the dumb bell in a controlled manner and repeat with the other arm. Breathe naturally during the movement.</p>
<p data-bbox="300 1137 794 1171">Re</p> 	<p data-bbox="801 1137 1291 1585">Lie on your back. Place your hands to the side of your body. Keep your stomach pulled in. Start the movement by slowly bending at the hip and pull your knees up towards your chest. Keeping your legs bent lower them in a controlled manner. Breathe naturally during the movement</p>
<p data-bbox="300 1585 794 1619">Lateral Barrier Jump</p> 	<p data-bbox="801 1585 1291 2047">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the hips and knee, extend the ankle joint and jump laterally over the line or barrier. Land on the balls of your feet with a slight knee bend and immediately jump back over the barrier or line again landing on the balls of your feet with a slight knee bend. You should not "overbalance" at any stage.</p>

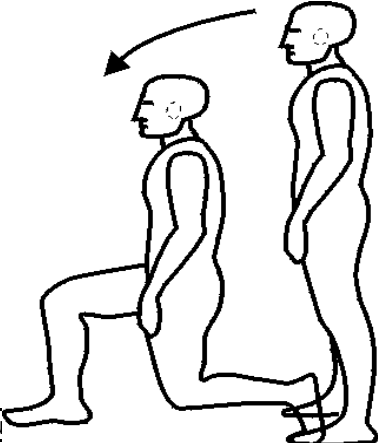
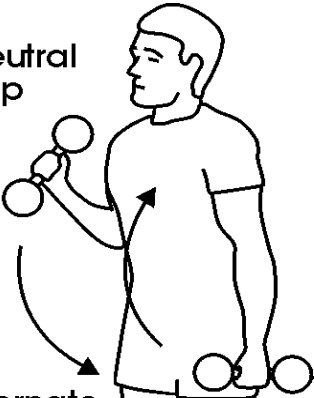
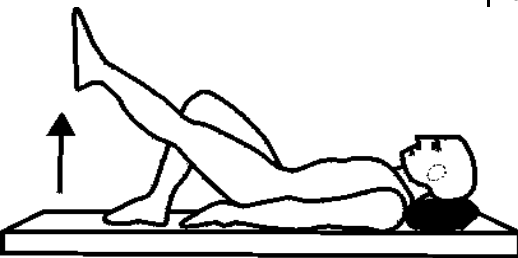
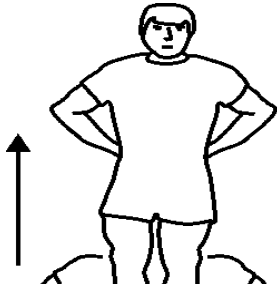
	<p>Description</p> <p>Lie on the ground, resting your forehead on a towel, with your hands to your side. Slowly raise one leg off the ground by contracting your buttock muscles. Keep your hips in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
<p>Chair Dips</p> 	<p>Description</p> <p>Sit on an imaginary chair and support your body by holding a bench or chair behind you. Slowly bend your arms to lower your body aiming (do not just rock on the shoulder whilst sagging in the middle!). From the bottom position extend your arms to raise the body. Breathe naturally during the movement.</p> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the fore of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg and trunk while keeping the other foot still and firmly on the ground.</p>



