



RUGBY

SCHOOL

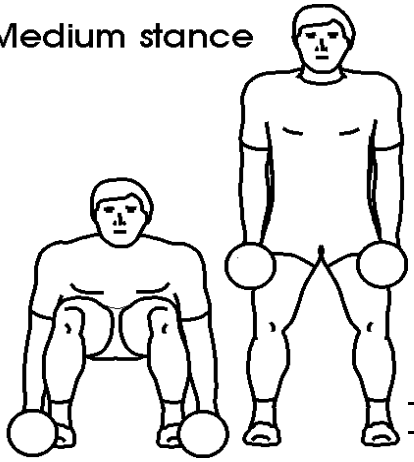
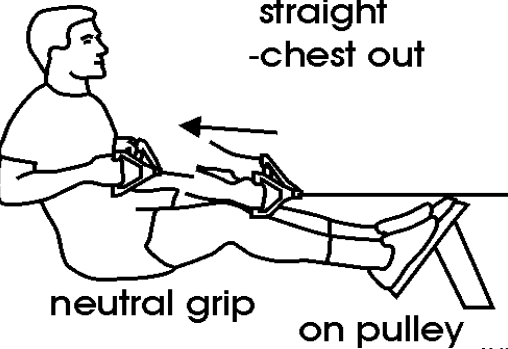
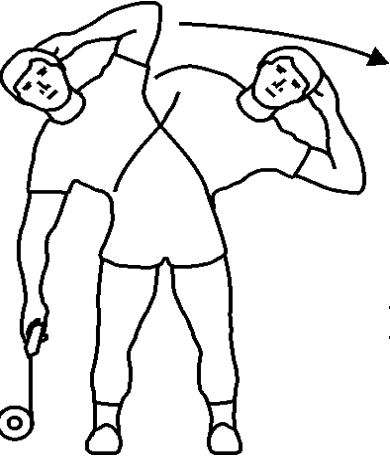
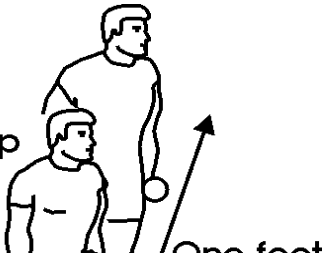
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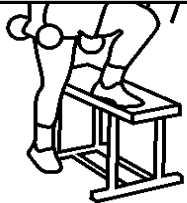
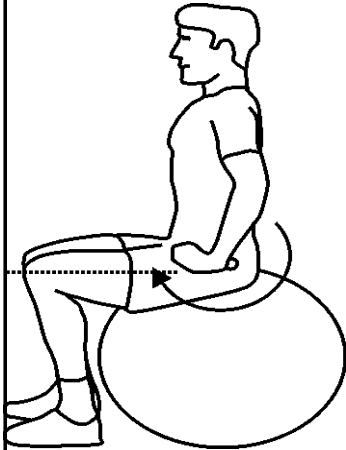
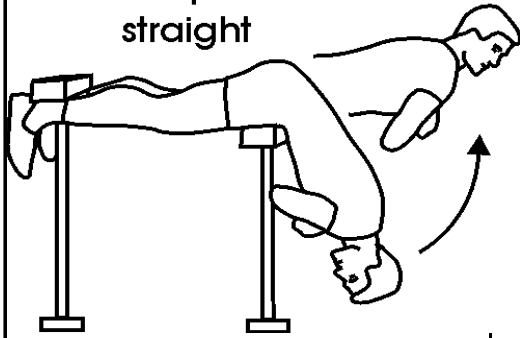
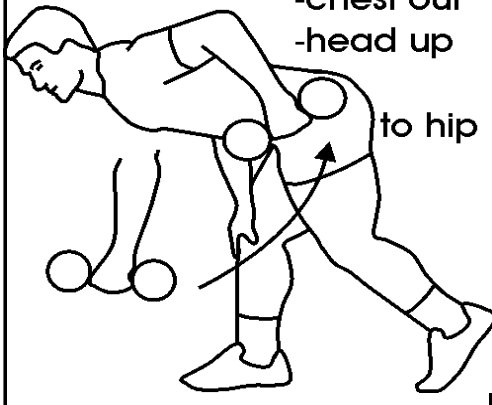
PROGRAMME

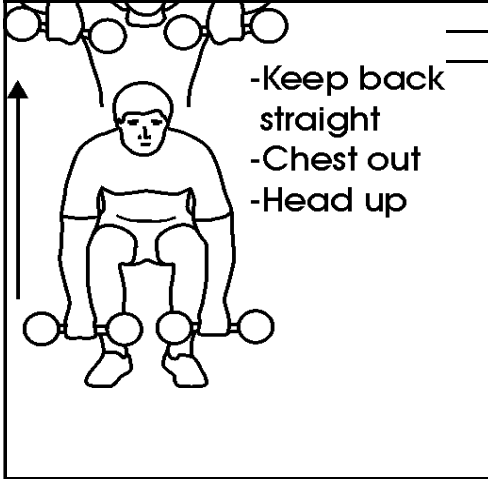
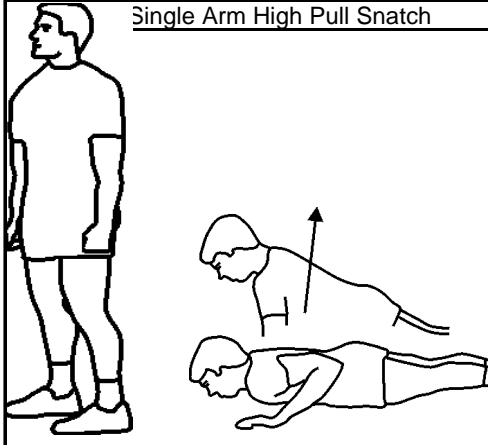
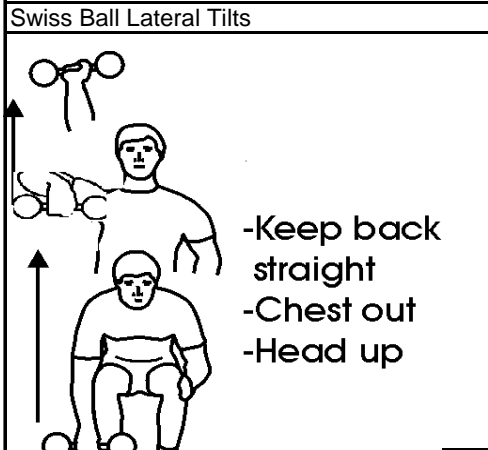
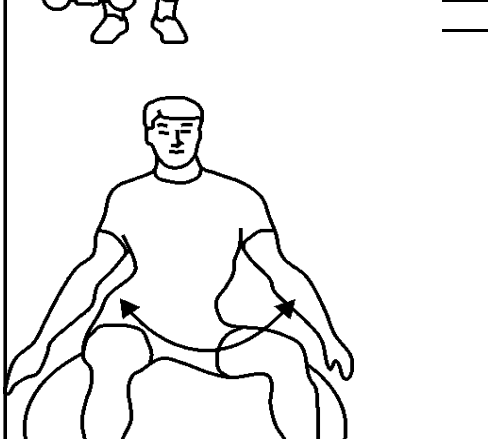
YEAR TEN

Block 1	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Squat	15	1	15	1	15	2	20	2	20	2	20	2
Pull	Cable Seated Row	15	1	15	1	15	2	20	2	20	2	20	2
Core	Cable Side Bend	12 each side	1	12 each side	1	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Leg	Dumb Bell Lateral Step Ups	12 each leg	1	12 each leg	1	12 each leg	2	15 each leg	2	15 each leg	2	15 each leg	2
Core	Swiss Ball Posterior and Anterior Tilt	12	1	12	1	12	2	15	2	15	2	15	2
Core	Roman Chair Back Extension	12	1	12	1	12	2	15	2	15	2	15	2
Push/Pull	Dumb Bell Bent Over Single Arm Triceps Extension	12 each arm	1	12 each arm	1	12 each arm	2	15 each arm	2	15 each arm	2	15 each arm	2
Combination	Dumb Bell High Pull Snatch	12	1	12	1	12	2	15	2	15	2	15	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 30 second rest period between exercise sets. Carry this programme out once per per week on non consecutive days.												

Block 1	Dates W/C												
Home	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Burpees	15	2	15	2	15	3	20	3	20	3	20	3
Pull	Dumb Bell Single Arm High Pull Snatch	6 each arm	2	6 each arm	2	8 each arm	3	8 each arm	3	10 each arm	3	10 each arm	3
Core	Swiss Ball Lateral Tilts	12	2	12	2	12	3	15	3	15	3	15	3
Leg	Body Weight Squat and Lunge	6 + 6 + 6	2	8 + 8 + 8	2	8 + 8 + 8	3	10 + 10 + 10	3	10 + 10 + 10	3	10 + 10 + 10	3
Core	Plank	30s	2	30s	2	30s	3	45s	3	45s	3	45s	3
Push	Push Up One Arm on Medicine Ball	6	2	8	2	8	3	8	3	15	3	15	3
NOTES	Once all the exercises have been learnt there should be a 30 second rest period between exercises and sets. Carry this programme out twice per week on non consecutive days.												

GYM SESSION	
Name and diagram	
Dumb Bell Squat	Description
<p>Medium stance</p> 	<p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumbbells touch the floor, immediately stand up straight. Breathe naturally during the movement.</p>
<p>Ca</p>  <p>-keep back straight -chest out</p> <p>neutral grip on pulley</p>	Description
	<p>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 handles up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
	Description
	<p>Stand upright with your shoulders back and your arms holding the handle to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>
<p>Side Step-up</p>  <p>One foot</p>	Description
	<p>Stand upright with your shoulders back holding the dumbbells to your side. Keep 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 to the side 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. After the required number of repetitions repeat using the other leg as the lead leg. Breathe naturally during the movement.</p>

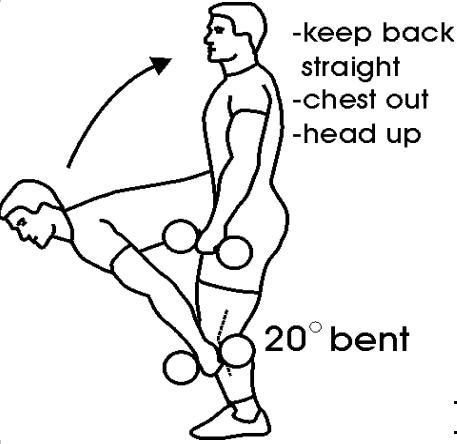
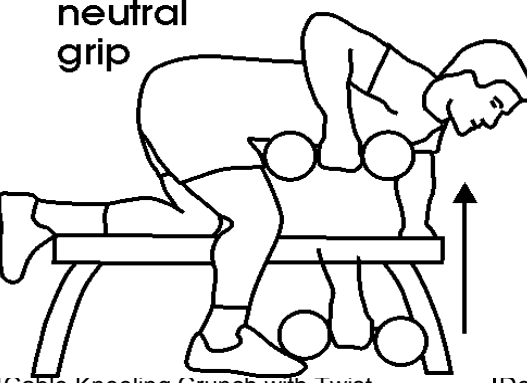
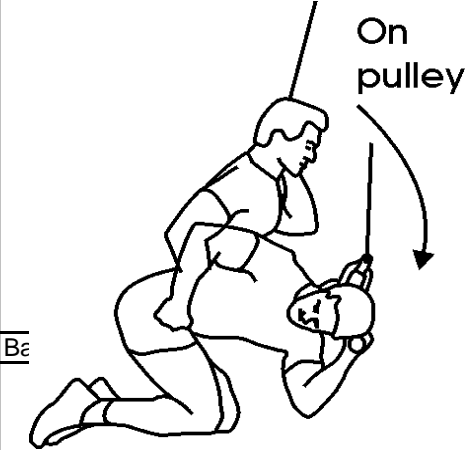
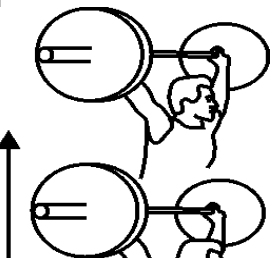
 <p>one foot on the bench</p>	<p>Description</p> <p>Sit on the ball with your thighs parallel to the floor. Contract your back and abdomen to establish a neutral position. By relaxing and contracting your lower back and abdomen gently roll your buttocks backwards and forwards over the ball. Continue for the required length of time or number of repetitions.</p>
	<p>Description</p> <p>Lie on your stomach with your hands to the side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your body so that it is perpendicular to the floor. Slowly raise your upper body so that it is parallel to the floor by contracting your back and buttock muscles. Hold the top and bottom positions for one second. Breathe naturally during the movement.</p>
<p>Keep back straight</p> 	<p>Description</p> <p>and 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>-keep back straight -chest out -head up</p>  <p>to hip</p>	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. As the dumb bells are lifted extend the legs and get onto your toes. From this position rotate the shoulders and simultaneously bend the knees to get the dumb bells overhead. Finish by standing up straight. Lower the dumb bells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>

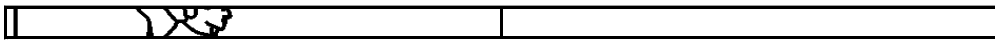
	<p>Description</p> <p>Start in a front support (push up) position. From this position quickly pull your legs forward as in a squat thrust and immediately transfer this power to jump up into an upright position and from here jump upwards as in a half squat jump. Immediately reverse the process.</p>
<p>Single Arm High Pull Snatch</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bell between your legs or just outside your leg palm facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arm to lift the dumb bell upwards level with your chest. The dumb bell is lifted extend the legs and get onto toes. From this position rotate the shoulder and simultaneously bend the knees to get the dumb bell head. Finish by standing up straight Lower the dumb bell by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p>Swiss Ball Lateral Tilts</p> 	<p>Description</p> <p>Sit on the ball with your thighs parallel to the floor. Contract your back and abdomen to establish a neutral position. By relaxing and contracting the muscles down the side of your body gently tilt your buttocks to the left and then to the right. Continue for the required length of time or number of repetitions.</p>
	<p>Stand upright with your shoulders back and your arms to the side, 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 then stand upright. 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>Assume a front support (push up) position with the upper body supported on your hands and forearms and the lower body supported on your knees. To start the movement take your knees off the floor so your body is in a straight line ("plank"), hold this position for the required time.</p>
<p>Push Up One Arm on Medicine Ball</p> <p>Keep position up</p>	<p>Lie on the ground with one hand under or just to the outside of your shoulder flat on the floor and the other supported on a medicine ball. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement.</p>

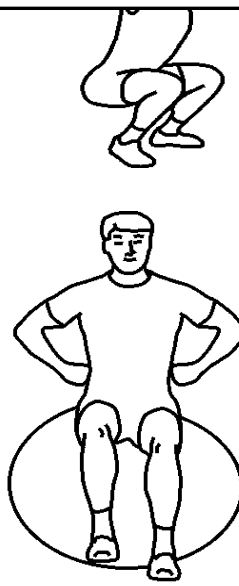
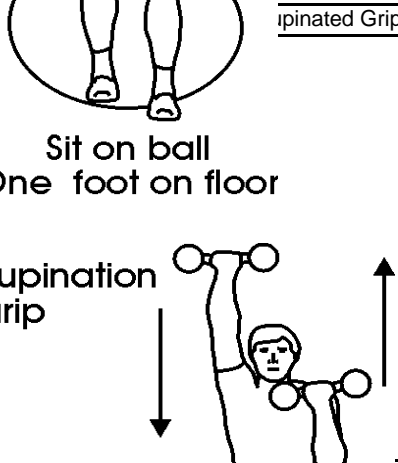
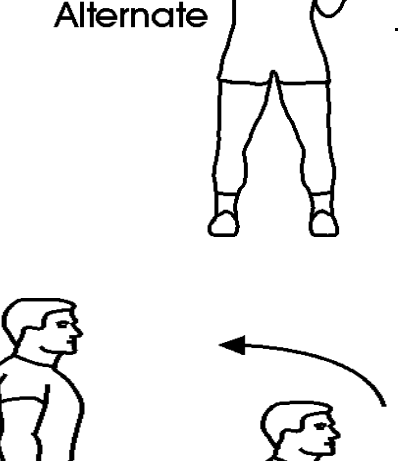

