



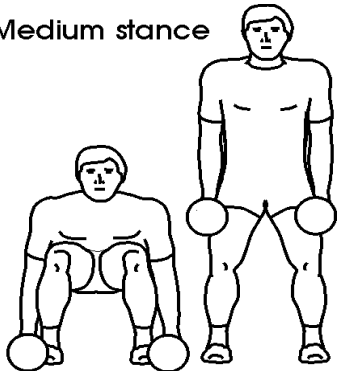
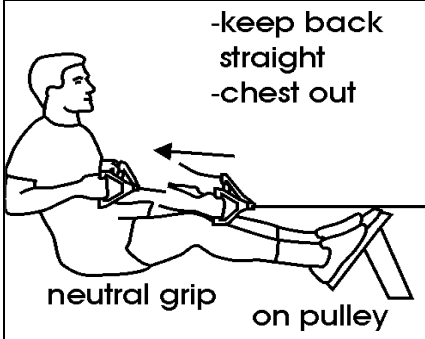
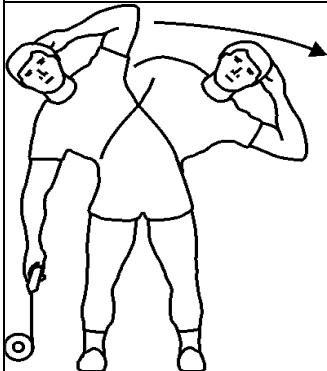
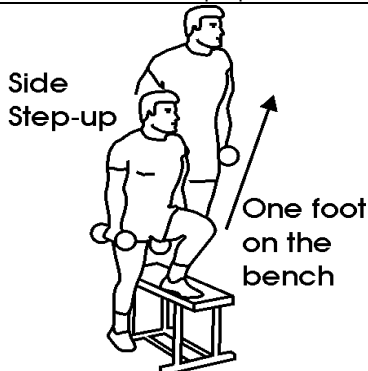
England Rugby

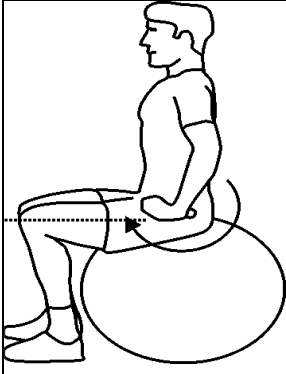
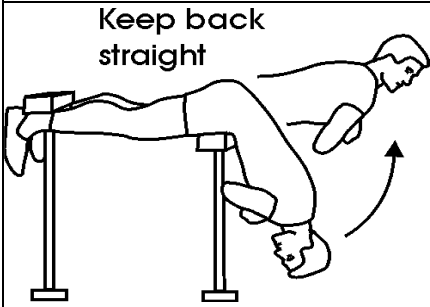
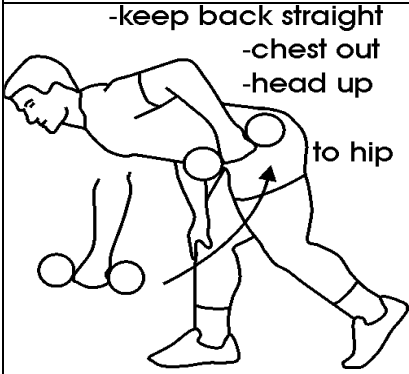
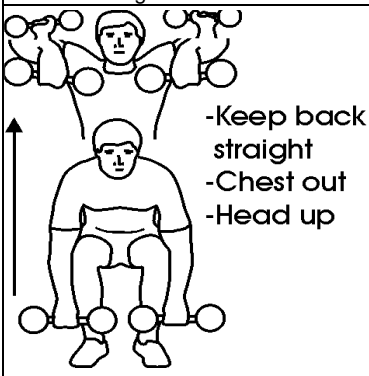
School Strength  
Programme

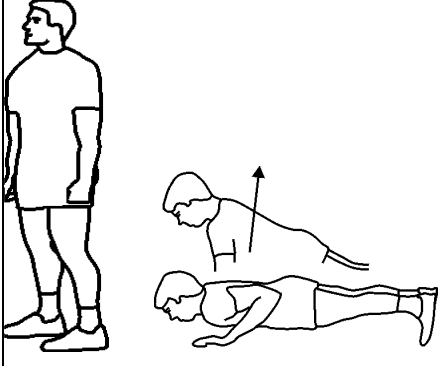
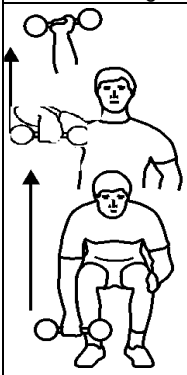
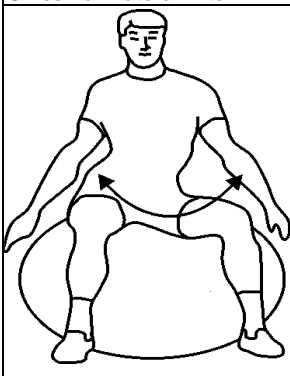
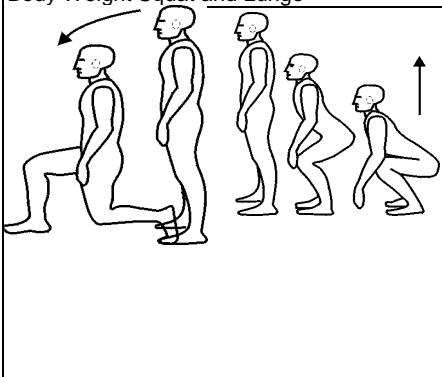
Year Ten

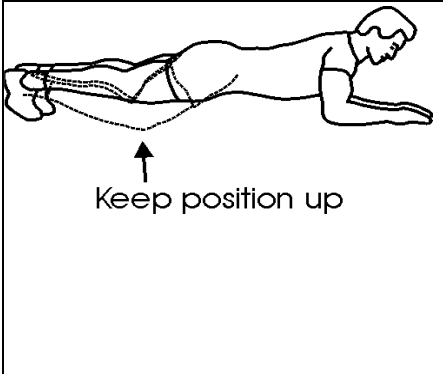
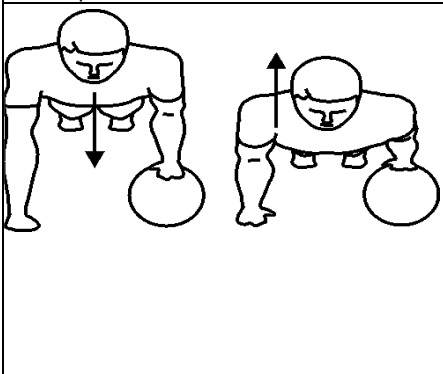
<b>Block 1</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Squat	15	1	15	1	15	2	20	2	20	2	20	2
Pull	Cable Seated Row	15	1	15	1	15	2	20	2	20	2	20	2
Core	Cable Side Bend	12 each side	1	12 each side	1	12 each side	2	15 each 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 week on non consecutive days.												