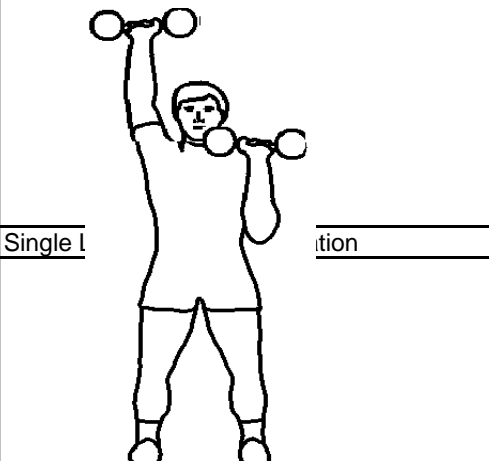
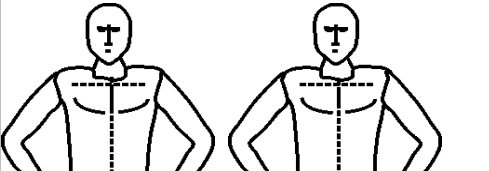
Block 4	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Single Leg Lunge	10 each leg	1	12 each leg	1	15 each leg	1	10 each leg	2	12 each leg	2	15 each leg	2
Pull	Dumb Bell Pull to Armpit	10	1	12	1	15	1	10	2	12	2	15	2
Core	Wrist Ups	10	1	12	1	15	1	10	2	12	2	15	2
Leg	"Dot" Jumps	10	1	12	1	15	1	10	2	12	2	15	2
Core	Prone Alternate Arm and Leg Raise	10 each leg	1	12 each leg	1	15 each leg	1	10 each leg	2	12 each leg	2	15 each leg	2
Push	Medicine Ball Triceps Extension	10	1	12	1	15	1	10	2	12	2	15	2
Balance	Single Leg Balance Eyes Closed	6 each leg 5s	1	6 each leg 5s	1	6 each leg 5s	1	6 each leg 5s	2	6 each leg 5s	2	6 each leg 5s	2
NOTES		Once all the exercises have been learnt here should be a 15 second rest period between exercises. Rest for two minutes between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Towel Headrest		√											

Name and diagram	Description
<p data-bbox="296 226 794 259">Single Leg Lunge</p> 	<p data-bbox="794 259 1289 555">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks push back from the floor to stand up again. Repeat using the same leg. Breathe naturally during the movement.</p>
<p data-bbox="296 680 794 714">Dur</p> 	<p data-bbox="794 714 1289 1070">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells in a neutral position palms facing the body. Start the movement by shrugging the shoulders and simultaneously bending the arms to lift the dumb bell upwards under the armpit in a controlled manner. As the dumb bells are lifted extend the legs and finish on your toes. Lower the dumb bell in a controlled manner. Breathe naturally during the movement.</p>
<p data-bbox="296 1135 794 1169">Wri</p> 	<p data-bbox="794 1169 1289 1435">Description Lie on your back. Place your hands to the side of your hips. Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Your hands will slide up the front of your thighs. Finish the movement when your palms touch your knees. Breathe naturally during the movement.</p>
<p data-bbox="296 1588 794 1621">Dot Jumps</p> 	<p data-bbox="794 1621 1289 1921">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the hips and knee, extend the ankle joint and jump to the middle. Land on the balls of your feet with a slight knee bend and immediately jump back diagonally again landing on the balls of your feet with a slight knee bend and immediately jump diagonally forward again.</p>

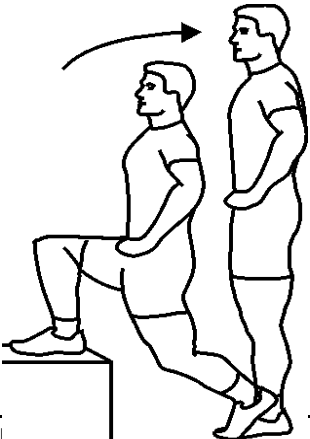
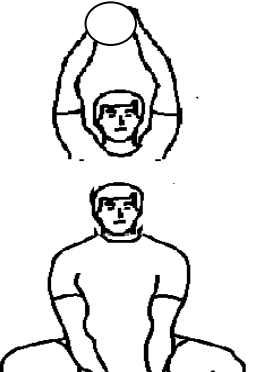
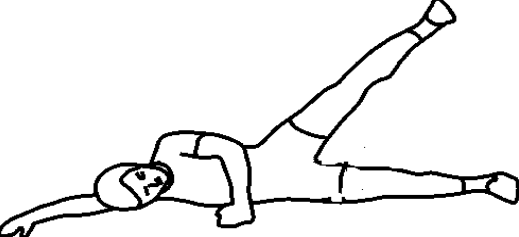
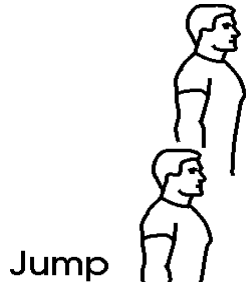
<p>Move back and forth sides to middle</p> 	<p>Description</p> <p>Lie on the ground with your hands to your side. Slowly raise one leg off the ground by contracting your buttock muscles. Keep your hips in contact with the ground and do not arch your back. At the same time raise your other arm. Keep your chest in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
<p>Right arm and left leg</p>	
<p>Medicine Ball Triceps Extension</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the medicine ball behind the head. Start the movement by straightening the arms. Complete the movement with the arms straight and the ball held over head. Breathe naturally during the movement.</p>
<p>Single L</p> 	<p>Closed</p> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Close your eyes and hold this balanced position for the required time.</p>