Block 2	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Stiff Legged Deadlift	15	2	15	2	15	2	10	2	10	2	10	2
Pull	Dumb Bell Single Arm Bent Over Row	12 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	2	10 each arm	2
Core (Cable)	Cable Kneeling Crunch with Twist	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Leg	Barbell Overhead Squat	15	2	15	2	15	2	12	2	12	2	10	2
Core (SB)	Swiss Ball Seated Alternate Leg Raise	10 each leg	2	10 each leg	2	12 each leg	2	15 each leg	2	15 each leg	2	15 each leg	2
Push	Dumb Bell Alternate Press (Supinated Grip)	15 each arm	2	15 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	2
Leg	Dumb Bell Alternate Leg Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	10 each leg	2
Core	Prone Alternate Leg Raise	12 each leg	2	12 each leg	2	12 each leg	2	15 each leg	2	15 each leg	2	15 each leg	2
Push/Pull	Barbell Clean Grip Shrugs	15	2	15	2	15	2	12	2	12	2	10	2
Combination	Squat Thrust plus Dumb Bell Squat Jump	12 + 12	2	12 + 12	2	12 + 12	2	12 + 10	2	12 + 10	2	12 + 8	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 30 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

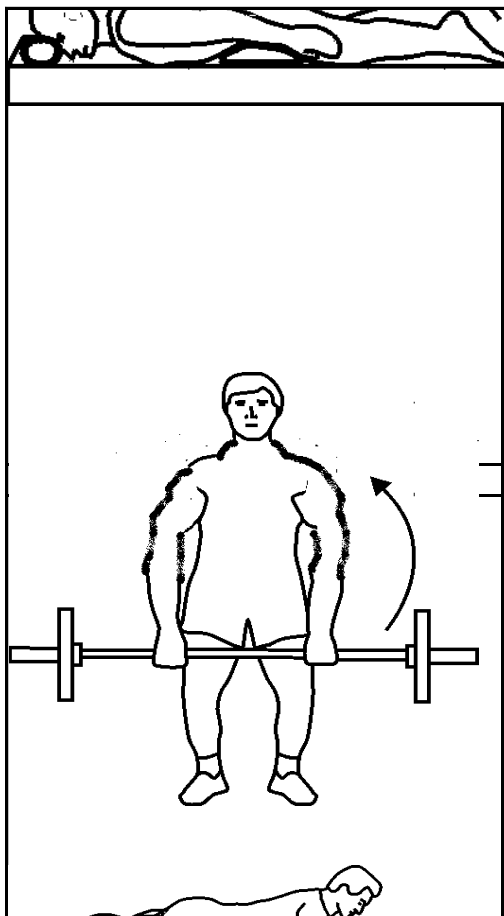
Block 2	Dates W/C												
Home	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Swiss Ball Wall Squat with Dumb Bells	15	2	15	2	15	2	12	2	12	2	10	2
Pull	Dumb Bell High Pull	15	2	15	2	15	2	12	2	12	2	10	2
Core	Swiss Ball Reverse Back Extension	15	2	15	2	15	2	12	2	12	2	10	2
Leg	Dumb Bell Squat Jumps	15	2	15	2	15	2	12	2	12	2	10	2
Core	Plank Single Leg Raise	12 each leg	2	12 each leg	2	12 each leg	2	15 each leg	2	15 each leg	2	15 each leg	2
Push	Dumb Bell Push Press	15	2	15	2	15	2	12	2	12	2	10	2
Leg	Alternate Leg Squat Thrusts	8 each leg	2	8 each leg	2	10 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Core	Medicine Ball Oblique Rotations	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
NOTES	Once all the exercises have been learnt there should be a 30 second rest period between exercises and sets. Carry this programme out twice per week on non consecutive days. Where extra weight is used increase this week by week so long as you can still do the exercise using perfect technique.												

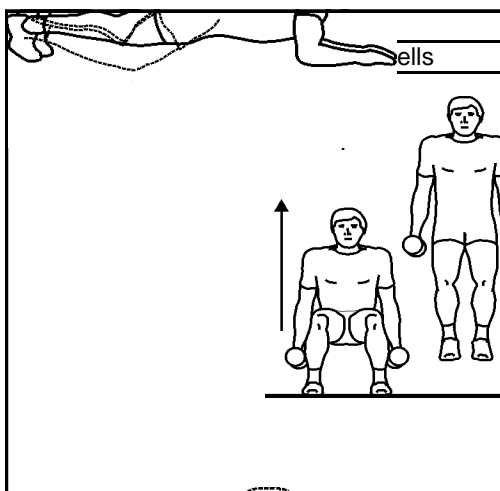
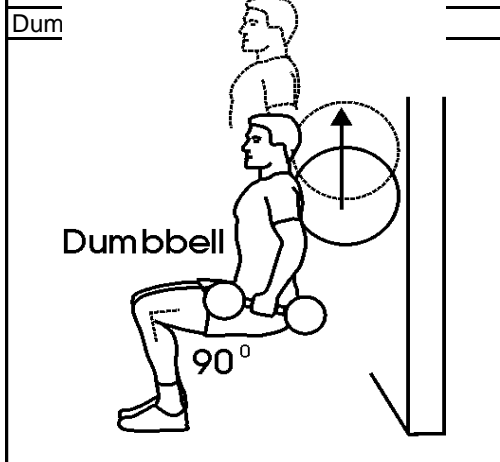
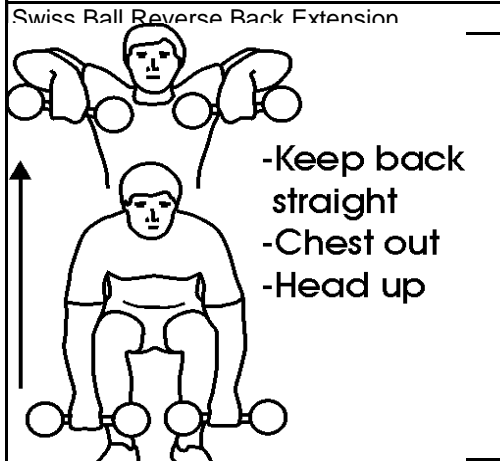
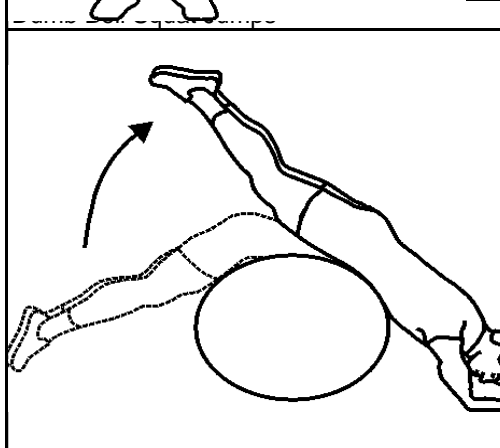
GYM SESSION	
Name and diagram	
Dumb Bell Stiff Legged Deadlift	Description
	<p>Stand upright with your shoulders back holding dumbbells to your side palms facing one another. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the dumbbells are by the ankles. Breathe naturally during the movement.</p>
Description	
	<p>Bend over at the hips and squat at the knees so that your upper body is approximately parallel with the floor. Rest your left hand and left shin on the bench. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold a dumbbell in your right hand. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arm to pull the dumbbell up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
Cable Kneeling Crunch with Twist	
	<p>Kneel down holding the cable to your left shoulder. Rotate the body to bring the left knee in front of the right thigh. Carry out the required number of repetitions and then repeat diagonally the other way across the body. Breathe naturally during this movement.</p>
Description	
	<p>It is important to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with your shoulders back holding the barbell behind your neck with a wide (snatch) grip. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by pressing the barbell overhead. Now sit at the hips and bend at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe in before the squat and out on the upward part of the squat.</p>

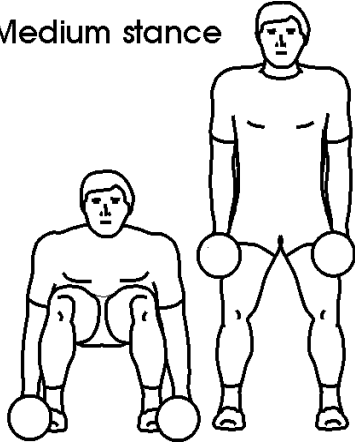

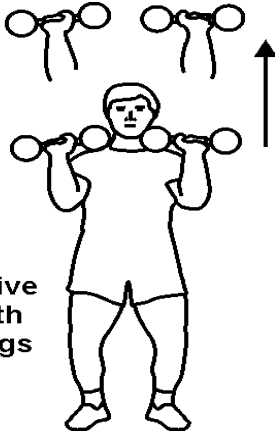
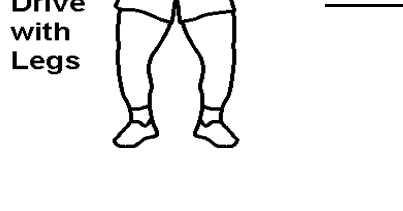


Name

 <p>ate Leg Raise</p>	<p>Description</p> <p>Sit on the ball with your thighs parallel to the floor. Contract your back and abdomen to establish a neutral position. By contracting the hip flexor (bending at the hip not the waist) lift the right foot off the floor, hold this position for a count of "one, two" lower it and then repeat with the other leg. Repeat for the required number of repetitions.</p>
 <p>Supination grip</p> <p>Alternate</p> <p>ipinated Grip)</p>	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing towards you. Start the movement with the dumb bells at the shoulders then straighten one arm to press one dumb bell overhead. Lower the dumb bell to the shoulder and then press the other dumb bell overhead. Breathe out as the dumb bell is pressed and in as it is lowered.</p>
	<p>Description</p> <p>Stand upright with you shoulders back holding the dumb bells to your side. Keep 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>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>Description</p> <p>Pick up a light barbell from the floor using good technique. Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a "clean" grip i.e. just outside your body. Keep your chin forward or slightly down. Pull your shoulder blades together then raise your shoulders to shrug the bar. Do not roll the shoulders, it is a "I don't know" shrug. Lower the bar under control to the thighs and repeat. Breathe naturally during the movement.</p> <hr/> <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 both knees to the chest. Quickly return the legs to the start position and repeat. Once you have done the required number of repetitions stand up and pick up a dumb bell in each hand. 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>
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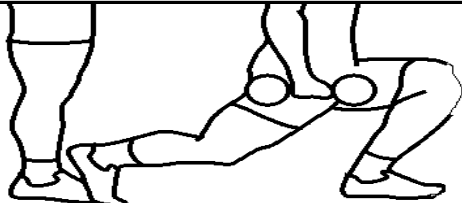
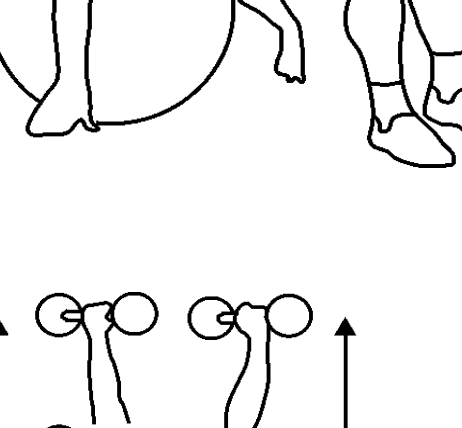
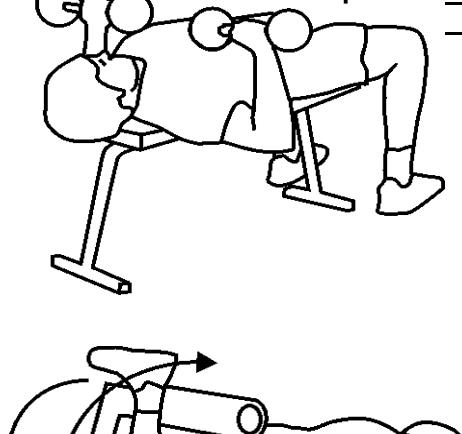
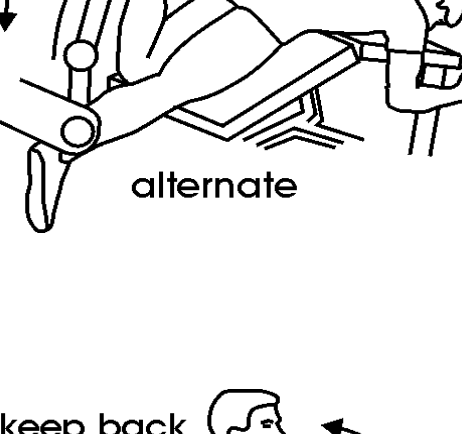
	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your back supported by a Swiss Ball. Hold a dumb bell in each hand. Start the movement sitting at the hips and then bend at the knees. Finish the movement when the tops of the thighs are parallel to the ground. Breathe naturally during the movement.</p>
<p>Dumbbell</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward, then shrug the shoulders and simultaneously bend the arms to lift the dumbbells upwards level with your chest. As the dumbbells are lifted extend the legs and finish on your toes. Lower the dumbbells in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p>Swiss Ball Reverse Back Extension</p>  <p>-Keep back straight -Chest out -Head up</p>	<p>Description</p> <p>Lie prone over the Swiss Ball with your toes resting on the floor. Support yourself on your hands or forearms. Your forehead will either rest or be just above the floor. Contract your buttocks and lower back to bring your legs up off the floor and in line with your upper body. Lower your legs in a controlled manner and repeat for the required number of repetitions. Breathe naturally during this movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, 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 repeat the jump. Breathe naturally during the movement.</p>

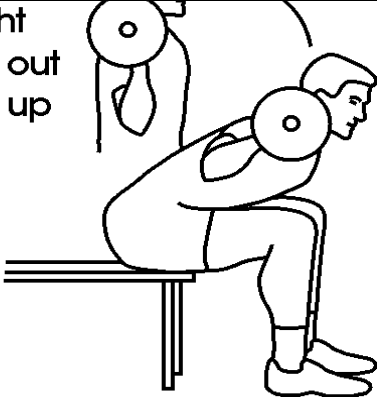
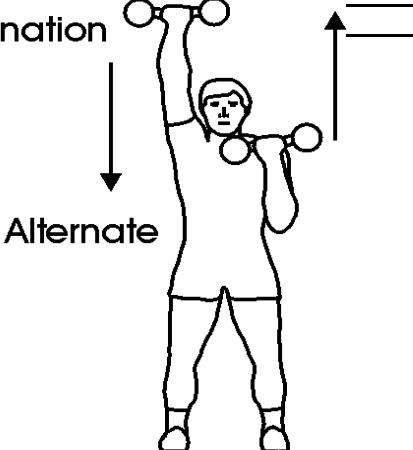
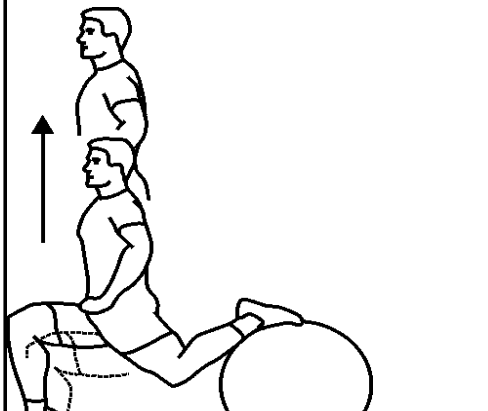
<p>Plank Single Leg Raise</p> <p>Medium stance</p> 	<p>Description</p> <p>Assume a front support (push up) position with the upper body supported on your hands and forearms and the lower body supported on your knees. To start the movement take your knees off the floor so that your body is in a straight line ("plank"). Slowly raise one leg off the ground by contracting your buttock muscles. Keep your body in line and do not arch your back. Slowly lower the leg and repeat for the required number of repetitions with the same leg, before repeating with the other leg. Breathe naturally during the movement.</p>
<p>D</p>  <p>Keep position up</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down quickly into a quarter squat and then immediately stand up straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the dumbbells are pressed and in again as it is lowered.</p>
<p>Alternate Leg Squat Thrusts</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>
<p>M</p> <p>Drive with Legs</p> 	<p>Description</p> <p>Stand up holding a medicine ball in front of your body. Rotate the body to swing the medicine ball up above the left shoulder and out to the side. Then immediately rotate the body to bring the ball down to the outside of the right thigh. Keep the knees facing forward and slightly bent, this is not a full woodchopper. Carry out the required number of repetitions and then repeat diagonally the other way across the body.</p>


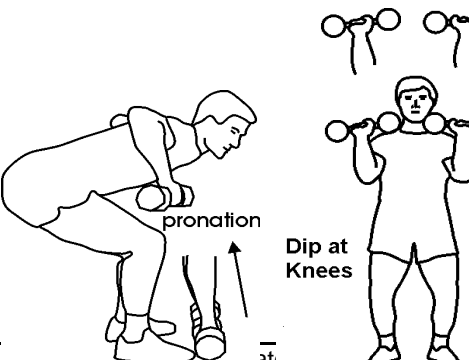
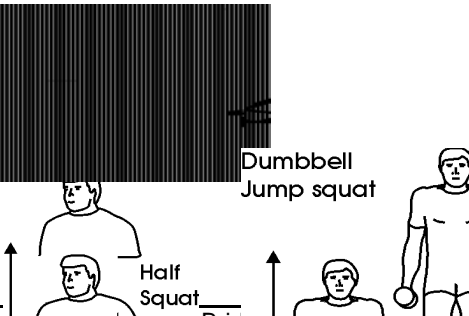
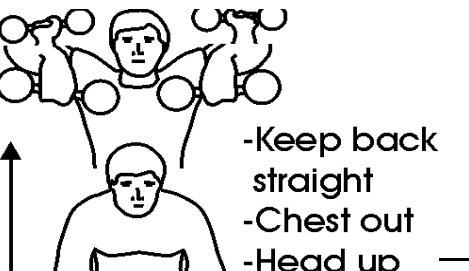

Block 3	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Deadlift	12	2	12	2	12	2	10	2	10	2	8	2
Pull	Cable Lat Pulldown	12	2	12	2	12	2	10	2	10	2	8	2
Core	Cable Kneeling Crunch with Twist	12 each side	2	12 each side	2	12 each side	2	10 each side	2	10 each side	2	8 each side	2
Leg	Dumb Bell Alternate Leg Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Swiss Ball Suspension Bridge	10s	2	15s	2	20s	2	25s	2	30s	2	30s	2
Push	Dumb Bell Bench Press	12	2	12	2	12	2	10	2	10	2	8	2
Leg	Machine Prone Alternate Leg Curl	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Barbell Seated Good Morning	12	2	12	2	12	2	10	2	10	2	8	2
Push/Pull	Dumb Bell Alternate Press (Supinated Grip)	12 each arm	2	12 each arm	2	12 each arm	2	15 each arm	2	15 each arm	2	15 each arm	2
Balance	Swiss Ball Single Leg Squat	4 each leg	2	4 each leg	2	5 each leg	2	5 each leg	2	6 each leg	2	6 each leg	2
Combination	Dumb Bell Bent Over Row & Push Press	10 + 10	2	10 + 10	2	10 + 10	2	8 + 8	2	8 + 8	2	8 + 8	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 30 second rest period between exercise sets. Carry this programme out once per per week on non consecutive days.												