<b>Block 1</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Circuit</b>	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><b>Medium stance</b></p> 	<p>Stand upright with you 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 up straight. Breathe naturally during the movement.</p>
Cable Seated Row	Description
 <p>-keep back straight -chest out</p> <p>neutral grip on pulley</p>	<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>
Cable Side Bend	Description
	<p>Stand upright with you 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>
Dumb Bell Lateral Step Ups	Description
 <p>Side Step-up</p> <p>One foot on the bench</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 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>

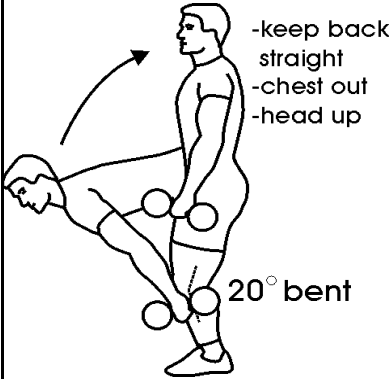
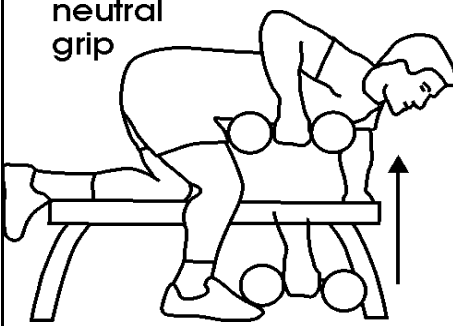
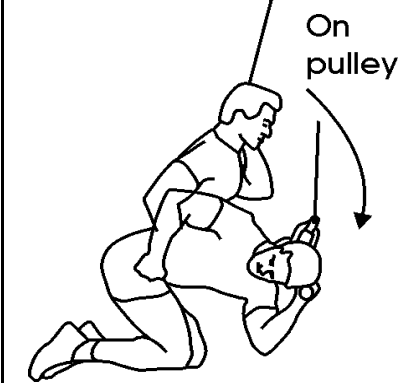
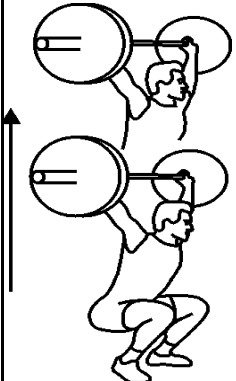
<p>Swiss Ball Posterior and Anterior Tilt</p> 	<p>Description</p> <p>Sit on the ball with your thighs parallel to the floor. Contract your back and abdomen to establish a neutral position. By relaxing and contracting your lower back and abdomen gently roll your buttocks backwards and forwards over the ball. Continue for the required length of time or number of repetitions.</p>
<p>Roman Chair Back Extension</p> <p>Keep back straight</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>Dumb Bell Bent Over Single Arm Triceps Extension</p> <p>-keep back straight -chest out -head up</p> <p>to hip</p> 	<p>Description</p> <p>Stand in a partial lunge position with the right hand resting on the right thigh to support the body. Bend forward and hold the dumb bell in the arm with the elbow bent and the forearm perpendicular to the floor. Contract the back of the arm (triceps) to fully straighten the arm. Breathe out during the extension and in during the lowering. There will be some movement at the shoulder but keep this to a minimum.</p>
<p>Dumb Bell High Pull Snatch</p> <p>-Keep back straight -Chest out -Head up</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>

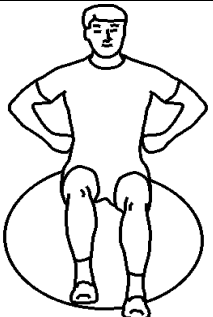
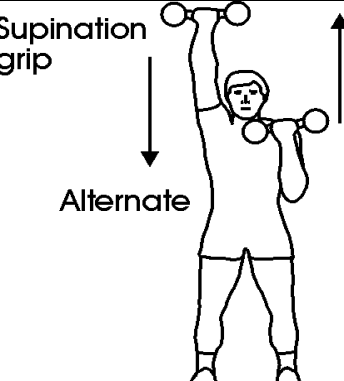
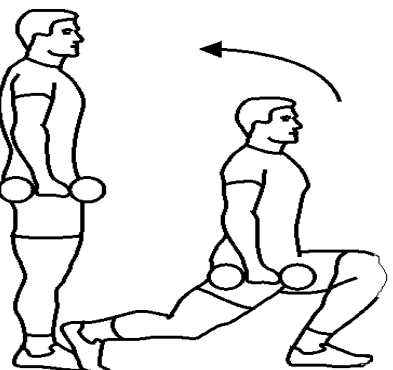

HOME SESSION	Description
<p data-bbox="407 260 495 287">Burpees</p> 	<p data-bbox="846 287 1292 474">Start in a front support (push up) position. From this position quickly pull your legs forward as in a squat thrust and immediately transfer this power to jump up into an upright position and from here jump upwards as in a half squat jump. Immediately reverse the process.</p>
<p data-bbox="407 659 792 686">Dumb Bell Single Arm High Pull Snatch</p>  <p data-bbox="600 821 771 951">                     -Keep back straight                      -Chest out                      -Head up                 </p>	<p data-bbox="846 659 1292 972">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. As the dumb bell is lifted extend the legs and get onto your toes. From this position rotate the shoulder and simultaneously bend the knees to get the dumb bell overhead. 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 data-bbox="407 1058 630 1085">Swiss Ball Lateral Tilts</p> 	<p data-bbox="846 1085 1292 1304">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 data-bbox="407 1457 711 1484">Body Weight Squat and Lunge</p> 	<p data-bbox="846 1484 1292 1808">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>

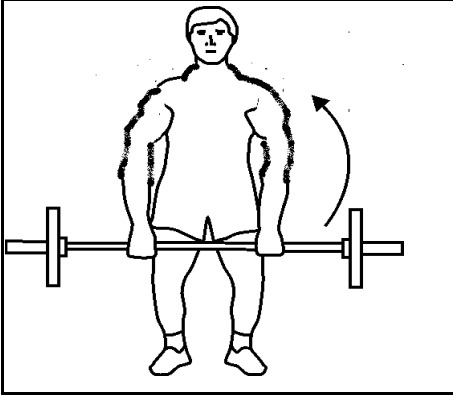
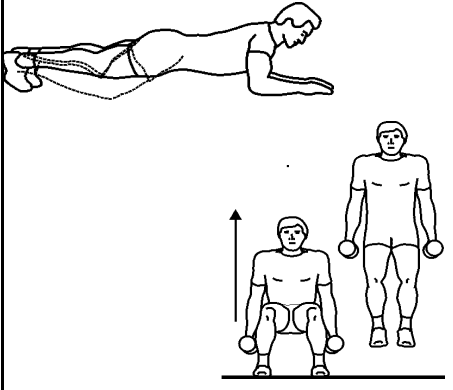
<p>Plank</p>	
 <p>Keep position up</p>	<p>Assume a front support (push up) position with the upper body supported on your hands and forearms and the lower body supported on your knees. To start the movement take your knees off the floor so that your body is in a straight line ("plank"), hold this position for the required time.</p>
<p>Push Up One Arm on Medicine Ball</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>

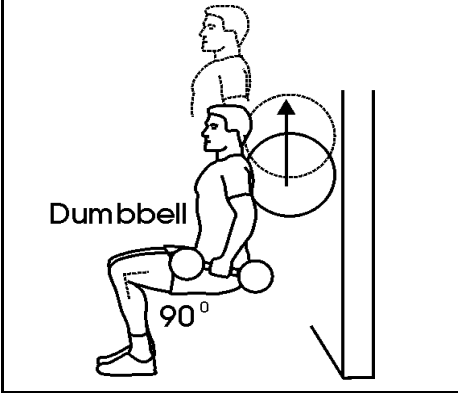
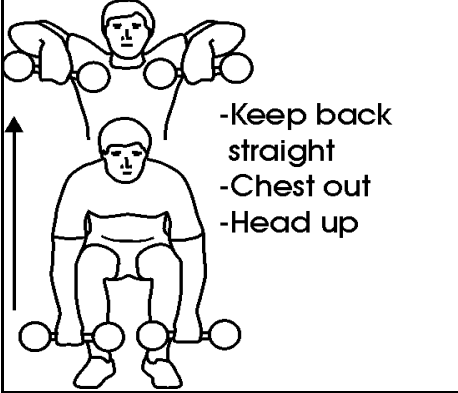
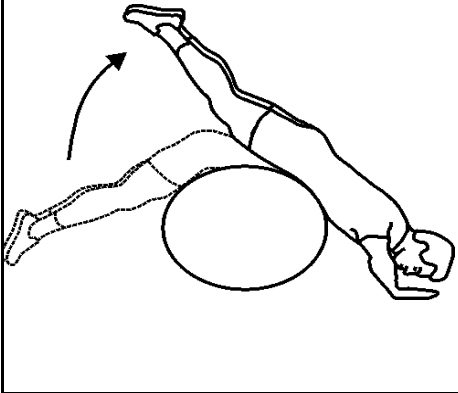
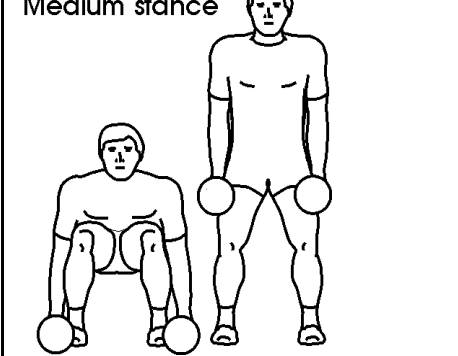
<b>Block 2</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Stiff Legged Deadlift	15	2	15	2	15	2	10	2	10	2	10	2
Pull	Dumb Bell Single Arm Bent Over Row	12 each arm	2	12 each arm	2	12 each arm	2	10 each arm	2	10 each arm	2	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.												