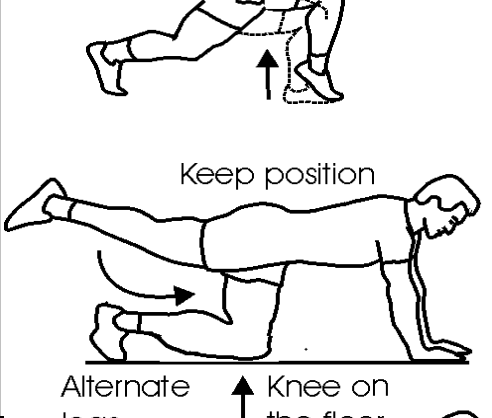
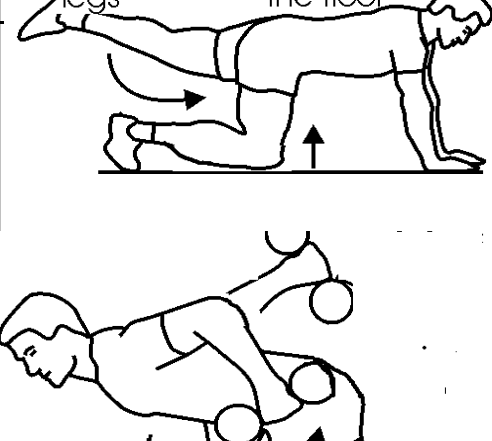
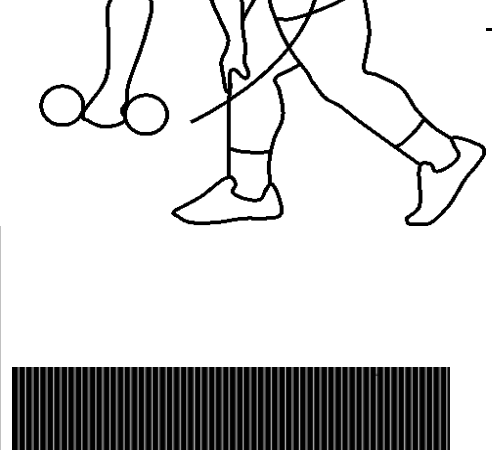
Block 5	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Alternate Leg Lunge	8 each leg	1	10 each leg	1	12 each leg	1	8 each leg	2	10 each leg	3	12 each leg	2
Pull	Dumb Bell Alternate Curl	8 each arm	1	10 each arm	1	12 each arm	1	8 each arm	2	10 each arm	3	12 each arm	2
Core	Supine Single Leg Raise	8 each leg	1	10 each leg	1	12 each leg	1	8 each leg	2	10 each leg	3	12 each leg	2
Leg	Half Squat Jump in Place	8	1	10	1	12	1	8	2	10	3	12	2
Core	Kneeling Hip and Single Leg Extension	8 each leg	1	10 each leg	1	12 each leg	1	8 each leg	2	10 each leg	3	12 each leg	2
Push	Dumb Bell Alternate Arm Press	8 each arm	1	10 each arm	1	12 each arm	1	8 each arm	2	10 each arm	3	12 each arm	2
Balance	Single Leg Balance Hip Rotation	8 each leg	1	10 each leg	1	12 each leg	1	8 each leg	2	10 each leg	3	12 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for two minutes between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball													
Small Barrier													
Step Box													
Towel Headrest		√											