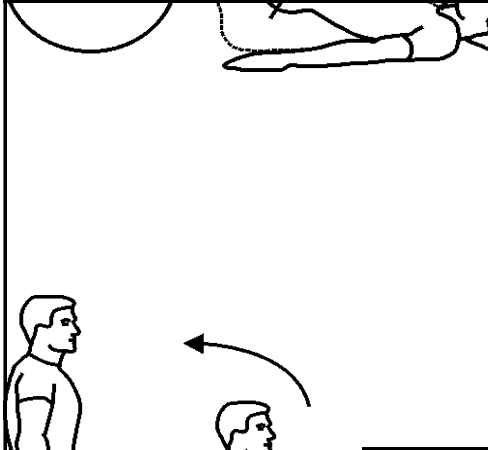
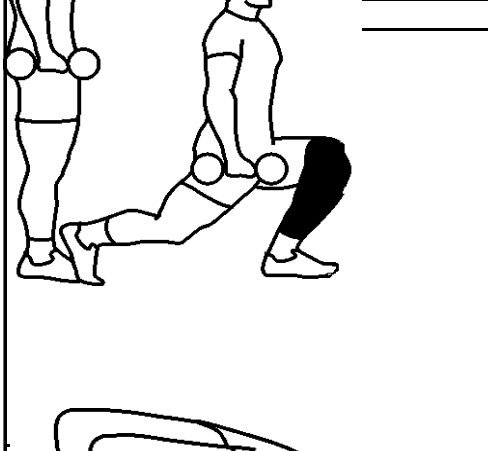
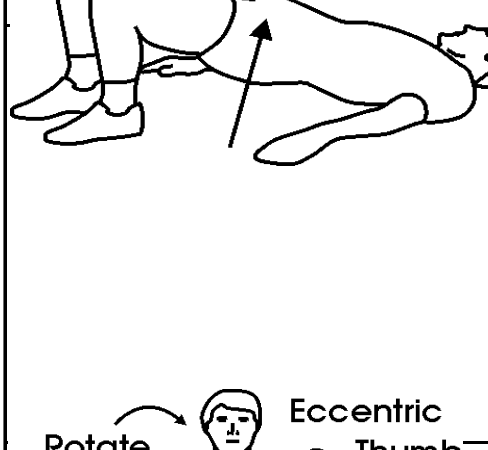
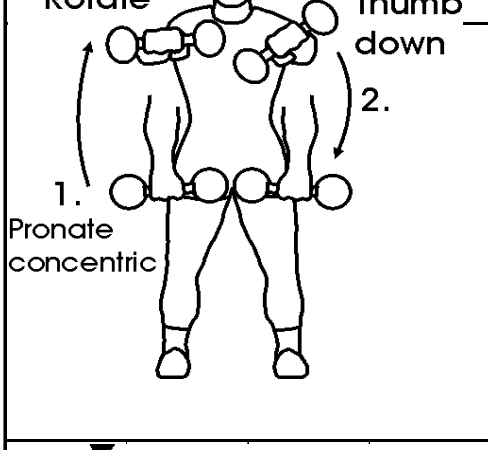
Block 3	Dates W/C												
Home	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Alternate Leg Squat Thrust + Dumb Bell Half Squat + Jump	10 each leg + 10 + 10	2	10 each leg + 10 + 10	2	10 each leg + 10 + 10	3	10 each leg + 10 + 10	3	10 each leg + 10 + 10	3	10 each leg + 10 + 10	3
Pull	Dumb Bell High Pull Snatch	12	2	12	2	12	3	10	3	10	3	8	3
Core	Swiss Ball Supine Bridge	5	2	7	2	9	2	10	2	10	2	12	2
Leg	Dumb Bell Alternate Leg Lunge	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Core	Supine Bridge	5	1	2	2	9	2	10	2	10	3	12	3
Push	Dumb Bell Shoulder Rotations	12	1	12	2	12	2	10	2	10	2	8	2
Core	Ninety Degree Crunch without Support	15	2	20	2	15	2	15	2	20	2	20	2
Push/Pull	Dumb Bell Push Press	12	2	12	2	12	2	10	3	10	3	8	3
NOTES	This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

GYM SESSION	
Name and diagram	
Barbell Deadlift	Description
	<p>Bend over at the hips and knees so that your upper body is approximately forty five degrees to the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "clean" grip with your hands just outside your knees. Stand upright by straightening the legs and hips at the same time. Finish with your shoulders back and your arms holding the bar to the thighs. Lower the bar by bending first at the hips to "slide the bar down the thighs" before bending at the knees and placing the bar on the ground.</p>
Cable Lat Pulldown	Description
	<p>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 handles up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
	Description
	<p>Kneel down holding the cable to your left shoulder. Rotate the body to bring the left knee in front of the right thigh. Carry out the required number of repetitions and then repeat diagonally the other way across the body. Breathe naturally during this movement.</p>
	Description
	<p>Stand upright with your shoulders back holding the dumbbells to your side. Keep 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>Description</p> <p>The exercise starts with you sitting with your back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball. Use your abdominal and buttock muscles to elevate your hips to form a straight line from neck to knees. When this position is achieved lift your arms to the side and hold the position for the required time and repetitions. Progress to alternate individual arms and legs.</p>
<p style="text-align: center;">stabilization</p> 	<p>Description</p> <p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumb bell in each hand level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. In a controlled manner press the dumbbells straight upwards until the arms are straight. Hold the dumb bells momentarily at the top and then lower them under control. Breathe out as you press the dumb bells and in as you lower them.</p>
	<p>Description</p> <p>Lie face down on the machine and place your legs so that the pads are resting on your calves. In a controlled manner bend the left knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 <p style="text-align: center;">alternate</p> <p>keep back</p>	<p>Description</p> <p>Sit upright with your shoulders back and your arms holding barbell behind your head. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Finish the movement when the chest is touching the thigh. Breathe naturally during the movement.</p>

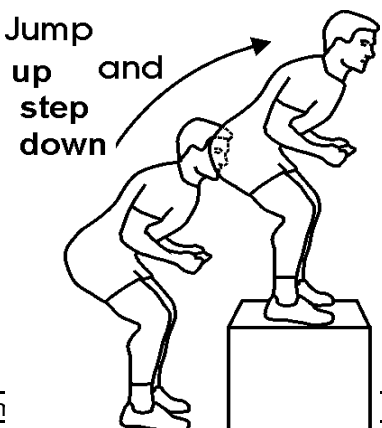
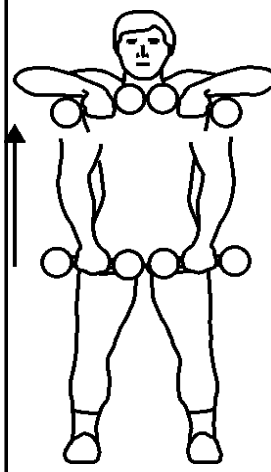
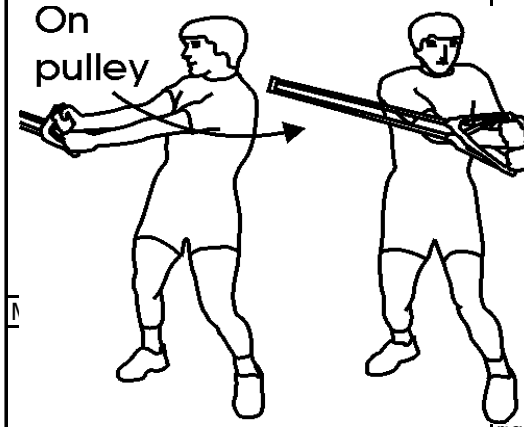
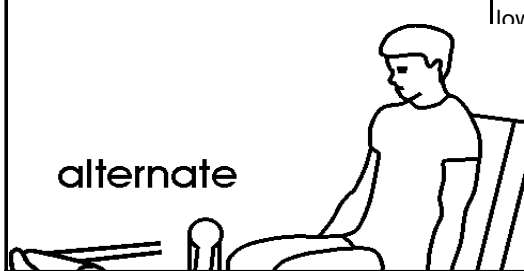
<p>straight -chest out -head up</p> 	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing towards you. Start the movement with the dumb bells at the shoulders then straighten one arm to press one dumb bell overhead. Lower the dumb bell to the shoulder and then press the other dumb bell overhead. Breathe out as the dumb bell is pressed and in as it is lowered.</p>
<p>Supination grip</p> <p>Alternate</p> 	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Rest your left leg behind you on a Swiss Ball. Assume a position so the shin of the right leg is perpendicular to the floor and the knee is slightly bent. Keep the upper body straight up. Bend down until the the right thigh is parallel to the floor in a squat position. Stand up straight on the right leg (right onto your toes if you can!). Repeat using the same leg. Breathe naturally during the movement.</p>
<p>Dumb Bell Bent Over Row & Push Press</p> 	<p>Description</p> <p>Bend over so that your upper body is forty five degrees to the floor. Pulling your shoulder blades together, pull your shoulders back and finally bend your arms to pull the dumb bells up to your chest, (these three movements should flow as one single event). After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand up straight and press the dumb bells overhead. Breathe in during the down part of the squat then out as the dumb bells are pressed and in again as they are lowered.</p>

 Leg Squat + Jump + Dumbbell Squat + Jump	Description
	<p>In a push up position bring the knee to the chest. Quickly return the leg to the start position and repeat with the other leg. Stand upright with your shoulders back and hold a dumb bell in each hand. Squat down until the bottom of the thighs are parallel to the ground. After the required number of repetitions sit at the hips and bend at the knees until the tops of the thighs are below parallel. At the bottom of the squat quickly jump right up as far as you can. Upon landing immediately go into a squat and then repeat the process. Breathe naturally during the movement.</p>
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. As the dumb bells are lifted extend the legs and get onto your toes. From this position rotate the shoulders and simultaneously bend the knees to get the dumb bells overhead. Finish by standing up straight. Lower the dumb bells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<p>Stand on your back with all your spine in contact with the ground and rest your feet and lower legs on the Swiss ball with your knees bent at ninety degrees. Slowly extend both legs, as you do this the ball will roll away, keeping your abdominal and buttock muscles tight. Hold the top position for five seconds and then bend your legs under control until you are in the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
	<p>Stand upright with your shoulders back holding the dumb bells to your side. Keep 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 back of the foot push back from the floor to stand again. Repeat using the other leg. Breathe naturally during the movement.</p>

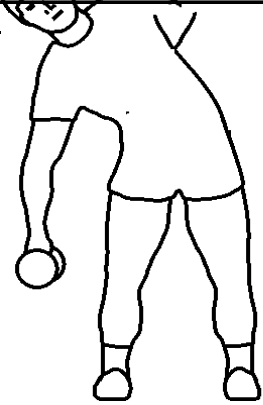
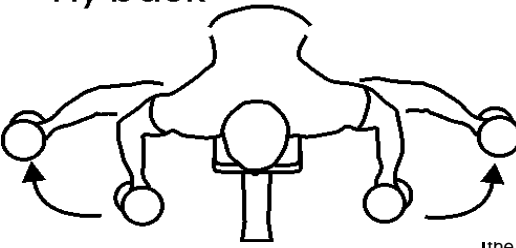
	<p>on your back with all your spine in contact with the ground with your feet on the floor and your knees bent. Place your hands to your sides with your arms bent. Contract your lower back and buttock muscles to lift the hips off the floor so your body is in a straight line from shoulder to knee, supported by your feet and forearms. Hold this position for the required length of time and return to the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a light dumb bell in each hand in front of the body palms facing back. Start the movement by flexing the shoulders and raising the dumb bells upward in a controlled manner. When the dumb bells are parallel with the floor rotate them so your thumbs are pointing down and in and then rotate the other way so that they are pointing up and out. Breathe naturally during the movement.</p>
	<p>on your back. Place your hands to the back of your head. Bend your hips and knees 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 or thighs. Breathe naturally during the movement.</p>
	<p>Stand upright with your shoulders back holding the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down quickly into a quarter squat and then immediately stand up straight and press the dumb bells overhead. Lower the dumb bells to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the dumb bells are pressed and in again as it is lowered.</p>

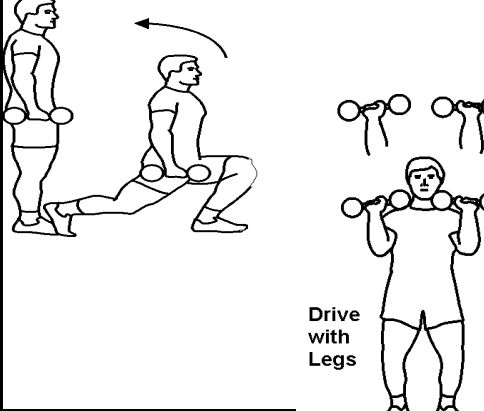
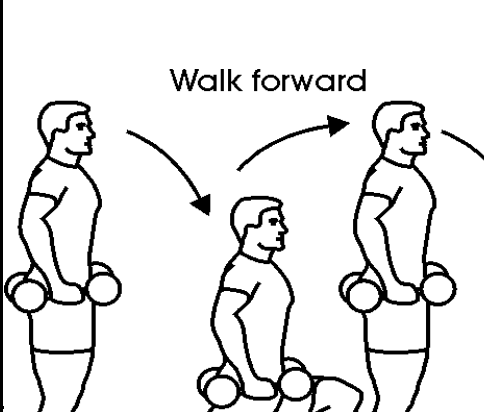
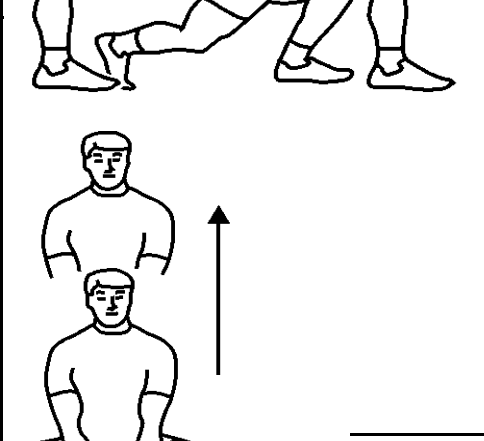