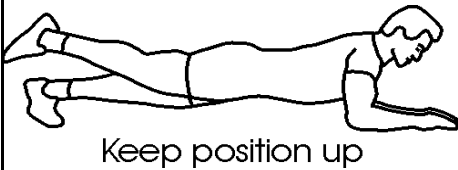
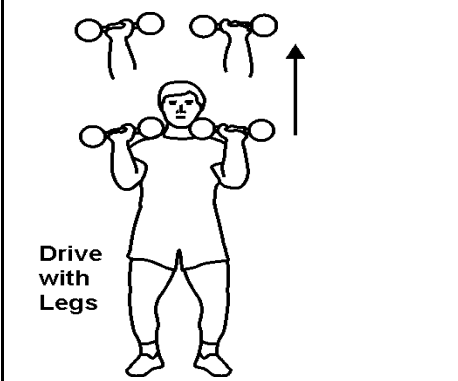
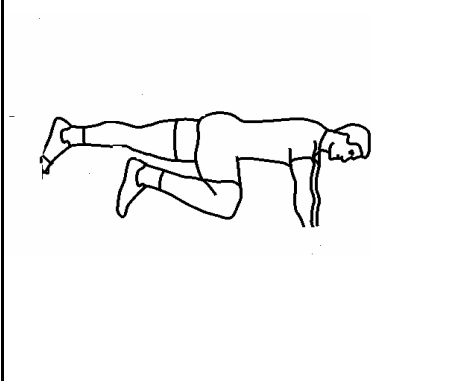
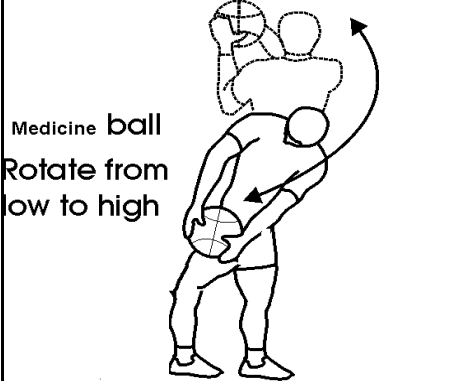
<b>Block 2</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Circuit</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Swiss Ball Wall Squat with Dumb Bells	15	2	15	2	15	2	12	2	12	2	10	2
Pull	Dumb Bell High Pull	15	2	15	2	15	2	12	2	12	2	10	2
Core	Swiss Ball Reverse Back Extension	15	2	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 you shoulders back holding dumb bells 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 dumb bells are by the ankles. Breathe naturally during the movement.</p>
Dumb Bell Single Arm Bent Over Row	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 dumb bell 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 dumb bell 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	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>
Barbell Overhead Squat	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 you 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>Swiss Ball Seated Alternate Leg Raise</p>  <p>Sit on ball One foot on floor</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>Dumb Bell Alternate Press (Supinated Grip)</p>  <p>Supination grip Alternate</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>Dumb Bell Alternate Leg Lunge</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>Prone Alternate Leg Raise</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>

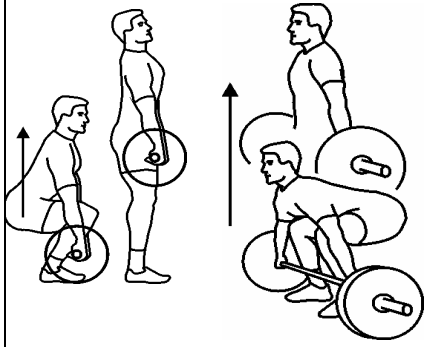
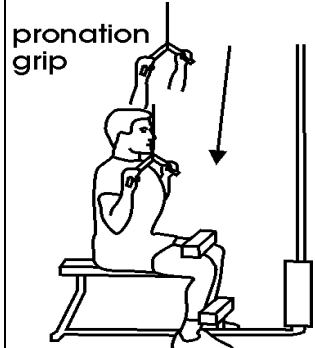
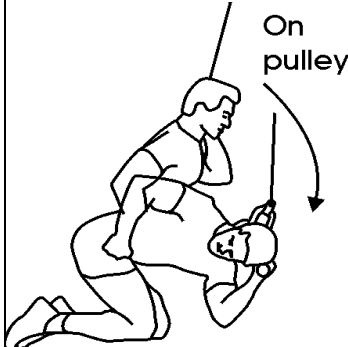
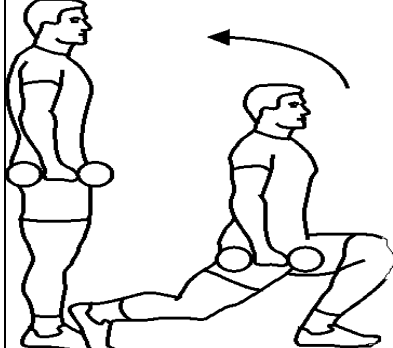
<p><b>Barbell Clean Grip Shrugs</b></p>	<p><b>Description</b></p>
	<p>Pick up a light barbell from the floor using good technique. Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a "clean" grip 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>
<p><b>Squat Thrust plus Dumb Bell Squat Jump</b></p>	<p><b>Description</b></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>

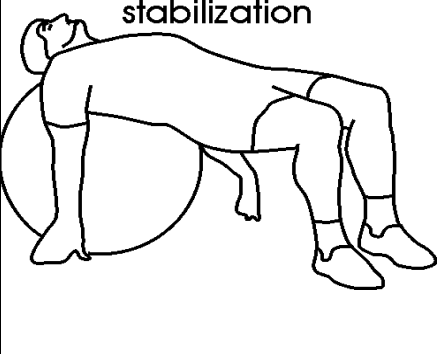
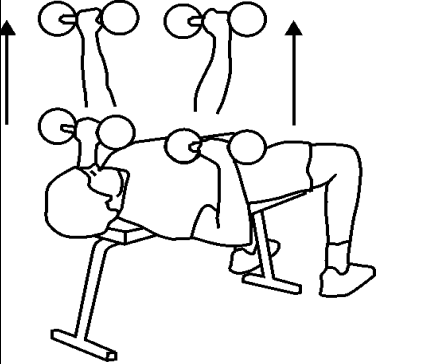
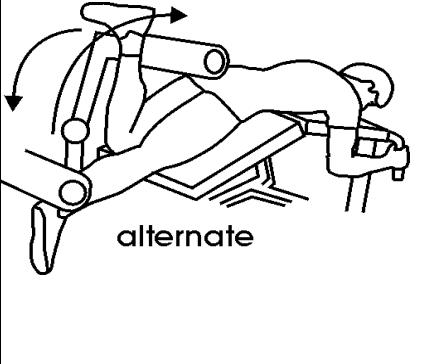
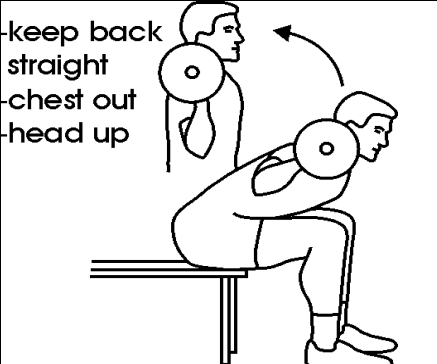
Home Session	Description
<p data-bbox="391 226 846 256"><b>Swiss Ball Wall Squat with Dumb Bells</b></p> 	<p data-bbox="846 256 1295 504">Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your back supported by a Swiss Ball. 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 data-bbox="391 646 846 676"><b>Dumb Bell High Pull</b></p> 	<p data-bbox="846 676 1295 1008">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 bells upwards level with your chest. As the dumb bells are lifted extend the legs and finish on your toes. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p data-bbox="391 1066 846 1096"><b>Swiss Ball Reverse Back Extension</b></p> 	<p data-bbox="846 1096 1295 1344">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 data-bbox="391 1486 846 1516"><b>Dumb Bell Squat Jumps</b></p> <p data-bbox="391 1516 846 1545"><b>Medium stance</b></p> 	<p data-bbox="846 1516 1295 1785">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 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>