Name and diagram	Description
<p>Alternate Leg Lunge</p> 	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>
<p>Dumbbell Curl</p> 	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner. Reverse the movement in a controlled way and repeat with the other arm. Breathe naturally during the movement</p>
<p>Alternate Leg Raise</p> 	<p>Lie on your back resting your head on a rolled towel. Place your arms to your side. Have one leg straight out and one leg bent the knee. Slowly raise the straight leg until the thigh is parallel with the thigh of the bent leg. Slowly lower the leg and repeat for the set number of repetitions. Breathe naturally during the movement</p>
<p>Half Squat Jumps in Place</p> 	<p>Stand upright with your shoulders back and your arms to your side or on your hips, your stomach pulled in and your feet shoulder width apart. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of the squat quickly jump straight up as far as you can. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>

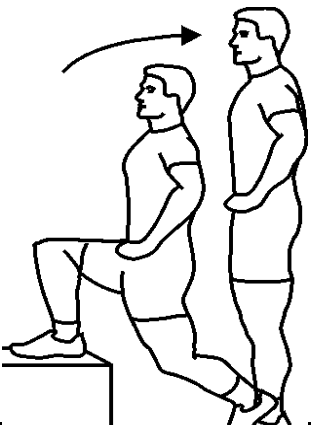
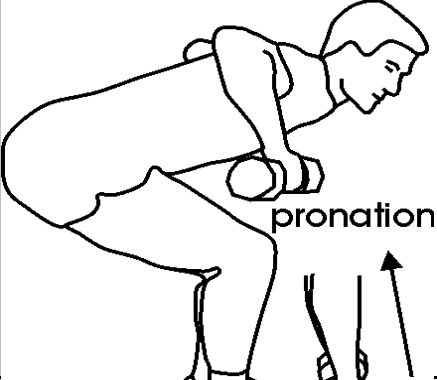
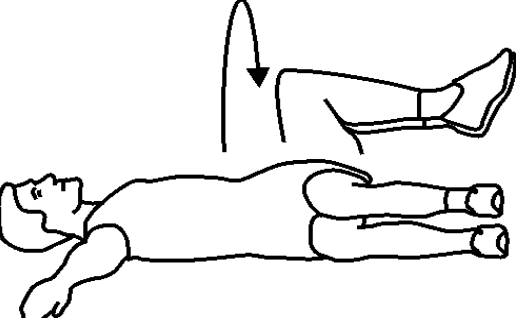

Kneeling		Tension	Description
Keep position			<p>Start in a kneeling position. Slowly straighten one leg and fully extend backwards. The foot should be slightly above the buttocks, do not arch the back. Lower the leg in a controlled manner and repeat with the same leg for the required number of repetitions. Breathe naturally during this movement.</p>
			Description
			<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumbbells at the shoulders then straighten one arm to press one dumbbell overhead. Lower the dumbbell to the shoulder and then press the other dumbbell overhead. Breathe out as the dumbbell is pressed and in as it is lowered.</p>
Single leg	Position		Description
			<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg while keeping the other foot still and firmly on the ground and keeping your trunk facing forward.</p>

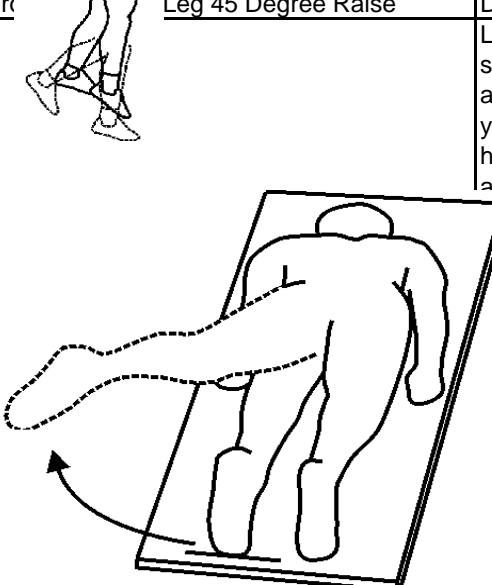
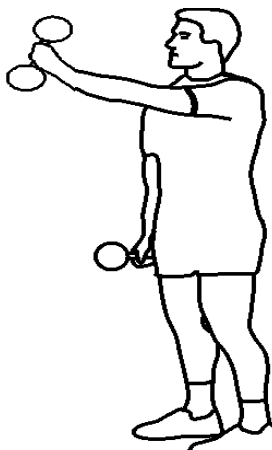