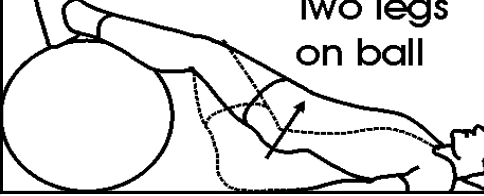
Block 4	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Jump Up and Hold	10	2	10	2	10	3	12	3	12	3	12	3
Pull	Dumb Bell Upright Row	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Standing Lumbar Rotation	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Leg	Machine Seated Alternate Leg Extension	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Medicine Ball Overhead Sit Up	15	2	20	2	15	2	15	2	20	2	20	2
Push	Dumb Bell Supine Flye	12	2	12	2	12	2	10	2	10	2	8	2
Leg	Barbell Front Squat	12	2	12	2	12	3	10	3	10	3	8	3
Core	Dumb Bell Side Bend	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Dumb Bell Bent Over Lateral Raise on Bench	12	2	12	2	12	2	10	2	10	2	8	2
Combination	Dumb Bell Alternate Leg Lunge and Push Press	10 each leg + 10	2	10 each leg + 10	2	10 each leg + 10	3	10 each leg + 10	3	10 each leg + 10	3	10 each leg + 10	3
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 30 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

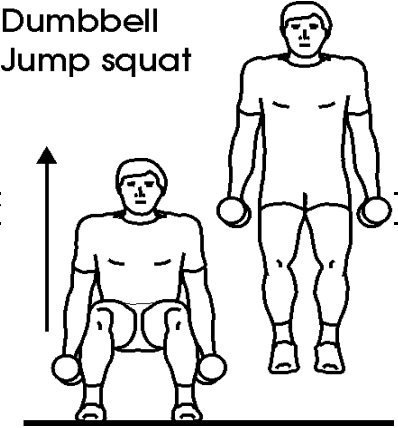
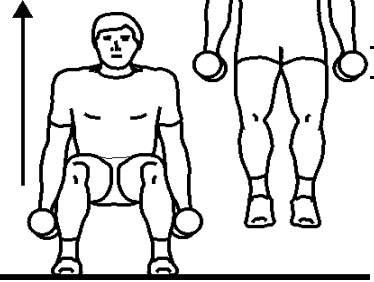
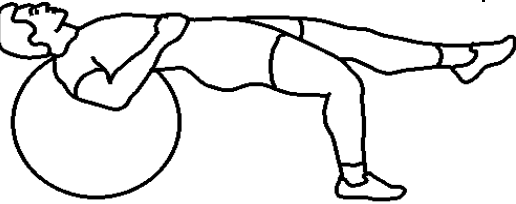
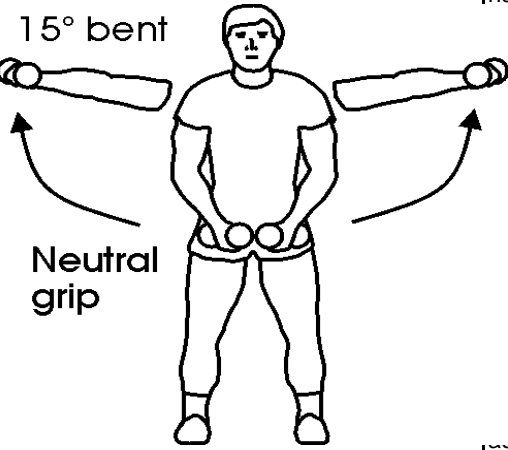
Block 4	Dates W/C												
Home	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Lunge Walk	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Pull	Dumb Bell Squat High Pull	12	2	12	2	10	2	10	2	8	2	8	2
Core	Swiss Ball Supine Bridge (advanced)	5	2	7	2	9	2	10	2	10	2	12	2
Leg	Dumb Bell Squat Jumps	12	2	12	2	10	3	10	2	8	2	8	2
Core	Swiss Ball Suspension Bridge Leg Raise	5 each leg	2	8 each leg	2	5 each leg	2	8 each leg	2	10 each leg	2	10 each leg	2
Push	Dumb Bell Lateral Raises	12	2	12	2	10	2	10	2	8	2	8	2
Core	Side Plank	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Dumb Bell Two Arm Bent Over Row	12	2	12	2	10	2	10	2	8	2	8	2
Balance	Dumb Bell Single Leg Side Bend	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
NOTES	Once all the exercises have been learnt there should be a 45 second rest period between exercises. Take 60 seconds between circuits and use this to increase the weight of your dumb bells. Carry this programme out twice per week on non consecutive days.												

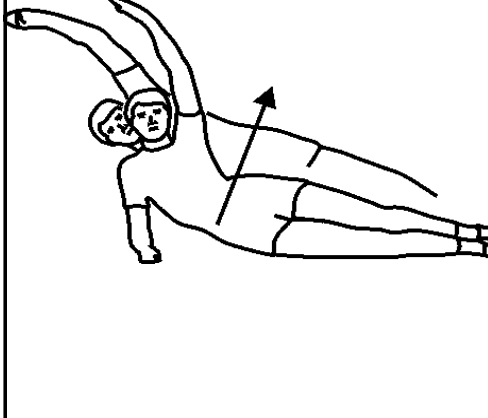
GYM SESSION	
Name and diagram	
Box Jump Up and Hold	Description
	Stand in an athletic position "chest over knees over toes". Jump powerfully upwards to land on the box holding the athletic position. Step down off the box and repeat for the required number of repetitions.
Dumbbell Press	Description
	Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by raising your shoulders and simultaneously bending the arms to lift the dumb bells upwards towards the chest in a controlled manner. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement.
Rotation	Description
	Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the cable at shoulder height in both hands at arms length approximately forty five degrees to the right of the body. Rotate the body at the waist and shoulder to take the cable to thirty degrees on the left hand side. Continue for the required number of repetitions and then repeat starting to the left of the body. Breathe naturally during this movement.
On pulley	Description
	Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Place the cable down on the machine and place your feet on the pads so that the pads are resting on your feet. In a controlled manner straighten the right knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.
alternate	

	<p>Description Lie on your back. (This can be on the floor or on the incline board for advanced athletes). Hold a medicine ball above 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. Breathe naturally during the movement.</p>
	<p>Description Lie on your back on a bench with your head and shoulders in contact with the bench and your feet flat on the floor. Hold a dumb bell in each hand with your feet flat and just outside the chest. In a controlled manner press the dumb bells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumb bells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumb bells and in as you lower them.</p>
<p>Elbow 15° Pronation grip</p>	<p>Description It is important to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with your shoulders back holding the broom handle in front of the shoulders in either an Olympic or cross over (illustrated) grip. Keep your stomach pulled in and your feet shoulder width apart. Sit at the hips and bend at the knees. Finish the movement when the tops of the thighs are at least parallel to the ground. Breathe in before the squat and out on the upward part of the squat.</p>
<p>Wide stance</p>	<p>Description Stand upright with your shoulders back holding a dumb bell to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>

	<table border="1"> <thead> <tr> <th data-bbox="794 669 798 705">on Bench</th> <th data-bbox="794 705 1283 705">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="794 705 798 1115"></td> <td data-bbox="794 705 1283 1115"> <p>Lie down with your chest on the bench. 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> </td> </tr> </tbody> </table>	on Bench	Description		<p>Lie down with your chest on the bench. 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>
on Bench	Description				
	<p>Lie down with your chest on the bench. 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>-Lie down on bench -Fly back</p> 	<table border="1"> <thead> <tr> <th data-bbox="794 1115 798 1151">on Bench</th> <th data-bbox="794 1151 1283 1151">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="794 1151 798 1563"></td> <td data-bbox="794 1151 1283 1563"> <p>Stand upright with your shoulders back holding the dumbbells to your side. 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 back of the foot push back from the floor to stand up again. Repeat using the other leg. After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p> </td> </tr> </tbody> </table>	on Bench	Description		<p>Stand upright with your shoulders back holding the dumbbells to your side. 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 back of the foot push back from the floor to stand up again. Repeat using the other leg. After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>
on Bench	Description				
	<p>Stand upright with your shoulders back holding the dumbbells to your side. 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 back of the foot push back from the floor to stand up again. Repeat using the other leg. After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>				

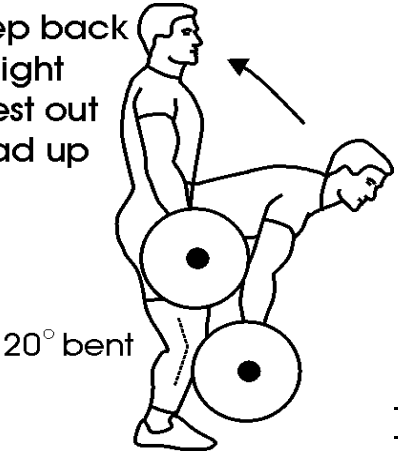


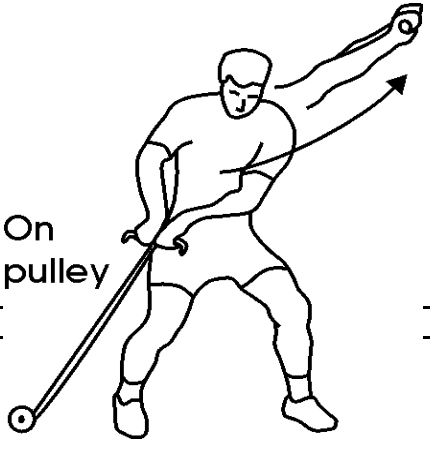
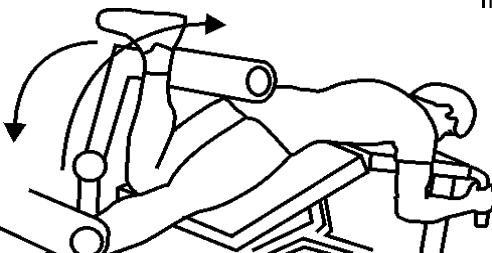
Home Session	Description
<p data-bbox="308 250 794 280">Dumb Bell Lunge Walk</p> 	<p data-bbox="801 250 1278 280">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a dumb bell in each hand.</p> <p data-bbox="801 280 1278 313">Start the movement by lifting the leg at the knees and simultaneously bending the knee.</p> <p data-bbox="801 313 1278 347">In this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Lift the back foot off the ground and repeat the movement using this to "walk" forward. Breathe naturally during the movement.</p>
<p data-bbox="308 698 794 728">Dumb Bell Squat High Pull</p> 	<p data-bbox="801 698 1278 728">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells together inside your hands, palms facing one another. Start the movement by straightening the legs and pushing your hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbells upwards level with your chest. As the dumbbells are lifted extend the legs and finish on your toes. Rotate the shoulders during the movement so the palms face back at the top of the exercise. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<p data-bbox="801 1146 1278 1176">Description</p> <p data-bbox="801 1176 1278 1209">Sit on your back with all your spine in contact with the ground and rest your feet and lower legs on the Swiss ball with your knees bent at ninety degrees. Slowly extend both legs, as you do this the ball will roll away, keeping your abdominal and buttock muscles tight. Hold the top position for five seconds and then bend your legs under control until you are in the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p data-bbox="308 1594 794 1624">Wide stance</p>  <p data-bbox="308 1803 794 1832">Two legs on ball</p> 	<p data-bbox="801 1594 1278 1624">Description</p> <p data-bbox="801 1624 1278 1657">Stand upright with your shoulders back and your arms to your side holding the dumbbells, 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>

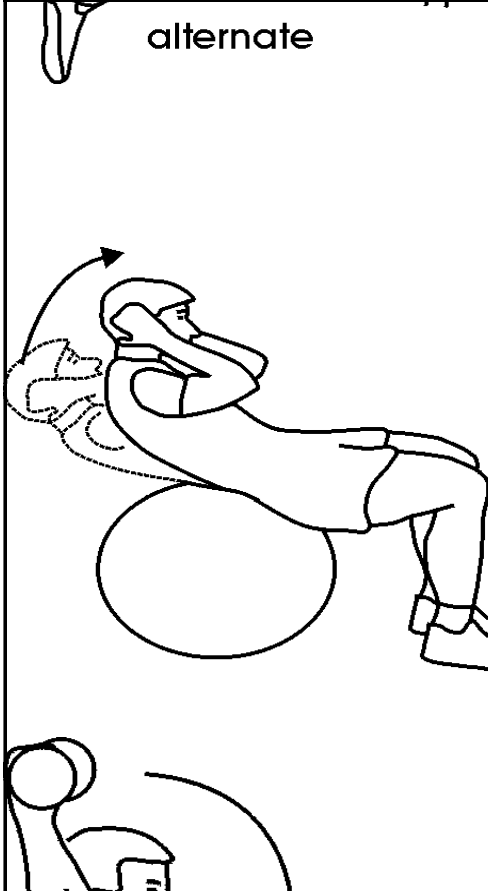
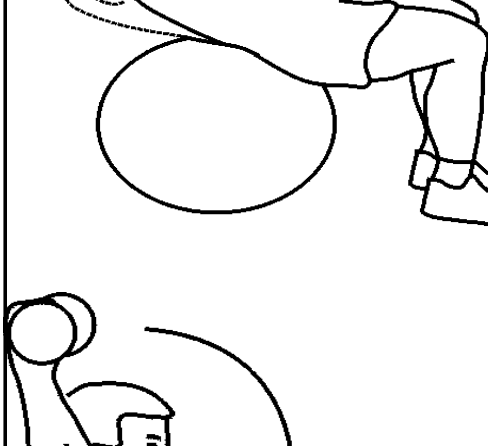
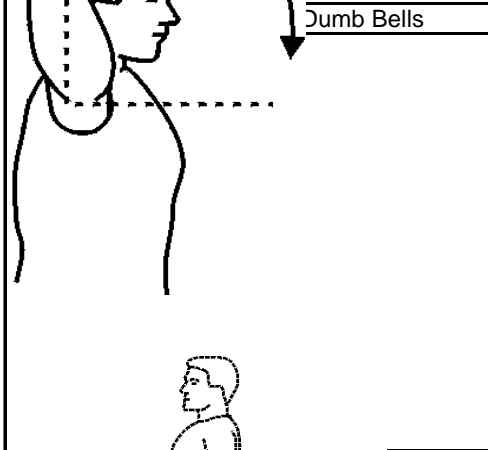
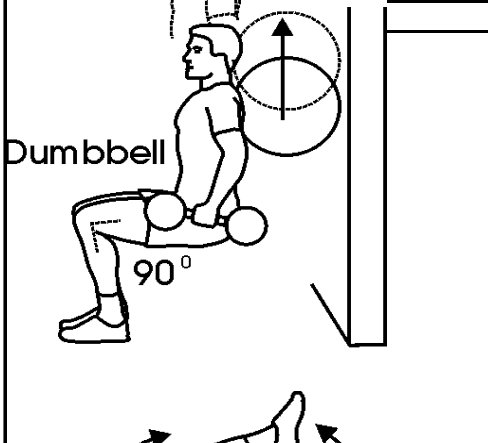
 <p>Dumbbell Jump squat</p>	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball and your knees bent at ninety degrees. Hold the top position and then raise one leg off the ground by straightening the leg. (Progress so that it forms a straight line with the rest of the body). Hold this position for the required time. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p>Durr</p> 	<p>Description</p> <p>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>Flat on one foot</p>	<p>Description</p> <p>Stand on the right side of your body with your right arm at right angles under your ribs. Keep your lower back and abdomen muscles tight and contract the muscles at the same side of your body to lift you off the ground until there is a straight line between your shoulders and your feet. (You can raise your arm above your head to increase the difficulty). Hold this position for the required time and repeat on the other side. Breathe naturally during this movement. Repeat for the necessary number of repetitions.</p>
 <p>15° bent</p> <p>Neutral grip</p>	<p>Description</p> <p>Stand 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 "tick 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>

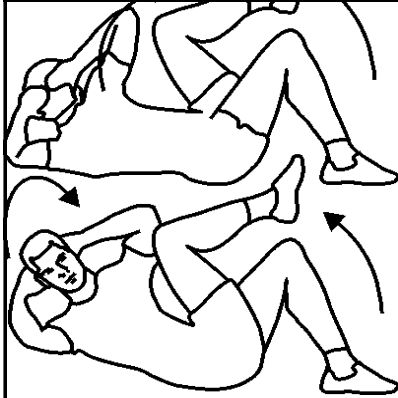
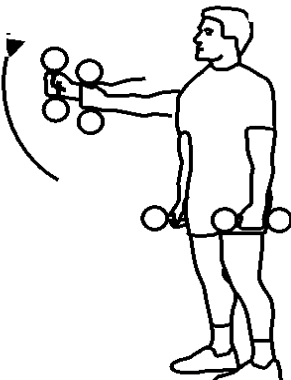
Dumb Bell Single Leg Side Bend	Description
	<p>Hold a dumb bell in your right hand. Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending your right leg at the knee. Slowly bend the body at the waist sideways until the dumb bell touches the knee, reverse the movement and complete the required number of repetitions. Repeat at the other side.</p>