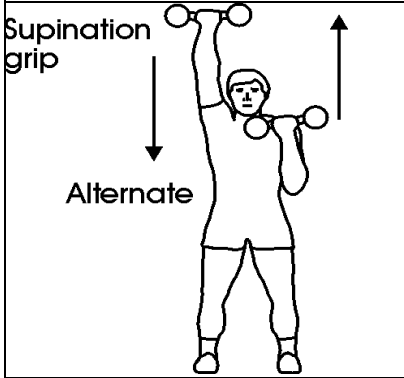
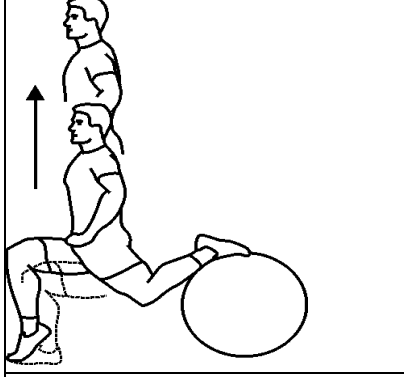
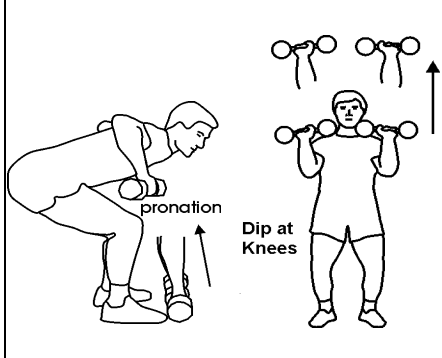
<p>Plank Single Leg Raise</p>  <p>Keep position up</p>	<p>Description</p> <p>Assume a front support (push up) position with the upper body supported on your hands and forearms and the lower body supported on your knees. To start the movement take your knees off the floor so that your body is in a straight 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>Dumb Bell Push Press</p>  <p>Drive with Legs</p>	<p>Description</p> <p>Stand upright with you 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>
<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>Medicine Ball Oblique Rotations</p>  <p>Medicine ball Rotate from low to high</p>	<p>Description</p> <p>Stand up holding a medicine ball in front of your body. Rotate the body to swing 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>

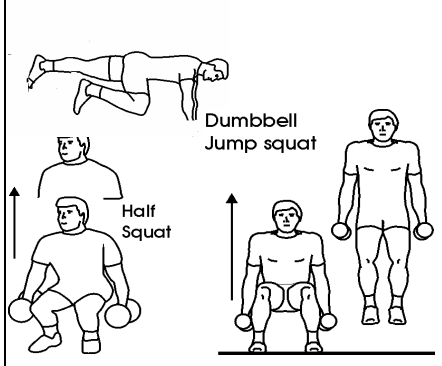
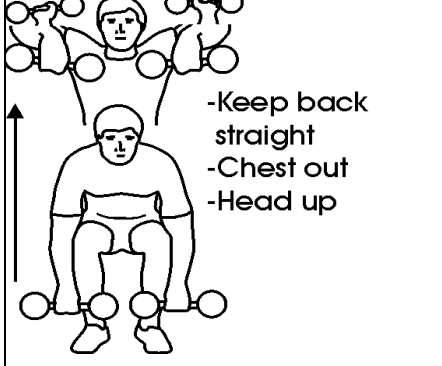
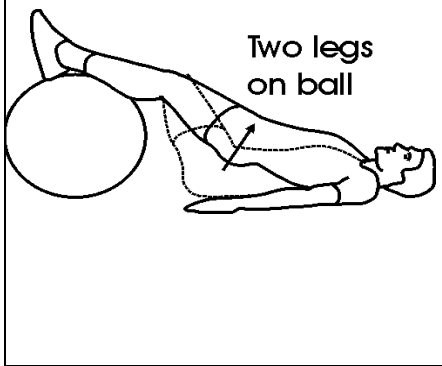
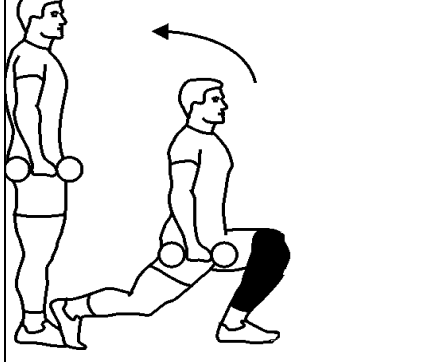
<b>Block 3</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Deadlift	12	2	12	2	12	2	10	2	10	2	8	2
Pull	Cable Lat Pulldown	12	2	12	2	12	2	10	2	10	2	8	2
Core	Cable Kneeling Crunch with Twist	12 each side	2	12 each side	2	12 each 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
<b>NOTES</b>	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.												

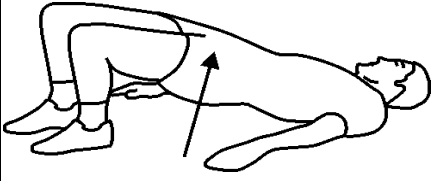
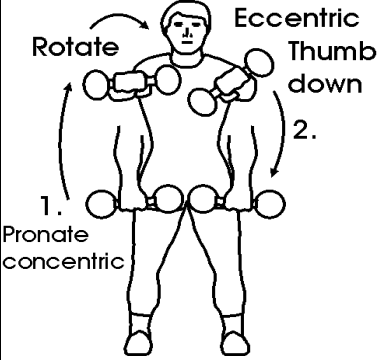
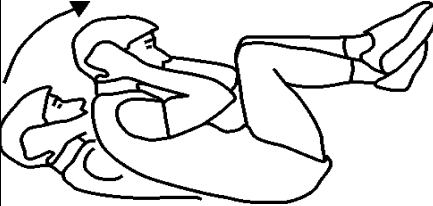
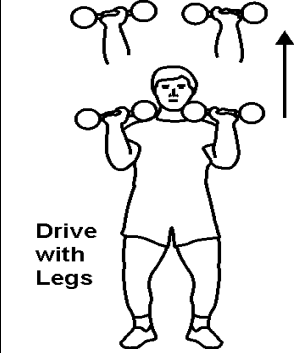
<b>Block 3</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Alternate Leg Squat Thrust + Dumb Bell Half Squat + Jump	10 each leg + 10 + 10	2	10 each leg + 10 + 10	2	10 each leg + 10 + 10	3	10 each leg + 10 + 10	3	10 each leg + 10 + 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 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>
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>
Cable Kneeling Crunch with Twist	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>
Dumb Bell Alternate Leg Lunge	Description
	<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>Swiss Ball Suspension Bridge</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 up to the side and hold the position for the required time and repetitions. Progress to raise individual arms and legs.</p>
<p>Dumb Bell Bench Press</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>Machine Prone Alternate Leg Curl</p>  <p>alternate</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>Barbell Seated Good Morning</p>  <p>-keep back straight -chest out -head up</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>