Block 6	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Single Leg Step Up	10 each leg	1	10 each leg	1	10 each leg	2	12 each leg	1	12 each leg	2	15 each leg	2
Pull	Medicine Ball Ring the Bell	10	1	10	1	10	2	12	1	12	2	15	2
Core	Lying on Side Single Leg Raise	10 each leg	1	10 each leg	1	10 each leg	2	12 each leg	1	12 each leg	2	15 each leg	2
Leg	Split Jumps in Place	10	1	10	1	10	2	12	1	12	2	15	2
Core	Kneeling Hip and Alternate Leg Extension	10 each leg	1	10 each leg	1	10 each leg	2	12 each leg	1	12 each leg	2	15 each leg	2
Push	Dumb Bell Single Arm Bent Over Tricep Extension	10 each arm	1	10 each arm	1	10 each arm	2	12 each arm	1	12 each arm	2	15 each arm	2
Leg	Alternate Leg Squat Thrusts	10 each leg	1	10 each leg	1	10 each leg	2	12 each leg	1	12 each leg	2	15 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for two minutes between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells													
Medicine Ball		√											
Small Barrier													
Step Box		√											
Towel Headrest													

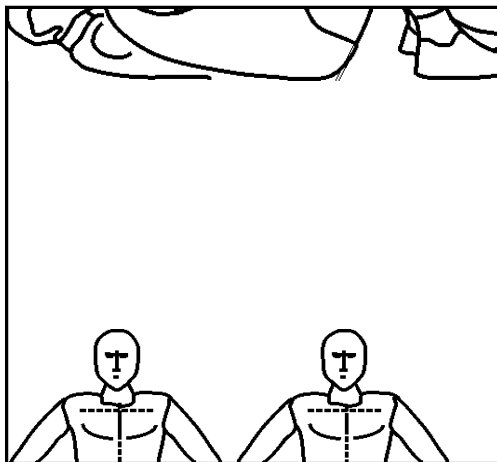
Name and diagram	Description
<p data-bbox="300 230 518 253">Single Leg Step Up</p> 	<p data-bbox="798 253 1291 589">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step up onto the box. Keep the upper body straight up. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. Repeat using the same lead leg. Breathe naturally during the movement.</p>
<p data-bbox="300 683 375 705">Medicine</p> 	<p data-bbox="798 683 1291 918">Description Start in a squat position with the medicine ball held between the legs level with the knees. In one movement bring the ball in virtually a straight line until it is above the head, then bring it down to the start position as if ringing a bell. Breathe naturally during the movement.</p>
<p data-bbox="582 1135 646 1158">Raise</p> 	<p data-bbox="798 1135 1291 1348">Description Lie on your side with your head supported on your arm and with your feet together. Slowly raise your top leg until it is approximately forty five degrees to the floor. Slowly lower the leg under control. Breathe naturally during the movement.</p>
<p data-bbox="300 1590 526 1612">Split Jumps in Place</p>  <p data-bbox="383 1993 486 2027">Jump</p>	<p data-bbox="798 1590 1291 1892">Description Stand in a lunge position with the front leg in a position so that the shin is perpendicular to and the thigh parallel to the floor. Place your hands to the side or on your hips. Start the movement by driving upwards through the ankle joint to jump straight up into the air. Upon a stable landing jump immediately back up into the air for the prescribed number of repetitions.</p>

Kneelin Extension	Description
 <p>Keep position</p> <p>Alternate legs</p> <p>Knee on the floor</p>	<p>Start in a kneeling position. Slowly straighten one leg and fully extend backwards. The foot should be slightly above the buttocks, do not arch the back. Lower the leg in a controlled manner and repeat with the other leg for the required number of repetitions. Breathe naturally during this movement.</p>
	<p>Description</p> <p>Stand in a partial lunge position with the right hand resting on the right thigh to support the body. Bend forward and hold the dumb bell in the arm with the elbow bent and the forearm perpendicular to the floor. Contract the back of the arm (triceps) to fully straighten the arm. Breathe out during the extension and in during the lowering. There will be some movement at the shoulder but keep this to a minimum.</p>
	<p>Description</p> <p>Start in a front support position with your stomach muscles flat and your body in a straight line. Keep this body position and start the movement by bending at the hip and knee to bring the knee to the chest. Quickly return the leg to the start position and repeat with the other leg.</p>