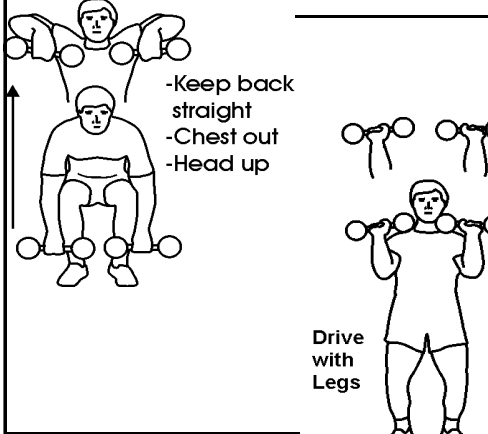
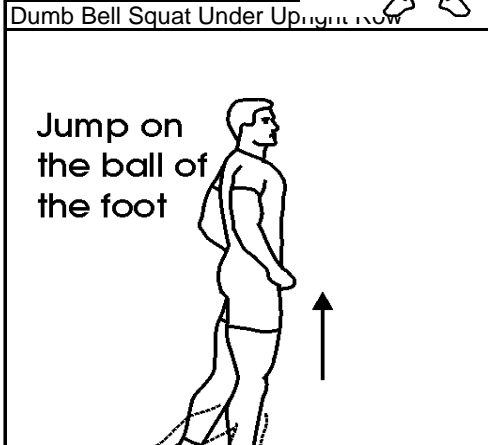
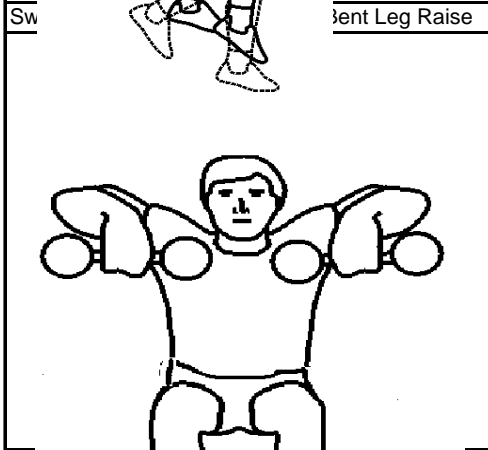
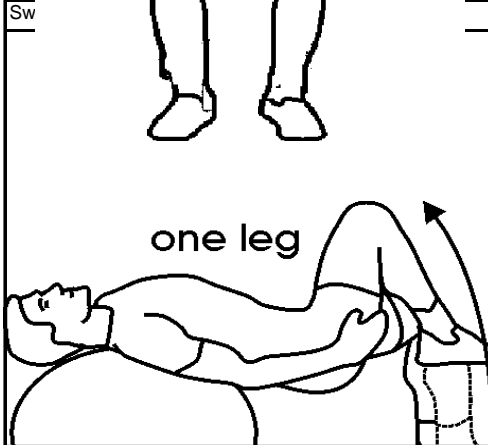
Block 5	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Stiff Legged Deadlift	10	2	10	2	10	3	12	3	12	3	12	3
Pull	Prone Scapular Retraction	12	2	12	2	12	2	10	2	10	2	8	2
Core	Cable Standing Low Pulley Rotation	12 each side	2	12 each side	2	12 each side	2	10 each side	2	10 each side	2	10 each side	2
Leg	Machine Prone Alternate Leg Curl	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Swiss Ball Abdominal Crunch	15	2	20	2	15	2	15	2	20	2	20	2
Push	Dumb Bell Single Arm Standing L Fly	12 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	2	10 each arm	2
Leg	Swiss Ball Wall Squat with Dumb Bells	12	2	12	2	12	2	10	3	10	3	8	3
Core	Twisting Crunch	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Dumb Bell Front Raise	12	2	12	2	12	3	10	3	10	3	8	3
Combination	Dumb Bell High Pull plus Push Press	10 + 10	2	10 + 10	2	10 + 10	2	8 + 8	3	8 + 8	3	8 + 8	3
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 30 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

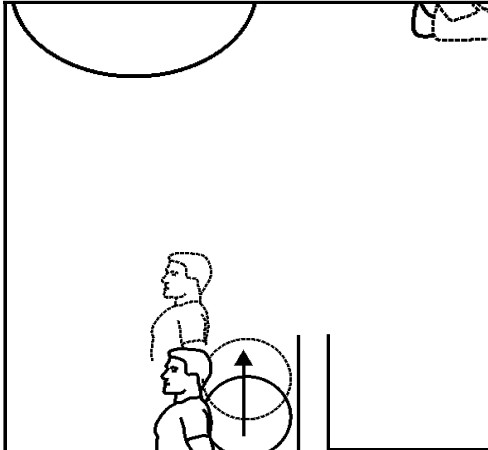
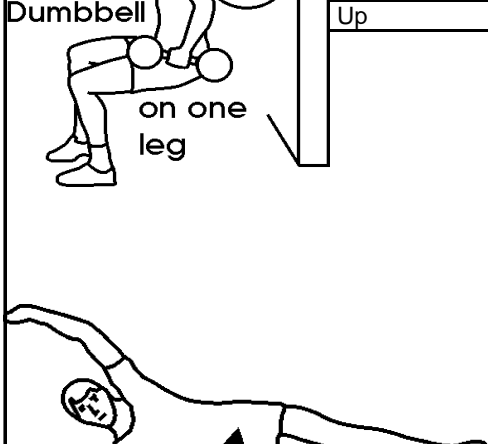
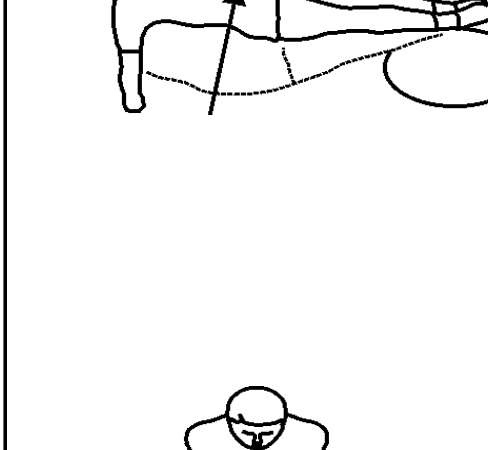
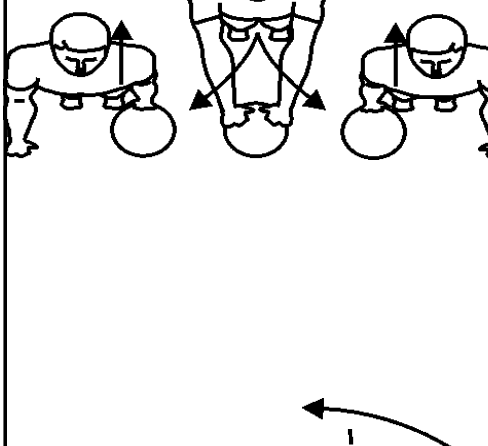
Block 5	Dates W/C												
Home	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Ankle Jumps in Place	12	2	12	2	15	3	15	3	20	3	20	3
Pull	Dumb Bell Squat Under Upright Row	12	2	12	2	10	3	10	3	8	3	8	3
Core	Swiss Ball Bridge Supine Bent Leg Raise	5 each leg	2	5 each leg	2	8 each leg	3	8 each leg	3	10 each leg	3	12 each leg	3
Leg	Swiss Ball Wall Squat	12	2	12	2	12	3	15	3	15	3	20	3
Core	Swiss Ball Side Plank	10s	2	10s	2	10s	3	15s	3	15s	3	15s	3
Push	Medicine Ball Walkover Press Up	12	2	12	2	10	3	10	3	8	3	8	3
Core	Jacknife Crunches	12	2	12	2	15	3	15	3	20	3	20	3
Push/Pull	Dumb Bell Alternate Leg Lunge and Push Press	10 each leg + 10	2	10 each leg + 10	2	10 each leg + 10	3	10 each leg + 10	3	10 each leg + 10	3	10 each leg + 10	3
NOTES	Once all the exercises have been learnt there should be a 15 second rest period between exercises. Take 60 seconds between circuits and use this to increase the weight of your dumb bells. Carry this programme out twice per per week on non consecutive days.												

GYM SESSION	
Name and diagram	
Barbell Stiff Legged Deadlift	Description
<p>-keep back straight -chest out -head up</p>  <p>20° bent</p>	<p>Lift the bar to the starting point using a bent legged deadlift. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "clean" grip with your hands just outside your shins. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the barbell is on the floor or you can no longer maintain a straight back. Stand upright by straightening the legs and hips at the same time. Finish with you shoulders back and your arms holding the bar to the thighs.</p>
 <p>Shoulder blades together</p>	Description
	Description
 <p>On pulley</p>	Description
	Description

	<p>Description</p> <p>The exercise starts with you sitting with your back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your lower back and buttocks are resting on the ball. Place your hands to the side of your head. Keep your stomach pulled in. Start the movement slowly bending at the neck and then flow this down the back bending at the shoulders, chest and then abdomen. Hold top position briefly before reversing the movement. 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 with the upper arm raised parallel to the ground, the elbow bent and the forearm straight out in front of you. By rotating the shoulder raise the dumb bell to just above eye level and then slowly lower it. Keep the elbow at right angles throughout.</p>
	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your back supported by a Swiss Ball. Hold a dumb bell in each hand. Start the movement by sitting at the hips and then bend at the knees. Finish the movement when the tops of the thighs are parallel to the ground. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Lie on your back. Place your hands to the side of your head. Bend your hips and knees at ninety degrees. Keep your stomach pulled in. Start the movement by bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen obliquely across the body. At the same time bring the opposite thigh back towards the chest. Finish the movement when your left elbow touches your right knee or thigh. Breathe naturally during the movement.</p>

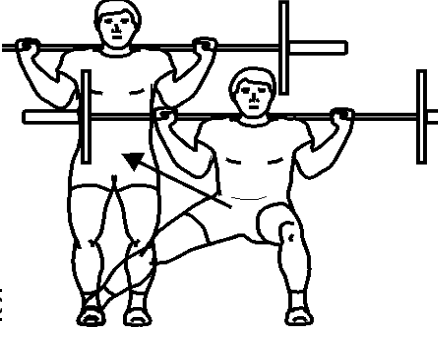
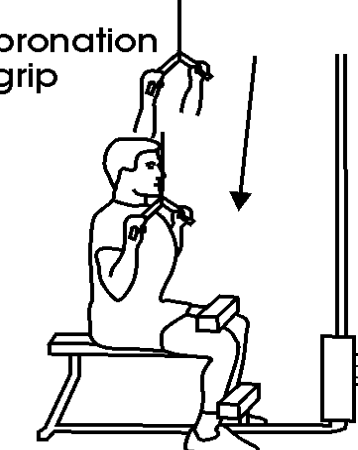
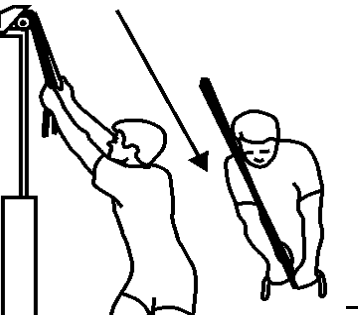
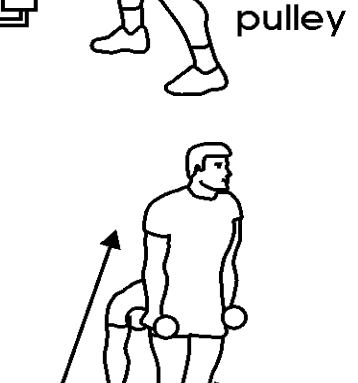
	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by moving the shoulders and pulling the dumb bell upwards in a controlled manner. Breathe naturally during the movement. As you become used to the movement breathe out as you raise the dumb bell and in as you lower them.</p>
<p>Neutral grip</p> 	<p>Press</p> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. As the dumb bells are lifted extend the legs and finish on your toes. After the required number of repetitions hold the dumb bells at shoulder height and squat down quickly into a quarter squat and then immediately stand up straight and press the dumb bells overhead. Lower the dumb bells to the shoulder and then squat down again.</p>

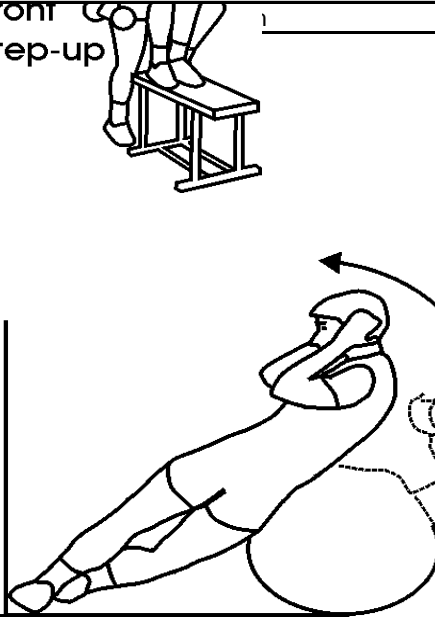
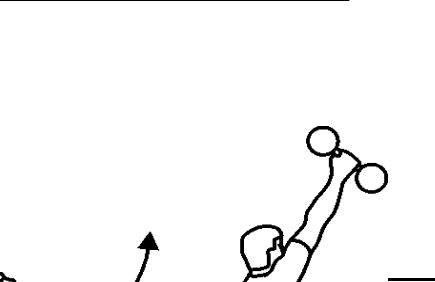
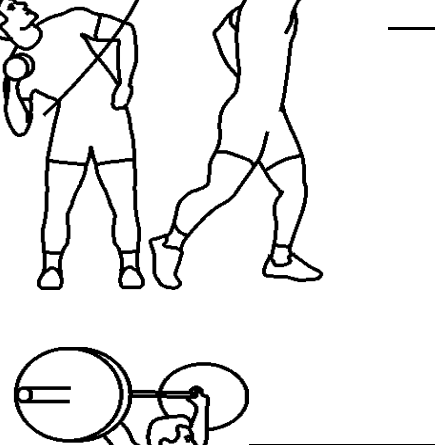
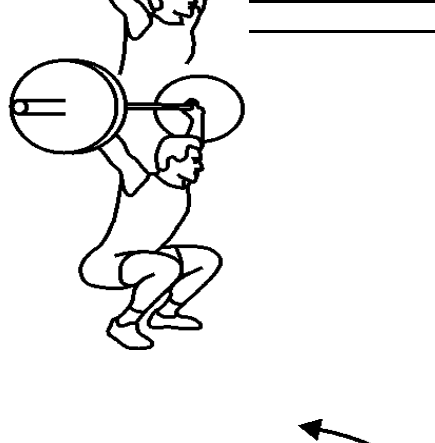
<p>Home Session</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your legs virtually straight. Start the movement by extending the feet to jump off ground. Upon landing immediately repeat the exercise. Breathe naturally during movement.</p>
<p>Dumb Bell Squat Under Upright Row</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 raising your shoulders and bending the arms to lift the dumb bells upwards towards the chest in a controlled manner. As you do this simultaneously sit at the hips and bend at the knees to squat down under control until buttocks nearly touch the floor, immediately stand up straight and lower the dumb bells. Breathe naturally during the movement.</p>
<p>Sw</p> 	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball and your knees bent at ninety degrees. Hold the top position and then raise one leg off the ground by flexing at the hip. (Progress so that it forms a straight line with the rest of the body). Hold this position for five seconds. Lower your leg and immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p>Sw</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your back supported by a Swiss Ball. Hold a dumb bell in each hand. Lift your right foot off the ground. Start the movement by sitting on the hips and then bend at the knees. Finish the movement when the top of left thigh is parallel to the ground. Breathe naturally during the movement.</p>