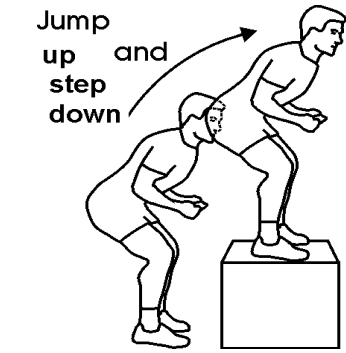
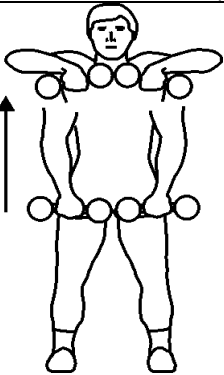
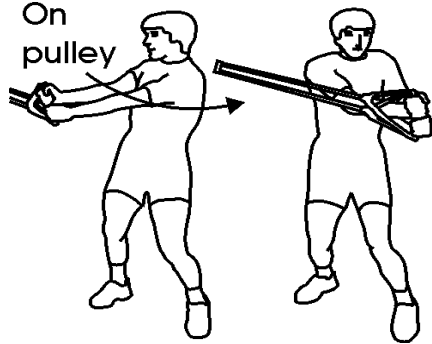
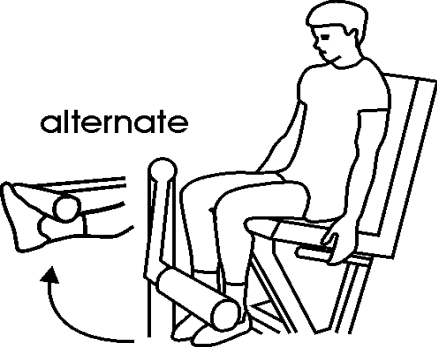
<p>Dumb Bell Alternate Press (Supinated Grip)</p> 	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing towards you. Start the movement with the dumb bells at the shoulders then straighten 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>Swiss Ball Single Leg Squat</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 &amp; 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>

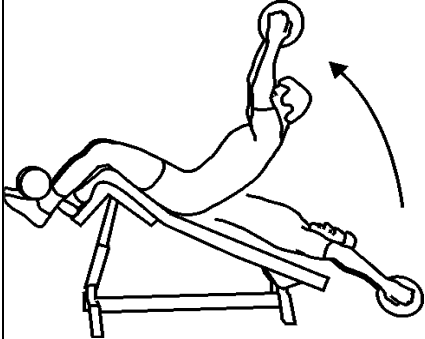
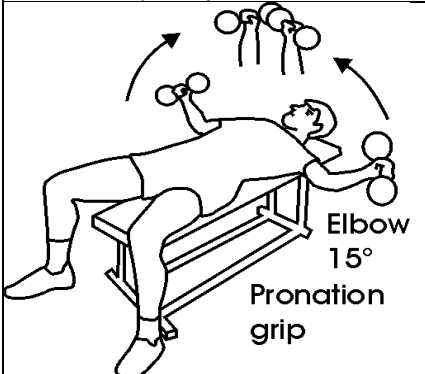
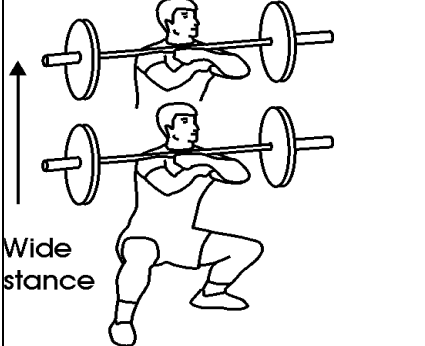
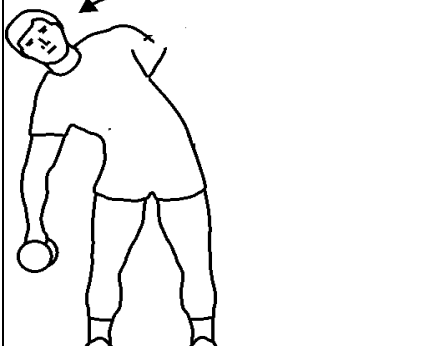
Home Session	Description
<p data-bbox="402 285 841 310">Alternate Leg Squat Thrust + DB Half Squat + Jump</p> 	<p data-bbox="846 285 1276 680">In a push up position bring the knee to the chest. Quickly return the leg to the start position and repeat with the other leg. Stand upright with you shoulders 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 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 data-bbox="402 686 841 711">Dumb Bell High Pull Snatch</p>  <p data-bbox="600 798 763 934">-Keep back straight -Chest out -Head up</p>	<p data-bbox="846 686 1276 1081">Stand upright with you 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 data-bbox="402 1087 841 1113">Swiss Ball Supine Bridge</p>  <p data-bbox="633 1144 763 1218">Two legs on ball</p>	<p data-bbox="846 1087 1276 1482">Lie 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 in the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p data-bbox="402 1488 841 1514">Dumb Bell Alternate Leg Lunge</p> 	<p data-bbox="846 1488 1276 1879">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>

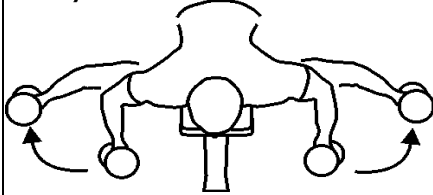
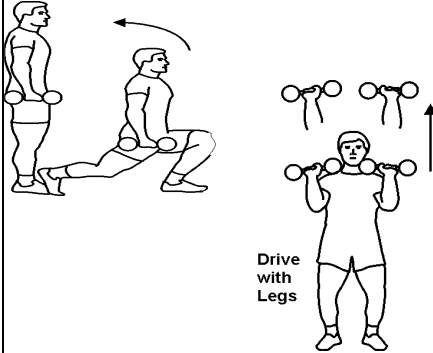
<p>Supine Bridge</p> 	<p>Lie on your back with all your spine in contact with the ground with your feet on the floor and your knees bent. Place your hands to your sides with your arms bent. Contract your lower back and buttock muscles to lift the hips off the floor so your body is in a straight line 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>Dumb Bell Shoulder Rotations</p> 	<p>Stand upright with you 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>Ninety Degree Crunch without Support</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 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>Dumb Bell Push Press</p> 	<p>Stand upright with you 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>

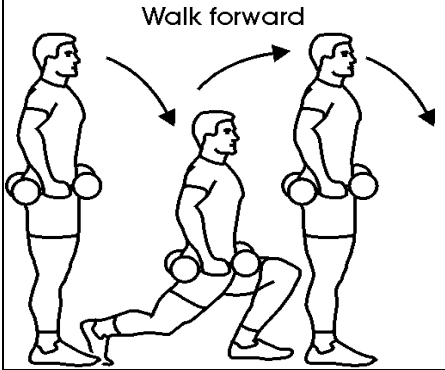
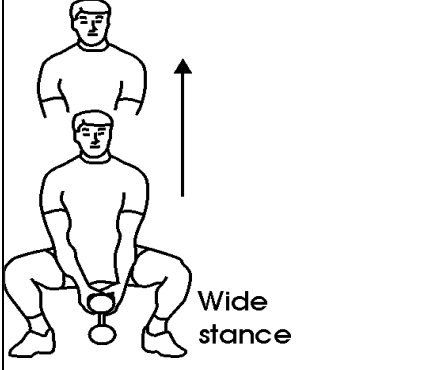
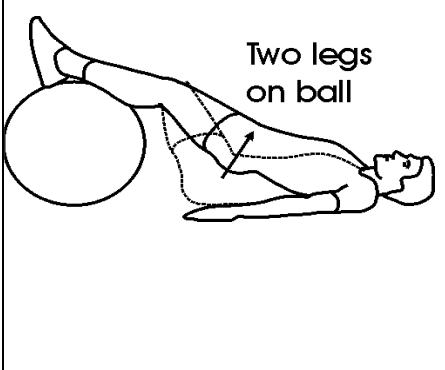
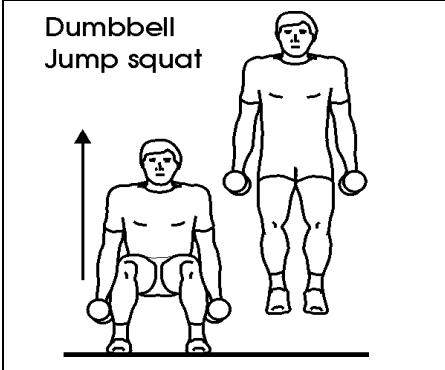
<b>Block 4</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Jump Up and Hold	10	2	10	2	10	3	12	3	12	3	12	3
Pull	Dumb Bell Upright Row	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Standing Lumbar Rotation	12 each side	2	12 each side	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.												