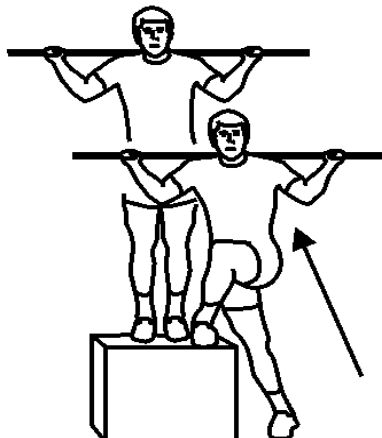
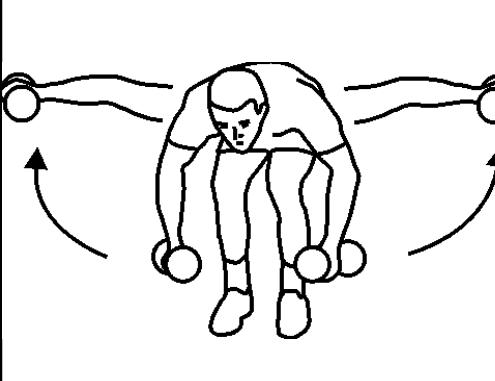

Block 7	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Alternate Leg Step Up	6 each leg	1	8 each leg	1	10 each leg	1	12 each leg	1	12 each leg	2	12 each leg	2
Pull	Dumb Bell Two Arm Bent Over Row	10	1	10	1	10	1	12	1	12	2	12	2
Core	Supine Hip Rotations	10	1	10	1	10	1	12	1	12	2	12	2
Leg	Stretch Jumps	6	1	8	1	10	1	12	1	12	2	12	2
Core	Prone Alternate Leg 45 Degree Raise	10 each leg	1	10 each leg	1	10 each leg	1	12 each leg	1	12 each leg	2	12 each leg	2
Push	Dumb Bell Alternate Front Raise	6 each arm	1	8 each arm	1	10 each arm	1	12 each arm	1	12 each arm	2	12 each arm	2
Core	Sit Ups	10	1	10	1	10	1	12	1	12	2	12	2
Balance	Single Leg Balance Rotation Eyes Closed	6 each leg	1	8 each leg	1	10 each leg	1	12 each leg	1	12 each leg	2	12 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for two minutes between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball													
Small Barrier													
Step Box		√											
Towel Headrest													