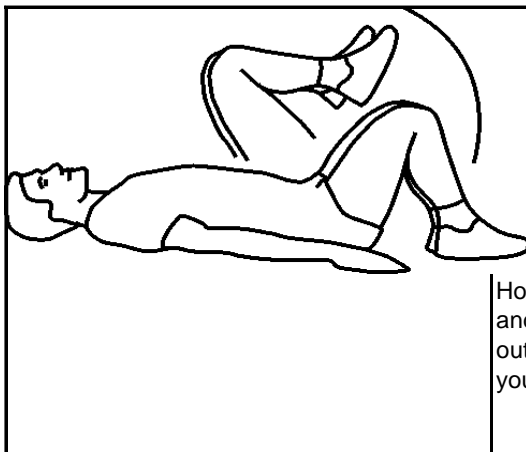
	<p>description</p> <p>on your right side with your right arm at right angles under your ribs and your feet balanced on a small Swiss ball (large medicine ball or basketball will also suffice). Keep your lower back and abdomen muscles tight and contract the muscles at the side of your body to lift you off the ground until there is a straight line between your shoulders and your feet. (You can raise your arm above your head to increase the difficulty). Hold this position for the required time and repeat on the other side. Breathe naturally during this movement. Repeat for the necessary number of repetitions.</p>				
<p>Dumbbell</p>  <p>on one leg</p>	<table border="1"> <thead> <tr> <th data-bbox="794 674 798 1115">Up</th> <th data-bbox="798 674 1281 674">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="794 674 798 1115"></td> <td data-bbox="798 674 1281 1115"> <p>Lie on the ground with the right hand under or just to the outside of your shoulder flat on the floor and the left hand supported on a medicine ball. Slowly raise your upper body off the ground by extending your arms and place the right hand on the ball. From here lower the body by bending the arms and at the same time shift the body so that the left arm is outside the ball. Repeat going the other way and continue for the required number of repetitions. Breathe naturally during the movement.</p> </td> </tr> </tbody> </table>	Up	Description		<p>Lie on the ground with the right hand under or just to the outside of your shoulder flat on the floor and the left hand supported on a medicine ball. Slowly raise your upper body off the ground by extending your arms and place the right hand on the ball. From here lower the body by bending the arms and at the same time shift the body so that the left arm is outside the ball. Repeat going the other way and continue for the required number of repetitions. Breathe naturally during the movement.</p>
Up	Description				
	<p>Lie on the ground with the right hand under or just to the outside of your shoulder flat on the floor and the left hand supported on a medicine ball. Slowly raise your upper body off the ground by extending your arms and place the right hand on the ball. From here lower the body by bending the arms and at the same time shift the body so that the left arm is outside the ball. Repeat going the other way and continue for the required number of repetitions. Breathe naturally during the movement.</p>				
	<p>description</p> <p>on your back. Place your hands to the side of your head. Bend your hips and knees at ninety degrees. Keep your stomach pulled in. Start the movement by bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. At the same time bring the thighs back towards the chest. Finish the movement when your chest touches your knees or thighs. Breathe naturally during the movement.</p>				
	<p>description</p> <p>and upright with you shoulders back holding the dumbbells to your side. Start the movement by lifting the leg 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. After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand up straight and press the dumb bells overhead. Lower the dumb bells to the shoulder and then squat down again.</p>				

Block 6	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Lateral Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Pull	Cable Lat Pulldown	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Standing High Pulley Diagonal Rotation	12 each side	2	12 each side	2	12 each side	2	10 each side	2	10 each side	2	10 each side	2
Leg	Dumb Bell Step Up	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	3	10 each leg	3	8 each leg	3
Core	Swiss Ball Oblique Crunch	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push	Dumb Bell Single Arm Rotate and Press	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Leg	Barbell Overhead Squat	12	2	12	2	12	2	10	2	10	2	8	2
Core	Reverse Sit Up	12	2	12	2	15	2	15	2	20	2	20	2
Push/Pull	Dumb Bell Bench Press	12	2	12	2	12	2	10	2	10	2	8	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per per week on non consecutive days.												

Block 6	Dates W/C												
Home	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Squat Jump + DB Lunge + DB Squat	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3
Pull	Dumb Bell Squat Jump Pull to Armpit	12	2	12	2	12	2	10	2	10	2	8	2
Core	Swiss Ball Superman	12 each leg	2	12 each leg	2	12 each leg	2	15 each leg	2	15 each leg	2	15 each leg	2
Leg	Dumb Bell Backward Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Supine Bridge	8	2	8	2	8	3	10	3	12	3	15	3
Push	Dumb Bell Lateral Raise and L Fly	12 + 12	2	12 + 12	2	10 + 10	2	10 + 10	2	10 + 8	2	10 + 8	2
Leg	Dumb Bell Diagonal 45 Degree Alternate Leg Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Medicine Ball Seated Rotation	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Clap Push Ups	8	2	8	2	8	2	10	3	12	3	15	3
Notes	This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

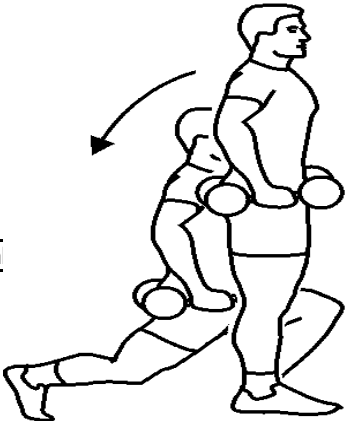
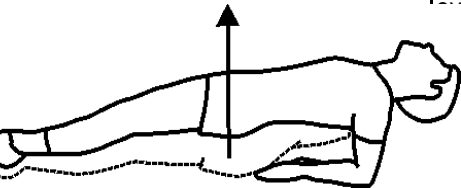
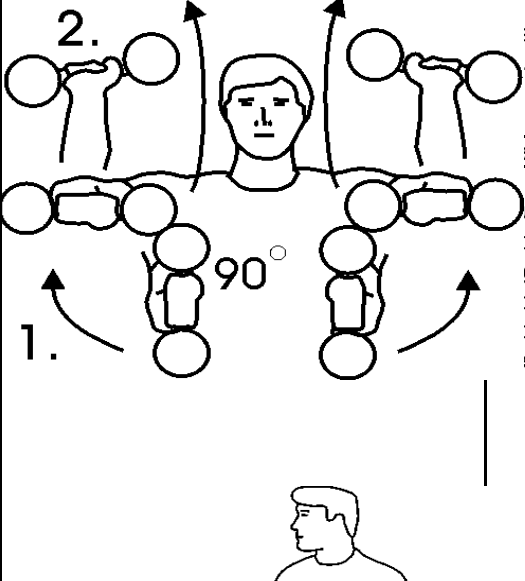
GYM SESSION	
Name and diagram	
Barbell Lateral Lunge	Description
<p>-Narrow stance -Side lunge</p> 	<p>Stand upright with your shoulders back holding the barbell behind your neck resting comfortably on your shoulders. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out to the side with your left leg so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks and muscles of the inner thigh push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>
 <p>pronation grip</p>	Description
 <p>On pulley</p>	Description
	Description

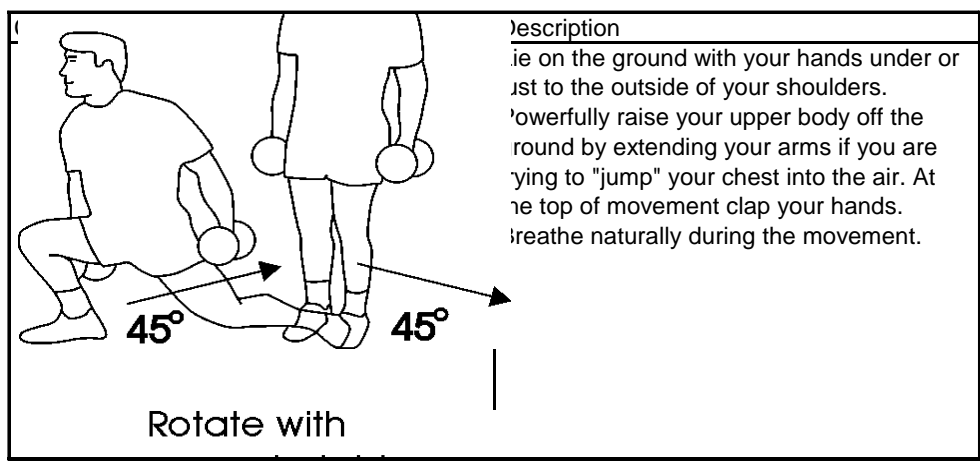
<p>FRONT VIEW Step-up</p> 	<p>Description</p> <p>Start with your feet supported at the bottom of a wall. Lie sideways over a Swiss ball so that the upper part of your left arm is on the ball. Place your hands to the side of your head. Use the muscles in your abdomen and side to raise your upper body and simultaneously twist to the right. Finish when your upper body is just beyond parallel and hold it for a second. Slowly reverse the movement. Continue for the required number of repetitions.</p>
	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbell at shoulder height in your right hand fingers facing left. Keep your stomach pulled in and your feet shoulder width apart. Rotate the body at the waist, turn the legs and press the dumbbell above what was your left hand side. Continue for the required number of repetitions and then repeat starting to the left of the body. Breathe out as you perform the rotation and press and in as you lower the dumbbell.</p>
	<p>Description</p> <p>It is important to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with your shoulders back holding the barbell behind your neck with a wide (snatch) grip. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by pressing the barbell overhead. Now sit at the hips and bend at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe in before the squat and out on the upward part of the squat.</p>
	<p>Description</p> <p>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>

description

lie on your back on a bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumb bell in each hand level with and just outside the knees. Pull your shoulder blades together to "squeeze" your shoulders prior to the movement. In a controlled manner press the dumbbells straight upwards until the arms are straight. Hold the dumb bells momentarily at the top and then lower them under control. Breathe out as you press the dumb bells and in as you lower them.

	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumb bells. 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 repeat the jump. On finishing the jumps stand upright with your shoulders back holding the dumb bells to your side. From this position lunge out so the shin is perpendicular to the floor. Repeat using the other leg. After finishing the set of lunges, stand upright with your shoulders back and your arms to your side holding the dumb bells, your stomach pulled in and your feet shoulder width apart. Sit at the hips and bend at the knees. Squat down under control until the dumb bells touch the floor, immediately stand up straight. Breathe naturally during the movement.</p>
<p>Dumb Bell Squat Jump Pull to Armpit</p>	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumb bells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumb bells touch the floor, immediately stand straight up onto your toes and jump off the ground whilst you pull the dumb bells up over your armpits. Breathe naturally during the movement.</p>
<p>Swiss Ball Superman Leg Rais</p>	<p>Description</p> <p>Prone over the Swiss ball with your feet on the floor. Support yourself on your hands with your arms straight. Contract your neck and lower back to bring one of your legs up off the floor and in line with your upper body. Hold the position for the required amount of time. Lower your leg in a controlled manner and repeat for the required number of repetitions. As you become more efficient practise lifting different combinations of legs and arms off floor. Breathe naturally during this movement.</p>
<p>Dumb Bell Backward Lunge</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the dumb bells to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending the leg at the hips and simultaneously bending the knee. From this position step back into a position so the shin of the front leg 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><u>description</u></p> <p>Lie on your back with all your spine in contact with the ground with your feet on the floor and your knees bent. Place your hands to your sides with your arms bent. Contract your lower back and buttock muscles to lift the hips off the floor so your body is in a straight line from shoulder to knee, supported by your feet and forearms. Hold this position for the required length of time and return to the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p><u>Dumb</u></p> 	<p><u>Description</u></p> <p>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 bent at right angles. Raise the dumbbells to shoulder level. By rotating the shoulders raise the dumbbells to just above eye level and then slowly lower them. Keep the elbows at right angles throughout.</p>
<p><u>Dumb Bell Diagonal 45 Degree Alternate Leg Lunge</u></p> 	<p><u>Description</u></p> <p>Stand upright with your shoulders back holding the dumbbells to your side. Keep 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 at approximately 45 degrees with your right leg so the shin is perpendicular to the floor. Keep the upper body straight up. Pushing the buttocks push back from the floor stand up again. Repeat using the other leg. Breathe naturally during the movement.</p> <p><u>description</u></p> <p>lie on the floor with your legs out in front of you, they must be nearly straight but not too comfortable. Hold a medicine ball at arms length in front of you. Slowly rotate your body so the ball is ninety degrees to the left and then ninety degrees to the right. Breathe naturally during the movement.</p>



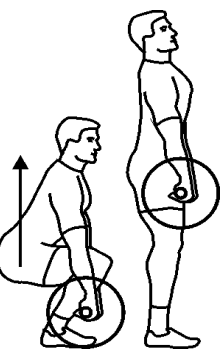
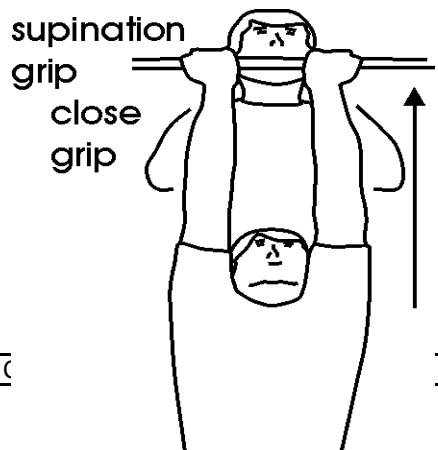
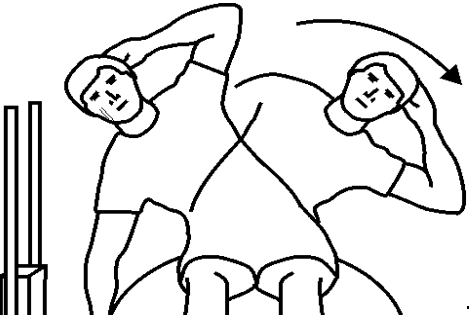
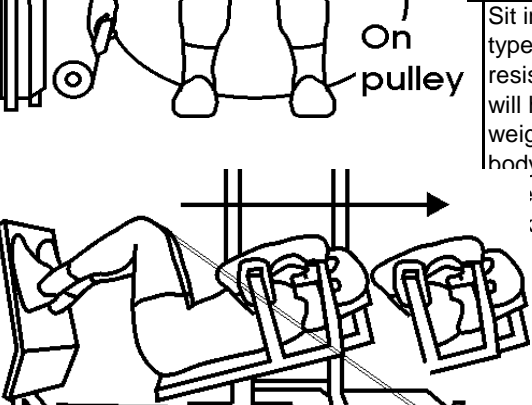
Description
Lie on the ground with your hands under or just to the outside of your shoulders. Powerfully raise your upper body off the ground by extending your arms if you are trying to "jump" your chest into the air. At the top of movement clap your hands. Breathe naturally during the movement.

Rotate with

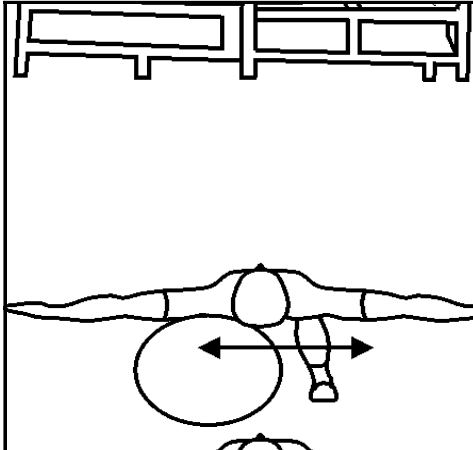
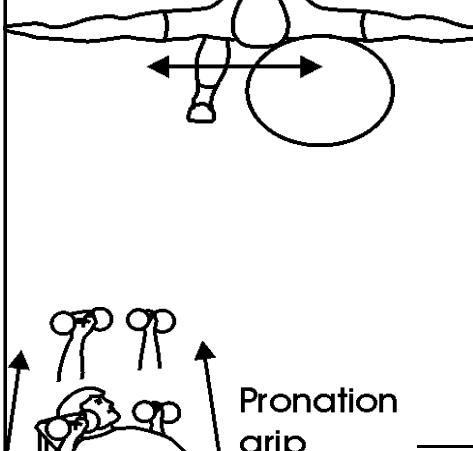
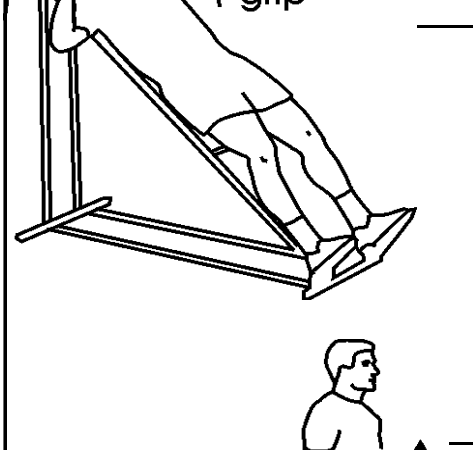
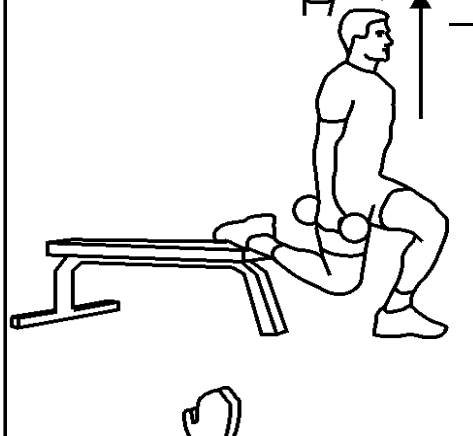
Name