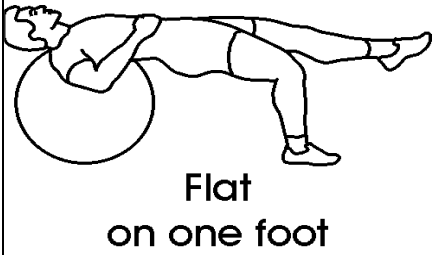
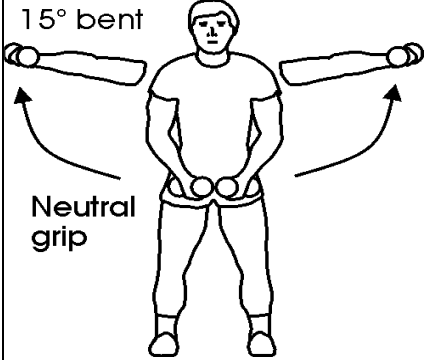
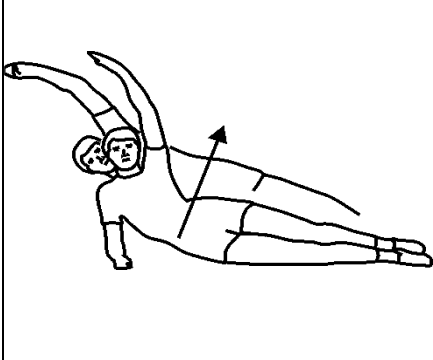
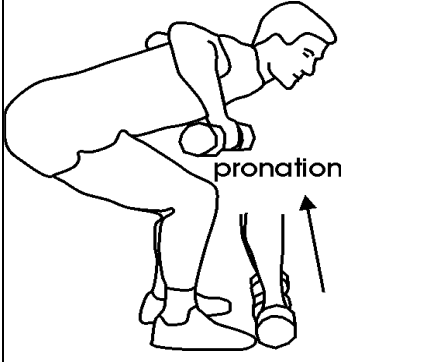
<b>Block 4</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Circuit</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Lunge Walk	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Pull	Dumb Bell Squat High Pull	12	2	12	2	10	2	10	2	8	2	8	2
Core	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.												

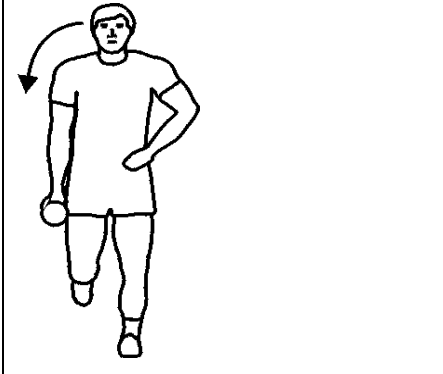
GYM SESSION	
Name and diagram	
Box Jump Up and Hold	Description
	<p>Stand in an athletic position "chest over knees over toes". Jump powerfully upwards to land on the box holding the athletic position. Step down off the box and repeat for the required number of repetitions.</p>
Dumb Bell Two Arm Upright Row	Description
	<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 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.</p>
Cable Standing Lumbar Rotation	Description
	<p>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.</p>
Machine Seated Alternate Leg Extension	Description
	<p>Sit down on the machine and place your legs so that the pads are resting on your shins. 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.</p>

<p>Medicine Ball Overhead Sit Up</p> 	<p>Description</p> <p>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>Dumb Bell Supine Flye</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. 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>Barbell Front Squat</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>Dumb Bell Side Bend</p> 	<p>Description</p> <p>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>

<p>Dumb Bell Bent Over Lateral Raise on Bench</p> <p><b>-Lie down on bench</b> <b>-Fly back</b></p> 	<p><b>Description</b></p> <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>Dumb Bell Alternate Leg Lunge and Push Press</p>  <p>Drive with Legs</p>	<p><b>Description</b></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 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 dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>

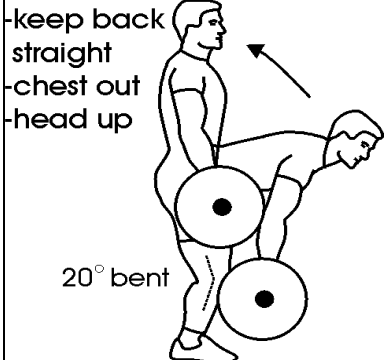
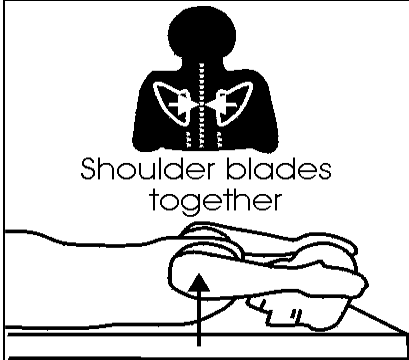
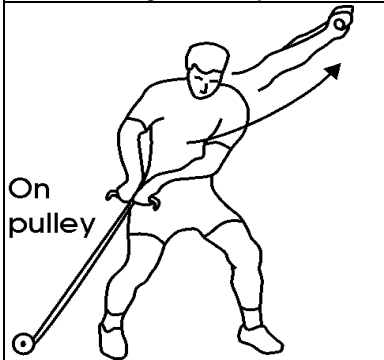
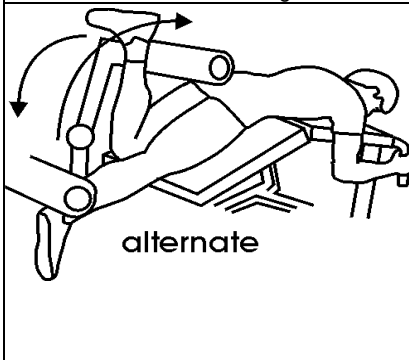
Home Session	Description
<p data-bbox="407 262 849 291"><b>Dumb Bell Lunge Walk</b></p> 	<p data-bbox="849 291 1291 583">Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a dumb bell in each hand. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Lift the back foot off the ground and repeat the movement using this leg to "walk" forward. Breathe naturally during the movement.</p>
<p data-bbox="407 661 849 690"><b>Dumb Bell Squat High Pull</b></p> 	<p data-bbox="849 690 1291 1003">Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells together inside your legs palms facing one another. 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 bells upwards level with your chest. As the dumb bells 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="407 1060 849 1089"><b>Swiss Ball Supine Bridge</b></p> 	<p data-bbox="849 1089 1291 1402">Lie 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 in the starting position. Immediately repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p data-bbox="407 1459 849 1488"><b>Dumb Bell Squat Jump</b></p> 	<p data-bbox="849 1488 1291 1759">Stand upright with you 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 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>

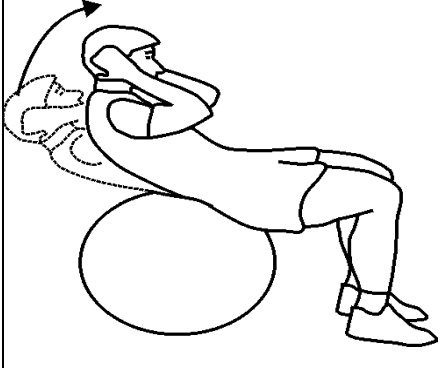
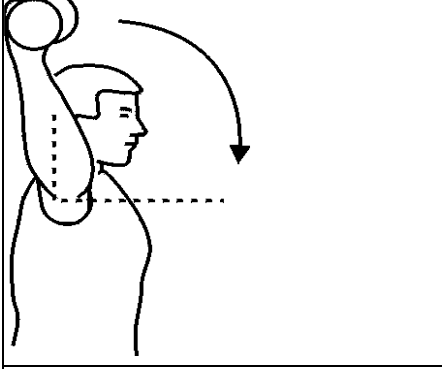
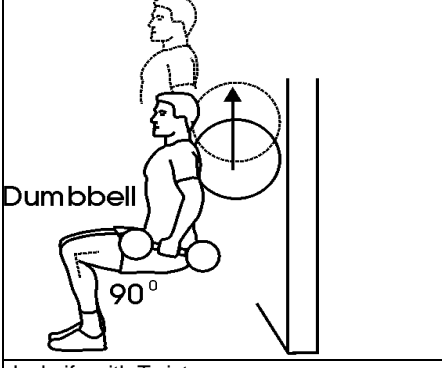
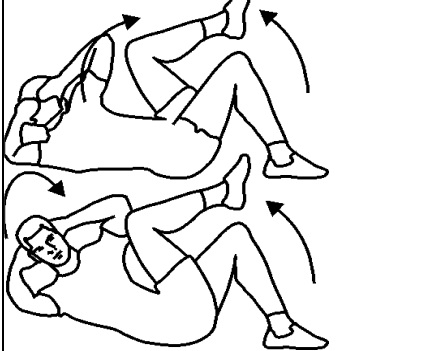
<p>Swiss Ball Suspension Bridge Leg Raise</p>  <p>Flat on one foot</p>	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball and your knees bent 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>Dumb Bell Lateral Raises</p>  <p>15° bent</p> <p>Neutral grip</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 dumb bells together in front of the body with the elbows slightly bent. Raise the dumb bells to just above shoulder level and then slowly lower them. Breathe out as you raise the dumb bells and breathe out as you lower them.</p>
<p>Side Plank</p> 	<p>Description</p> <p>Lie 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 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>Dumb Bell Two Arm Bent Over Row</p>  <p>pronation</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 with the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull the dumb bells up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>