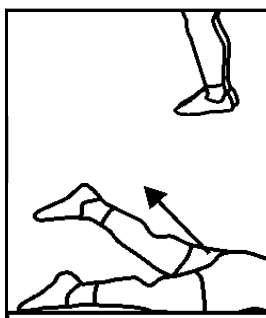
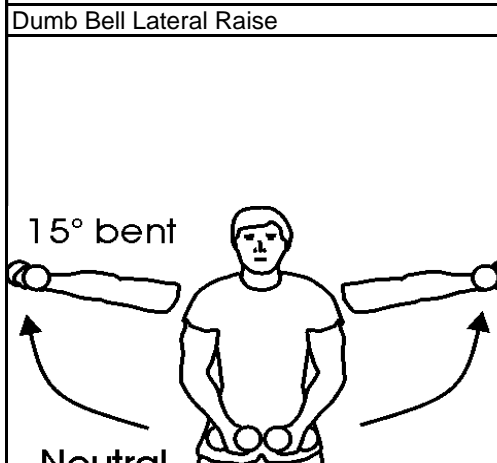
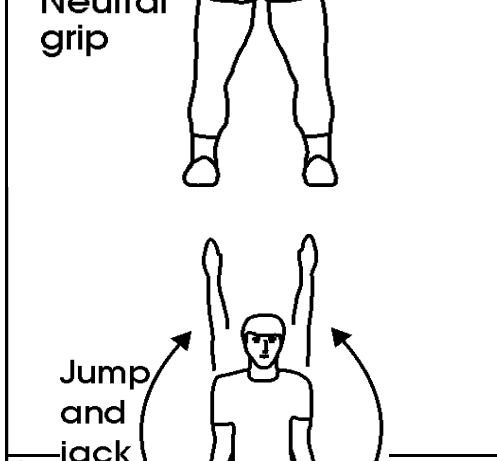
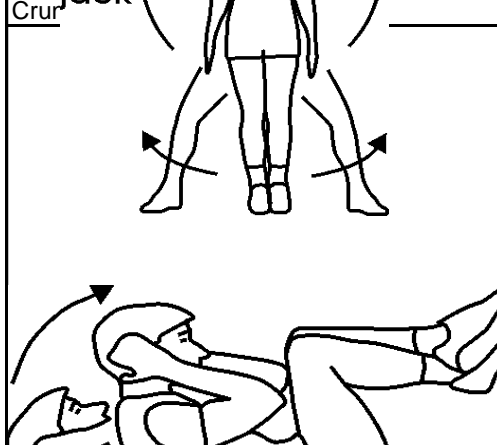
Name and diagram	Description
<p data-bbox="300 226 794 257">Alternate Leg Step Up</p> 	<p data-bbox="794 257 1291 584">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step up onto the box. Keep the upper body straight up. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. Repeat using the other leg as the lead leg. Breathe naturally during the movement.</p>
<p data-bbox="300 680 794 712">Dumbbell Squat</p> 	<p data-bbox="794 712 1291 1099">Bend over at the hips and squat at the knees so that your upper body is approximately forty five degrees with the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull the dumbbells up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
	<p data-bbox="794 1144 1291 1406">Lie on your back. Place your arms out away from your head. Keep your stomach pulled in. Start the movement by slowly bending your knees and then gently rotating your hips. Finish the movement when your thighs touch the floor, then slowly rotate fully until your other thigh touches the floor. Breathe naturally during the movement.</p>
<p data-bbox="300 1588 794 1619">Stretch Jump</p> 	<p data-bbox="794 1619 1291 1859">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Jump as high as you can extending the arms fully. Upon landing repeat the movement immediately. Breathe naturally during the movement.</p>

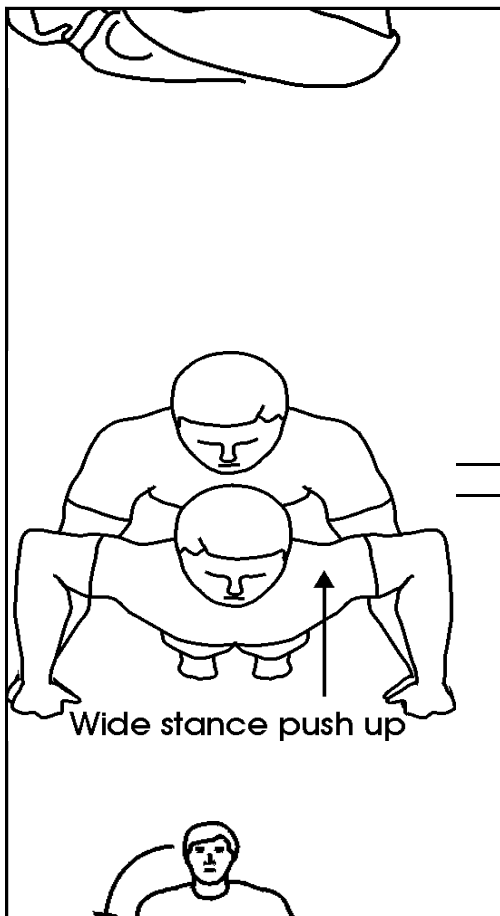
Pr	Leg 45 Degree Raise	Description
		<p>Lie on the ground with your hands to your side. Slowly raise one leg off the ground at an angle of forty five degrees by contracting your buttock and hip muscles. Keep your hips in contact with the ground and do not arch your back. Breathe naturally during the movement.</p> <p>Description</p> <p>and upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by moving your shoulder and pulling the dumb bell upwards in a controlled manner. Lower the dumb bell in a controlled manner and then raise the other dumb bell. Breathe naturally during the movement. As you become used to the movement breathe out as you raise the dumb bell and in as you lower it.</p>
Sit Ups		Description
		<p>Lie on your back. Place your hands to the side of your head . Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish the movement when the elbows touch your knees.Breathe naturally during the movement</p>