Block 7	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Deadlift	12	2	12	2	12	3	10	3	10	3	8	3
Pull	Chins Supinated Close Grip	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Seated Swiss Ball Side Bend	12 each side	2	12 each side	2	12 each side	2	10 each side	2	10 each side	2	10 each side	2
Leg	Machine Leg Press	12	2	12	2	12	3	10	3	10	3	8	3
Core	Swiss Ball Supine Roll Off	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push	Dumb Bell Incline Bench Press	12	2	12	2	12	2	10	2	10	2	8	2
Leg	Dumb Bell Single Leg Squat	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Swiss Ball Supine Trunk Rotation	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Dumb Bell Military Press	12	2	12	2	12	2	10	2	10	2	8	2
Combination	Dumb Bell High Pull Snatch from Hip + Squat Push Press	12 + 12	2	12 + 12	2	10 + 10	2	10 + 10	2	10 + 8	2	10 + 8	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

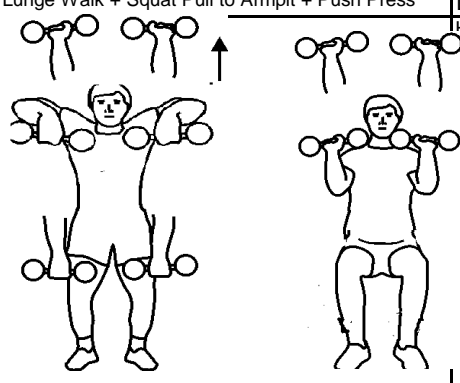
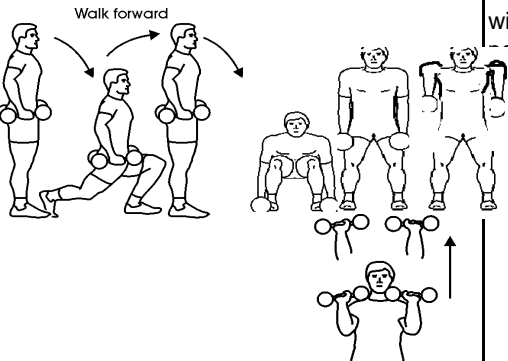
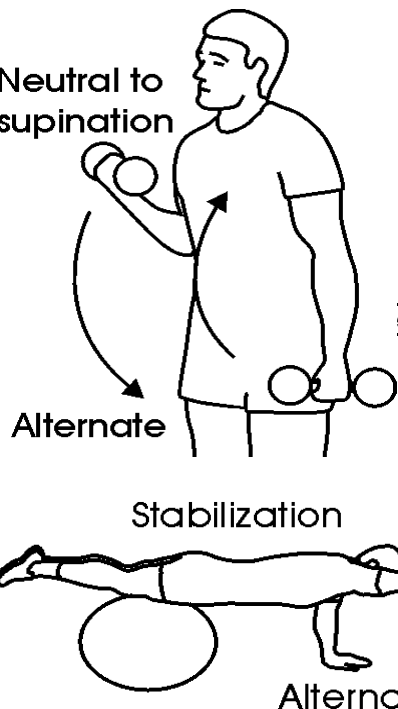
Block 7	Dates W/C												
Home	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	DB Lunge Walk + Squat Pull to Armpit + Push Press	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3
Pull	Dumb Bell Alternate Arm Rotational Curl	12 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	3	8 each arm	3
Core	Swiss Ball Superman Variation Arm Raise	12 each arm	2	13 each arm	2	14 each arm	2	14 each arm	2	15 each arm	3	15 each arm	3
Leg	Dumb Bell Single Leg Squat Balance	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	3	8 each leg	3
Core	Medicine Ball V Sit Up	8	2	8	2	8	2	10	2	12	3	15	3
Push	Dumb Bell Two Arm Front Raise	12	2	12	2	12	2	10	2	10	3	8	3
Leg	Dumb Bell Single Leg Clock Lunges	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	3	8 each leg	3
Core	Medicine Ball Standing Rotation	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	3	15 each side	3
Push/Pull	Dumb Bell Single Arm Rotations	12 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	3	8 each arm	3
NOTES	Once all the exercises have been learnt there should be a 15 second rest period between exercises. Take 60 seconds between circuits and use this to increase the weight of your dumb bells. Carry this programme out twice per week on non consecutive days.												

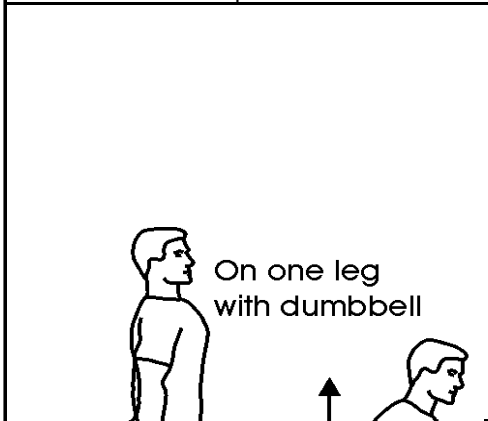
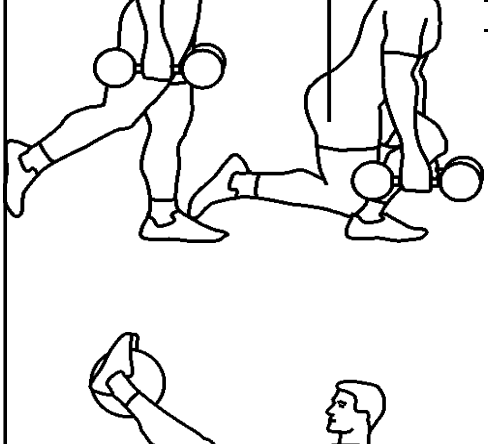
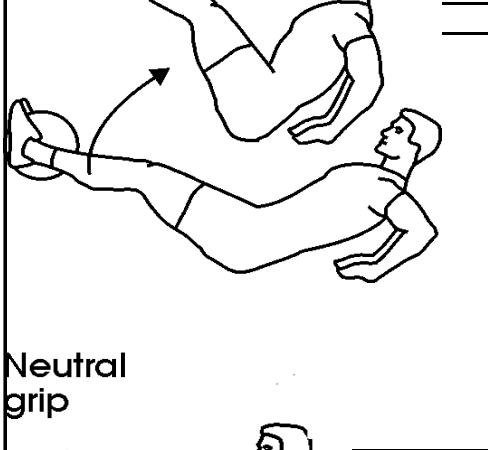
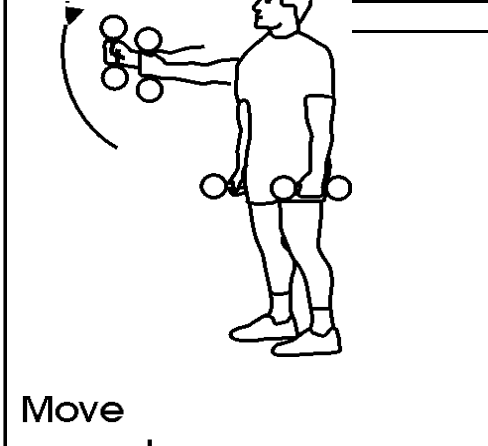
GYM SESSION	
Name and diagram	
Barbell Deadlift	Description
	<p>Bend over at the hips and knees so that your upper body is approximately forty five degrees to the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "clean" grip with your hands just outside your shins. Stand upright by straightening the legs and hips at the same time. Finish with you shoulders back and your arms holding the bar to the thighs. Lower the bar by bending first at the hips to "slide the bar down the thighs" before bending at the knees and placing the bar on the ground.</p>
Chins Supinated Close Grip	Description
	<p>Hold the chin up bar with your palms facing you shoulder width apart. Pull your body up so that your chin is over the bar. Keep your body straight during the exercise, do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions</p>
	<p>Description</p> <p>Sit on the Swiss Ball with you shoulders back and your right arm holding the handle to your side and your left hand to the side of your head. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Sit in the leg press (there are different types). Straighten your legs strongly against resistance. Depending on the machine this will have the effect of either pushing the weight away from the body or pushing the body away from the weight. Do not over extend your legs. As you bend your legs be sure that your back remains straight in contact with the chair. Breathe out as you straighten your legs and breathe in as you bend them.</p>

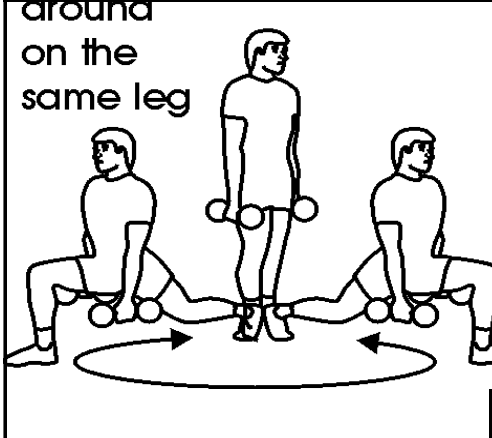
Name

	<p>Description exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball. Use your abdominal and buttock muscles to elevate your hips to form a straight line from neck to knees. When this position is achieved lift your arms up to the side and hold the position. Now slowly shift your position to the side rolling out onto your triceps. Keep your hips up and maintain a solid position with no rotation. Using your abdominal muscles pull your body back to start position and then out to the other side.</p>
	<p>Description lie on your back on an incline bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumbbell in each hand level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. In a controlled manner press the dumbbells straight upwards until the arms are straight. Hold the dumbbells momentarily at the top and then lower them under control. Breathe out as you press the dumbbells up and in as you lower them.</p>
	<p>Description Stand upright with your shoulders back holding a dumbbell in each hand. Keep your stomach pulled in and your feet shoulder width apart. Rest your right leg behind you on a bench. Assume a position so the shin of the left leg is perpendicular to the floor and the knee is slightly bent. Keep the upper body straight up. Bend down using the left leg until the thigh is parallel to the floor in a squat position. Stand up so the front leg is straight. Repeat using the same leg. Breathe naturally during the movement.</p>
	<p>Description The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball. Use your abdominal and buttock muscles to elevate your hips to form a straight line from neck to knees. When this position is achieved lift your arms up straight together. Now slowly rotate your upper body so that your arms are out to the right hand side. Keep your hips up during the movement. Hold the position momentarily then rotate through the start position so the arms are out to the left hand</p>

	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Keep your legs straight, but not hyperextended. Press the dumbbells overhead using only your shoulders and arms, taking care not to arch your back. Lower the dumbbells to the shoulder and then press them. Breathe out as the dumbbells are pressed and in again as they are lowered.</p>
<p>Flat Push Press</p>	<p>Description</p> <p>Hold the dumbbells at hip height just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbell upwards level with your chest. As the dumbbells are lifted extend the legs and get onto your toes. From this position rotate the shoulders and simultaneously bend the knees to get the dumbbells overhead. After the required number of repetitions squat down under control until the tops of your thighs are parallel to the floor, immediately stand up straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>

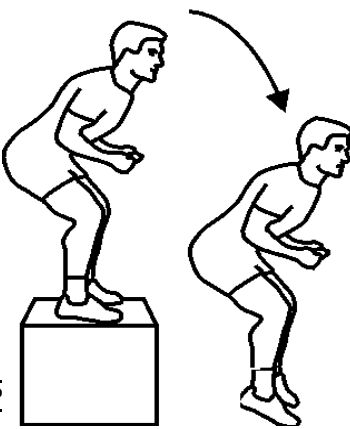
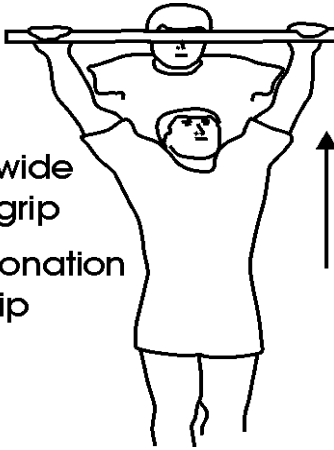
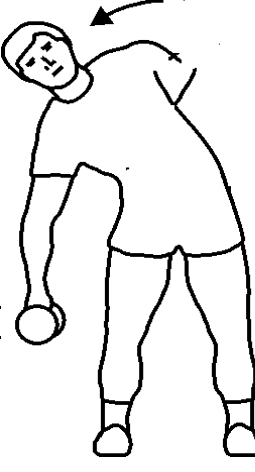
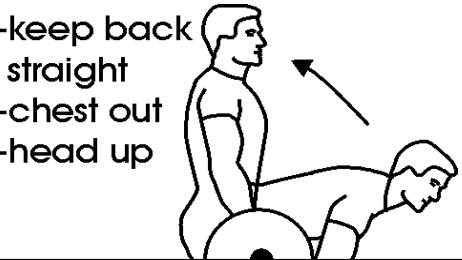
<p>Home Session</p>	
<p>DB Lunge Walk + Squat Pull to Armpit + Push Press</p> 	<p>Description</p> <p>Hold a dumb bell in each hand. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight. Lift the back off the ground and repeat the movement using this leg to "walk" forward. After the lunge, squat down under control until the dumb bells touch the floor, immediately stand straight up onto your feet and pull the dumb bells up under your armpits. Fully stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into another squat and then immediately stand up straight and press the dumb bells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>
<p>Dumb Bell Alternate Arm Rotational Curl</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells with your palms facing you. Start the movement by lifting one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner, as you do so rotate your wrist so that your palm faces upwards. Breathe naturally during the movement.</p>
<p>Swiss Ball Superman Variation: Drive with Legs</p>  <p>Neutral to supination</p> <p>Alternate</p> <p>Stabilization</p> <p>Alternate</p>	<p>Description</p> <p>Lie prone over the Swiss ball with your hands on the floor and your upper thighs and lower abdomen on the ball. Support yourself on your hands with your arms straight. Raise one arm so that it is parallel with the floor. Maintain a strong position with no rotation. Hold the position for the required amount of time. Lower your arm in a controlled manner and repeat for the required number of repetitions. Breathe naturally during this movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back holding a dumb bell in each hand your stomach pulled in and your feet shoulder width apart. Start the movement by lifting your right leg back at the hips whilst simultaneously bending the knee. From here squat down by bending your left knee. Do not bend forward excessively at the waist. Hold this position for a second and step back up. Breathe naturally during the movement.</p>

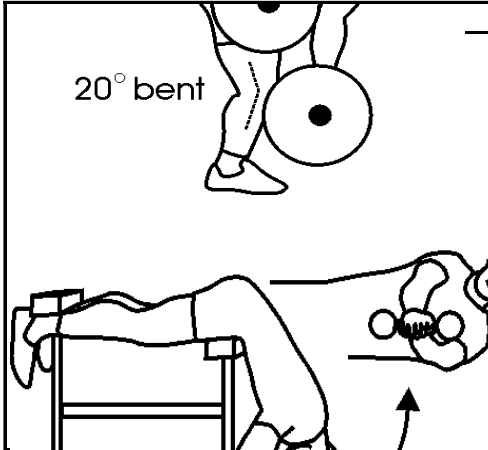
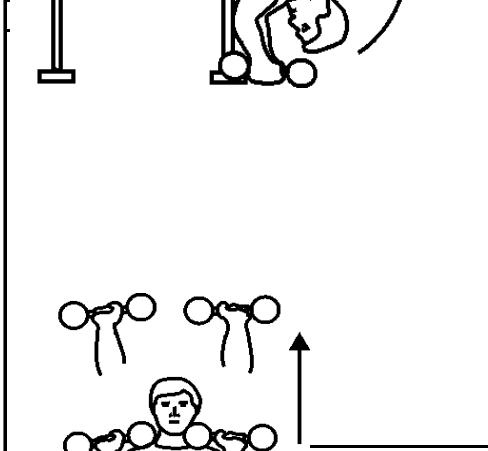
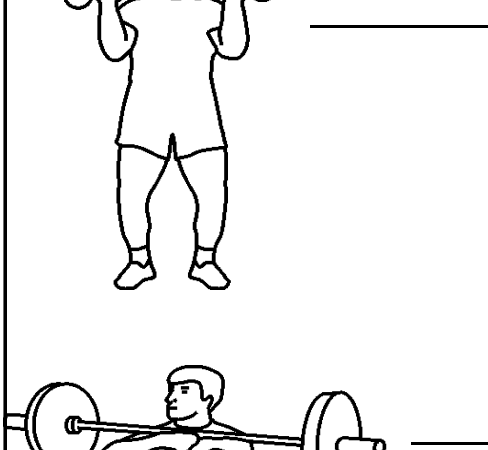
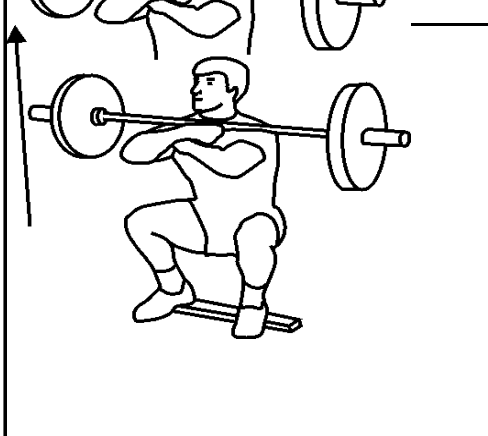
<p>Medicine Ball V Sit Up</p>	<p>Description</p>
 <p>On one leg with dumbbell</p>	<p>Sit on the floor with a medicine ball between your ankles. Support your upper body with your hands. Lower yourself so that your back is about 10cm from the floor, this is the start position. To start the movement bring your legs off the ground and at the same time bring your upper body up to form a V shape. Slowly lower yourself back down and repeat. Breathe naturally during this movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold two dumbbells to your side palms facing the body. Start the movement by moving the shoulder and raising the dumbbells upwards in a controlled manner. Breathe naturally during the movement. As you become used to the movement breathe out as you raise the dumbbells and in as you lower it.</p>
	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the right leg at the hips and simultaneously bending the knee. From this position lunge out laterally 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 but lunge diagonally to the right and return. Then lunge straight and return. Repeat the sequence using the left leg. Breathe naturally during the movement.</p>
<p>Neutral grip</p>  <p>Move</p>	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball at arms length in front of you. Slowly rotate your body so the ball is ninety degrees to the left and then ninety degrees to the right. Breathe naturally during the movement.</p>