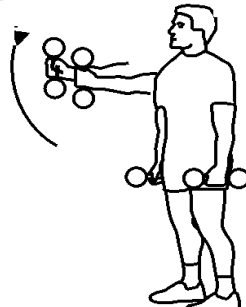
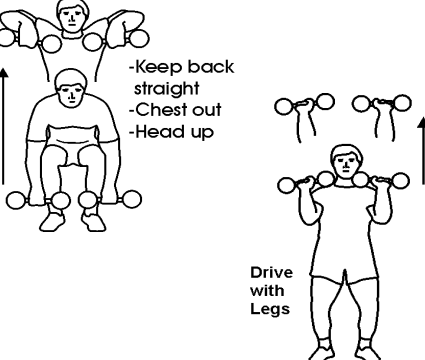
Dumb Bell Single Leg Side Bend	Description
	<p>Hold a dumb bell in your right hand. Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending your right leg at the knee. Slowly bend the body at the waist sideways until the dumb bell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

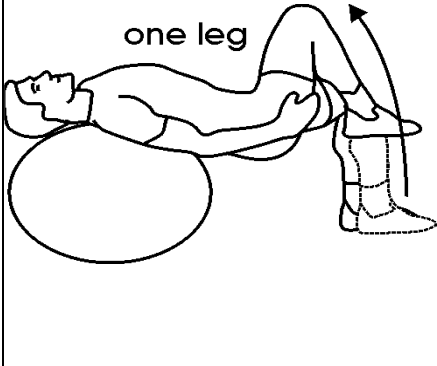
<b>Block 5</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Stiff Legged Deadlift	10	2	10	2	10	3	12	3	12	3	12	3
Pull	Prone Scapular Retraction	12	2	12	2	12	2	10	2	10	2	8	2
Core	Cable Standing Low Pulley Rotation	12 each side	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
<b>NOTES</b>	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.												

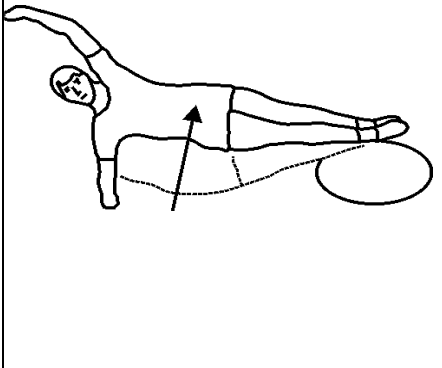
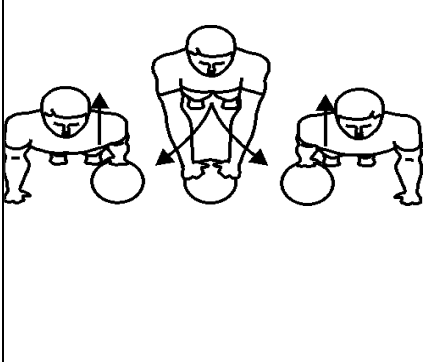
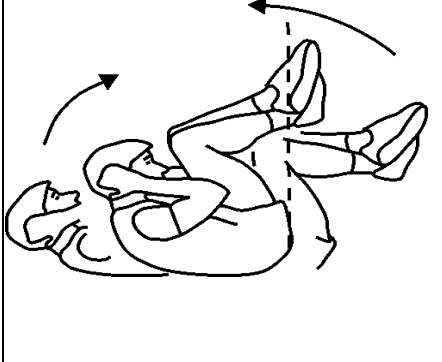
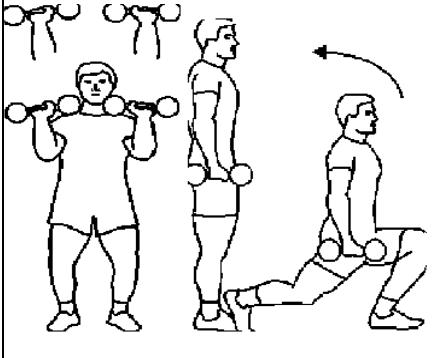
<b>Block 5</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Circuit</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Ankle Jumps in Place	12	2	12	2	15	3	15	3	20	3	20	3
Pull	Dumb Bell Squat Under Upright Row	12	2	12	2	10	3	10	3	8	3	8	3
Core	Swiss Ball Bridge Supine Bent Leg Raise	5 each 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	Jackknife 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	
<p><b>Barbell Stiff Legged Deadlift</b></p> <p>-keep back straight -chest out -head up</p>  <p>20° bent</p>	<p><b>Description</b></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><b>Prone Scapular Retraction</b></p>  <p>Shoulder blades together</p>	<p><b>Description</b></p> <p>Lie face down on a bench. Hold your arms out unsupported to the side with your elbows bent. By contracting muscles in your upper back bring your shoulder blades together and hold for five seconds. Relax and repeat for the required number of repetitions. Breathe naturally during this movement.</p>
<p><b>Cable Standing Low Pulley Rotation</b></p>  <p>On pulley</p>	<p><b>Description</b></p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the cable at hip 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 above the shoulder 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.</p>
<p><b>Machine Prone Alternate Leg Curl</b></p>  <p>alternate</p>	<p><b>Description</b></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>Swiss Ball Abdominal Crunch</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 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 by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Hold the top position briefly before reversing the movement. Breathe naturally during the movement.</p>
<p>Dumb Bell Single Arm Standing L Fly</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>Swiss Ball Wall Squat with Dumb Bells</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>Jackknife with Twist</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>

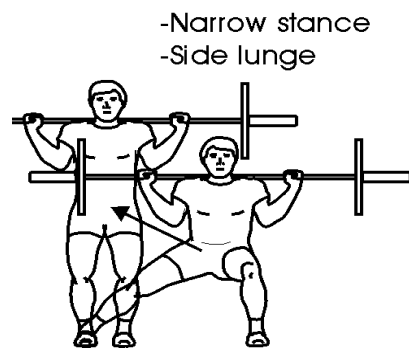
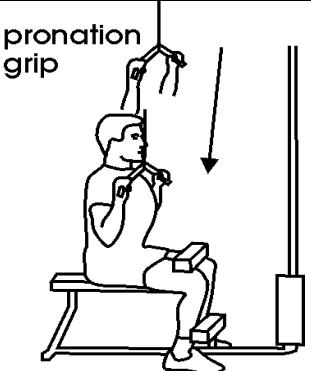
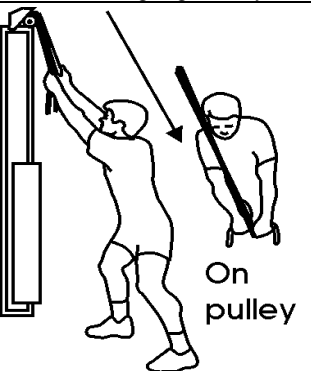
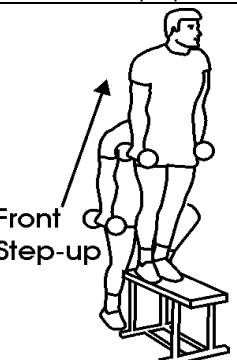
<p>Dumb Bell Front Raise</p> <p><b>Neutral grip</b></p> 	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by moving the shoulders and pulling the dumb bell upwards in a controlled manner. Breathe naturally during 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>Dumb Bell High Pull plus Push Press</p>  <p>-Keep back straight -Chest out -Head up</p> <p>Drive with Legs</p>	<p>Description</p> <p>Stand upright with you 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>