	<p><u>Description</u></p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Close your eyes then start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg while keeping the other foot still and firmly on the ground and keeping your trunk facing forward.</p>
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Block 8	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Cross Over Step Up	10 each leg	1	10 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Pull	Dumb Bell Bent Over Lateral Raise	10	1	10	1	6	2	8	2	10	2	12	2
Leg	Tuck Jumps	10	1	10	1	6	2	8	2	10	2	12	2
Core	Prone Alternate Leg and Arm Raise	10 each leg	1	10 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Push	Dumb Bell Lateral Raise	10	1	10	1	6	2	8	2	10	2	12	2
Leg	Jumping Jacks	10	1	10	1	6	2	8	2	10	2	12	2
Core	Crunches	10	1	10	1	6	2	8	2	10	2	12	2
Push/Pull	Push Ups Wide Grip	10	1	10	1	6	2	8	2	10	2	12	2
Balance	Dumb Bell Single Leg Side Bend	10 each leg	1	10 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for two minutes between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar		√											
Dumb Bells		√											
Medicine Ball													
Small Barrier													
Step Box		√											
Towel Headrest													

Name and diagram	Description
<p data-bbox="298 454 794 488">Cross Over Step Up</p> 	<p data-bbox="794 481 1289 840">Stand upright with you shoulders back and your arms to your side (or holding a dowel behind your head resting on your shoulders) your stomach pulled in and your feet shoulder width apart. Start the movement by quickly stepping across the body onto the box or step. Then push off the foot on the box to bring up the "trail" leg . Keep your upper body straight and upright, do not sag in the middle. Step down with the outside (natural) leg first. Breathe naturally during the movement.</p>
<p data-bbox="298 907 794 940">Di</p> 	<p data-bbox="794 907 1289 1332">Description Start with your arms slightly bent and your palms facing each other. Bend over at the hips and squat at the knees so that your upper body is approximately parallel with the floor. "Stick your chest out" in order to maintain a straight back. Start the movement by further pulling your shoulder blades together then pull your shoulders back and bring your arms up so that they are parallel to the floor, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
<p data-bbox="298 1355 794 1388">Tuck Jumps</p>  <p data-bbox="298 1724 462 1803">- Jump up - Lift knees</p>	<p data-bbox="794 1355 1289 1758">Description Stand upright with you shoulders back and your arms to your side or on your hips, your stomach pulled in and your feet shoulder width apart. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of the movement jump straight up as far as you can, bringing your knees to your chest. Keep your upper body straight and upright, do not sag in the middle. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>

	<p>Arm Raise</p>	<p>Description Lie on the ground with your hands to your side. Slowly raise one leg off the ground by contracting your buttock muscles. Keep your hips in contact with the ground and do not arch your back. At the same time raise your right arm. Keep your chest in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
<p>Right arm and left leg</p>		
	<p>Dumb Bell Lateral Raise</p> <p>Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumbbells together in front of the body with the elbows slightly bent. Raise the dumbbells to just above shoulder level and then slowly lower them. Breathe out as you raise the dumbbells and breathe out as you lower them.</p>	
	<p>Description Start with your feet together and hands to your sides. Jump out with your legs whilst simultaneously raising your hands above your head. Breathe naturally during the movement.</p>	
	<p>Description Lie on your back. Place your hands to the side of your head. Start with your hips bent so that your thighs are perpendicular to the ground and your knees bent at ninety degrees. Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish the movement when the elbows touch your knees. Breathe naturally during the movement.</p>	

 <p>Wide stance push up</p>	<p><u>escription</u></p> <p>...e on the ground with your hands outside ... your shoulders and your legs straight at the knee. Keep your abdominals tight during the exercise not allowing your body to sag. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement.</p> <hr/> <p><u>Description</u></p> <p>Hold a dumb bell in your right hand. Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending your right leg at the knee. Slowly bend the body at the waist sideways until the dumb bell touches the knee, reverse the movement and complete the required number of repetitions. Repeat at the other side.</p>
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