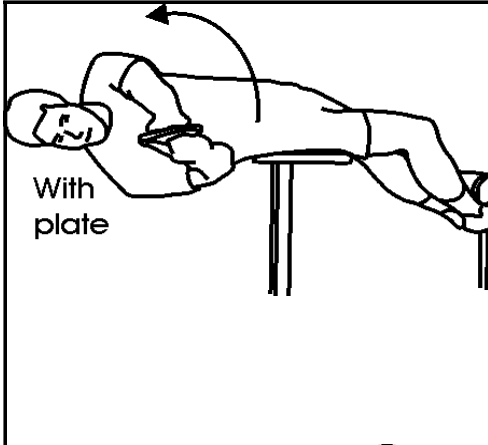
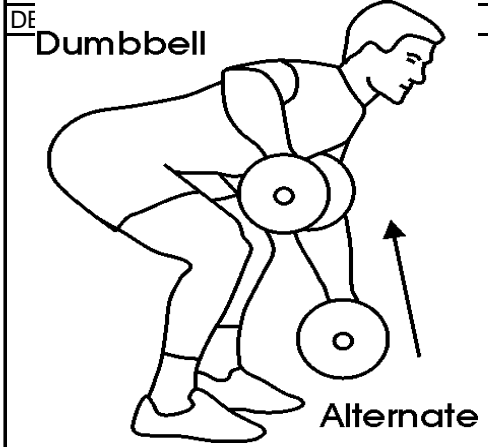
<p>around on the same leg</p> 	<p><u>description</u> and upright with your shoulders back, your trunk pulled in and your feet shoulder width apart. Start the movement with the dumbbell raised parallel to the ground and the elbow low bent facing forwards from the body. By rotating the shoulder raise the dumbbell until that the forearm is perpendicular to the ground. Keep the elbow at right angles throughout. Repeat with the other arm.</p>
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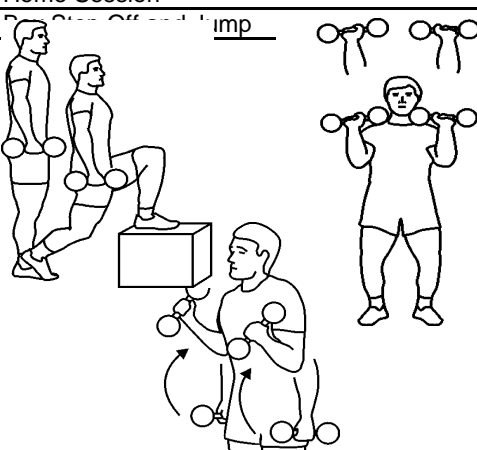
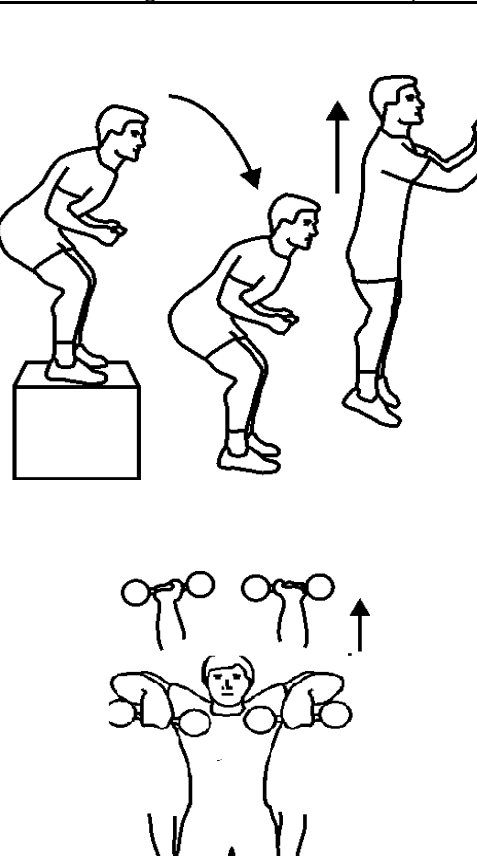
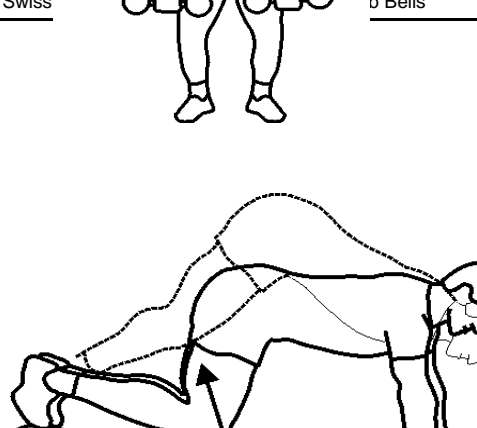
Block 8	Dates W/C												
Gym	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Step Off and Hold	8	2	8	2	10	3	10	3	12	3	12	3
Pull	Pull Up Wide Grip	12	2	12	2	12	3	12	3	12	3	12	3
Core	Dumb Bell Side Bend	12 each side	2	12 each side	2	12 each side	2	10 each side	2	10 each side	2	8 each side	2
Leg	Barbell Stiff Legged Deadlift	12	2	12	2	12	3	10	3	10	3	8	3
Core	Roman Chair Back Extension & Rotation	12 each side	1	12 each side	1	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push	Dumb Bell Military Press	12	2	12	2	12	3	10	3	10	3	8	3
Leg	Barbell Front Squat	12	2	12	2	12	3	10	3	10	3	8	3
Core	Roman Chair Russian Twist	12 each side	1	12 each side	1	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push/Pull	Dumb Bell Bent Over Alternate Arm Row	12	2	12	2	12	2	10	2	10	2	8	2
Combination	Dumb Bell Step Up plus Curl and Press	12 + 12 + 12	2	12 + 12 + 12	2	10 + 10 + 10	2	10 + 10 + 10	2	10 + 10 + 8	2	10 + 10 + 8	2
NOTES	Complete a ten minute cardiovascular warm up at the start of the session. This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Carry out extra warm up sets where required. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

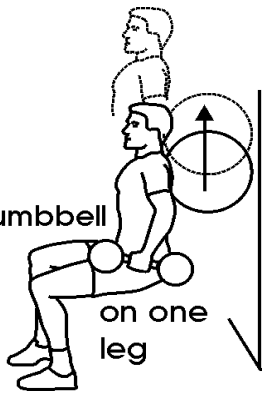
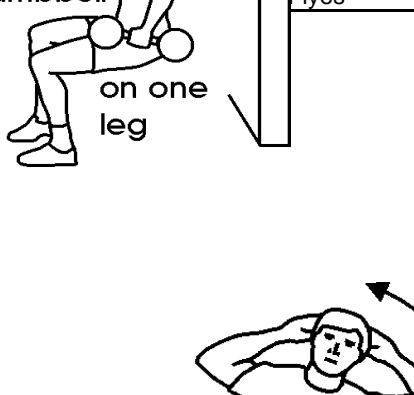
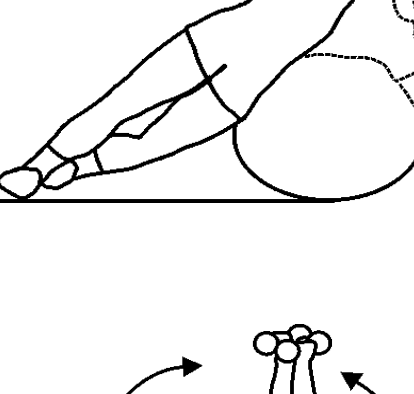
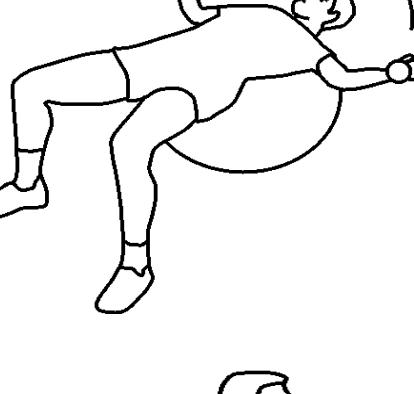
Block 8	Dates W/C												
Home	Set	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Step Off and Jump	8	2	8	2	8	2	8	2	8	2	8	2
Pull	Dumb Bell High Pull to Snatch from Hip	12	2	12	2	12	3	10	3	10	3	8	3
Core	Medicine Ball Prone Jackknife	12	2	12	2	15	3	15	3	20	3	20	3
Leg	Swiss Ball Single Leg Wall Squat with Dumb Bells	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Swiss Ball Side Bend	12 each side	2	12 each side	2	12 each side	2	15 each side	2	15 each side	2	15 each side	2
Push	Dumb Bell Swiss Ball Supine Flyes	12	2	12	2	12	2	10	2	10	2	8	2
Leg	Dumb Bell Backward Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Core	Medicine Ball Alternate Leg Step & Rotate	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Push/Pull	Dumb Bell Lateral Raise	12	2	12	2	12	3	10	3	10	3	8	3
Notes	This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. Once all the exercises have been learnt there should be a 45 second rest period between exercise sets. Carry this programme out once per week on non consecutive days.												

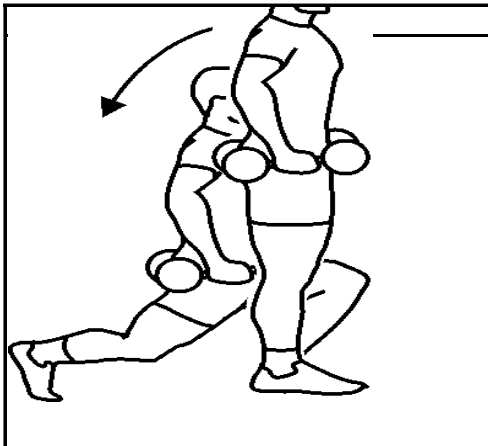
GYM SESSION	
Name and diagram	
Box Step Off and Hold	Description
	<p>Stand on a small step or box. Slowly step out in front of the box and step down and land on both legs. Do not jump off the box step off it. Upon landing hold the position for two to three seconds without any "wobbling". As you get better land solely on the balls of the feet.</p>
 <p>wide grip pronation grip</p>	Description
	<p>Hold your arms out to the side and bent at the elbow hands upwards, this is the minimum hand spacing for the exercise. Hold the chin up bar with your palms facing away. Pull your body up so that your chin is over the bar. Keep your body straight during the exercise, do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>
	Description
	<p>Stand upright with you shoulders back holding a dumb bell to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>
 <p>-keep back -chest out -head up</p>	Description
	<p>Lift the bar to the starting point using a bent legged deadlift. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "clean" grip with your hands just outside your shins. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the barbell is on the floor or you can no longer maintain a straight back. Stand upright by straightening the legs and hips at the same time. Finish with you shoulders back and your arms holding the bar to the thighs.</p>

 <p>20° bent</p>	<p>Description</p> <p>Lie on your stomach with your hands to the side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your body so that it is perpendicular to the floor. Hold a dumb bell out in front of you in two hands (optional). Slowly raise your upper body so that it is parallel to the floor contracting your back and buttock muscles. In this position rotate the body to right. Reverse the entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back and your feet shoulder width apart. Hold the dumbbells at shoulder height with your palms facing forward. Keep your stomach pulled in and your feet shoulder width apart. Keep your legs straight, but not hyperextended. Press the dumbbells overhead using only your shoulders and arms, taking care not to arch your back. Lower the dumbbells to the shoulder and then press them. Breathe out as the dumbbells are pressed and in again as they are lowered.</p>
	<p>Description</p> <p>It is important to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with your shoulders back holding the barbell in front of the shoulders in either an Olympic or cross over (illustrated) grip. Keep your stomach pulled in and your feet shoulder width apart. Sit at the hips and bend at the knees. Finish the movement when the tops of the thighs are at least parallel to the ground. Breathe in before the squat and out on the upward part of the squat.</p>
	<p>Description</p> <p>Holding a weight disc or dumbbell is optional. Position yourself so that your hips and ankles are on the pads with your upper body slightly above parallel. Using your abdominal muscles not your legs raise your upper body slightly and twist to the right, lower the body and come back to the starting position. Repeat for the required number of repetitions on one side and then repeat on the other side.</p>

 <p>With plate</p>	<p>Description</p> <p>Bend over at the hips and squat at the knees so that your upper body is approximately forty five degrees to 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 shoulder back and finally bend your arm to pull one dumb bell up to your chest, (these three movements should flow as one single event). Repeat with the other dumb bell. Breathe naturally during the movement.</p>
 <p>DE Dumbbell</p> <p>Alternate</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells to your side. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step 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. After the step ups hold the dumbbells in a neutral position palms facing the body and bend the arms to lift the dumbbells in a controlled manner. Keep your elbows tucked in by your side during the movement. With the dumbbells at the shoulders straighten the arms to press them overhead. Breathe out as the dumbbells are pressed and in as they are lowered. Lower the dumbbells back to the start of the curl and repeat for the required number of repetitions.</p>

<p>Home Session</p> 	<p>Description</p> <p>Stand on a small step or box. Slowly step up in front of the box and step down and land on both legs. Do not jump off the box top off it. Upon landing jump immediately upwards.</p>
<p>Dumb Bell High Jump Start from Hip</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells at hip height just outside your legs palms facing backwards. Start the movement by straightening your legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. As the dumb bells are lifted extend the legs and get onto your toes. From this position rotate the shoulders and simultaneously bend the knees to get the dumb bells overhead. Finish by standing up straight. Lower the dumb bells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p>Swiss Ball</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your back supported by a Swiss Ball. Hold a dumb bell in each hand. Lift your right foot off the ground. Start the movement by sitting on the hips and then bend at the knees. Finish the movement when the top of left thigh is parallel to the ground. Breathe naturally during the movement.</p>

 <p>Dumbbell on one leg</p>	<p>Description</p> <p>Stand upright with your feet supported at the bottom of a wall. Lie sideways over a Swiss ball so that the upper part of your left arm is on the ball. Place your hands to the side of your head. Use the muscles in your abdomen and side to raise your upper body. Finish when your upper body is bent over to the right and only your hips are in contact with the ball, hold this position for a second. Slowly reverse the movement. Continue for the required number of repetitions.</p>
	<p>Description</p> <p>Lie on your back on a Swiss Ball with your feet firmly on the floor. Hold a dumbbell in each hand level with and just outside the chest. In a controlled manner press the dumbbells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumbbells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumbbells and in as you lower them.</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 leg at the hips and simultaneously bending the knee. From this position step back into a position so the shin of the front leg 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>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball out in front. Start the movement by lifting the leg at the hips and simultaneously bending the knee. Slowly rotate your body so the ball is ninety degrees to the left and then ninety degrees to the right as you step forward (lunge). Step back and then repeat using the other leg. 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 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>
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