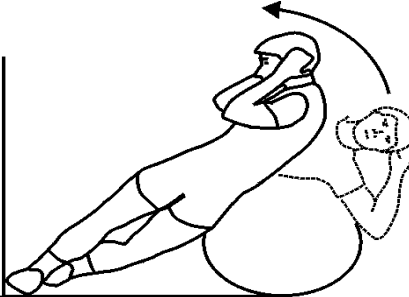
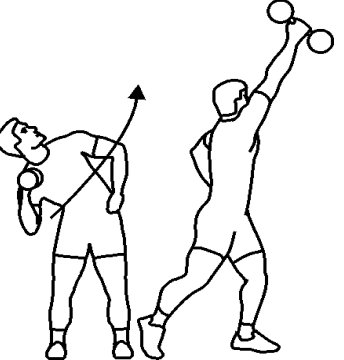
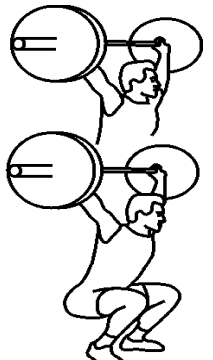
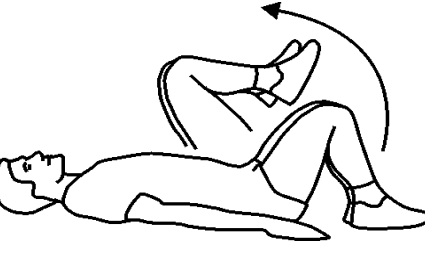
Home Session	Description
Ankle Jumps in Place	
<p><b>Jump on the ball of the foot</b></p> 	<p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your legs virtually straight. Start the movement by extending the feet to jump off the ground. Upon landing immediately repeat the exercise. Breathe naturally during the movement.</p>
Dumb Bell Squat Under Upright Row	
	<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>
Swiss Ball Bridge Supine Single Bent Leg Raise	
	<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>
Swiss Ball Single Leg Wall Squat with Dumb Bells	
	<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 at the hips and then bend at the knees. Finish the movement when the top of the left thigh is parallel to the ground. Breathe naturally during the movement.</p>

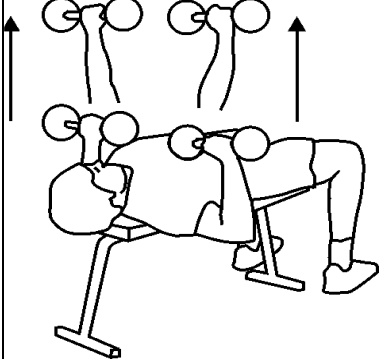
<p>Swiss Ball Side Plank</p>	<p>Description</p>
	<p>Lie on your right side with your right arm at right angles under your ribs and your feet balanced on a small Swiss ball (large medicine ball or basketball will also suffice). Keep your lower back and abdomen muscles tight and contract the muscles at 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>Medicine Ball Walkover Press Up</p>	<p>Description</p>
	<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>Jacknife Crunches</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. 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>Dumb Bell Alternate Leg Lunge and Push</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 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 dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>

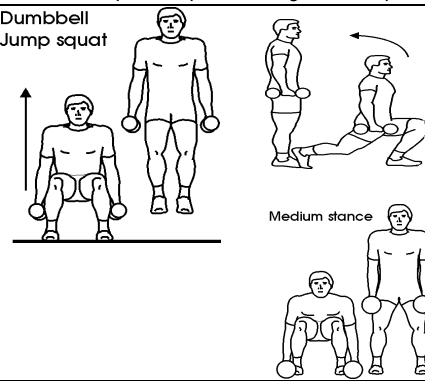
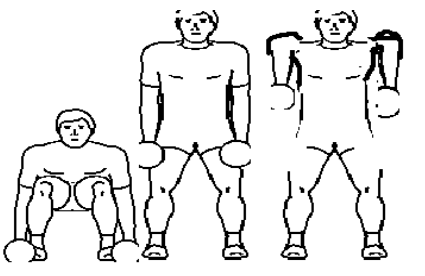
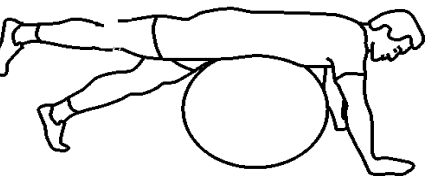
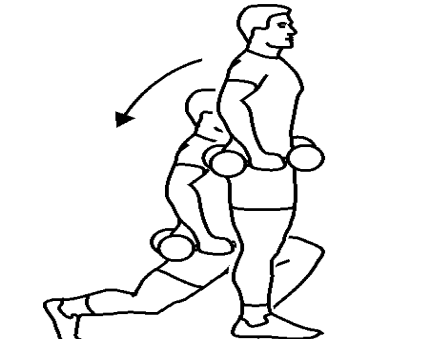
<b>Block 6</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Lateral Lunge	12 each leg	2	12 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2
Pull	Cable Lat Pulldown	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Standing 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
<b>NOTES</b>	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.												

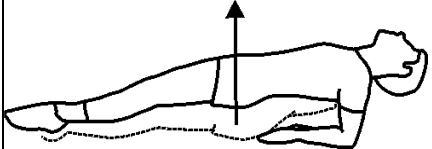
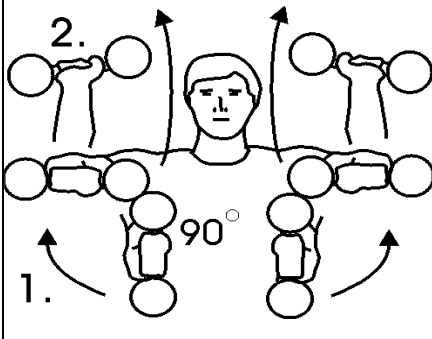
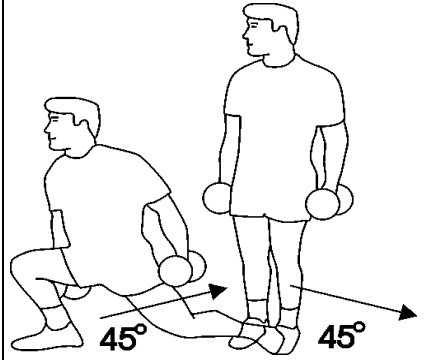
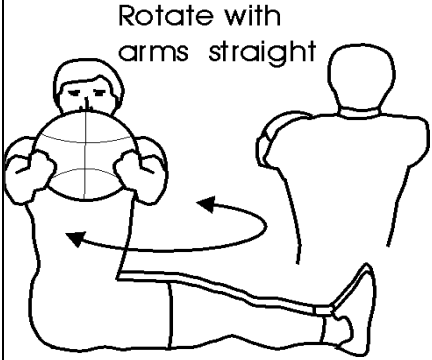
<b>Block 6</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Squat Jump + DB Lunge + DB Squat	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3	8 + 8 each leg + 8	3
Pull	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.												

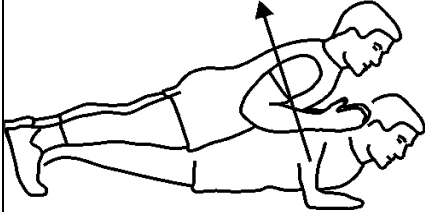
GYM SESSION	
Name and diagram	
<p>Barbell Lateral Lunge</p>  <p>-Narrow stance -Side lunge</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the barbell behind your neck resting comfortably on your shoulders. Keep your stomach pulled in and your feet shoulder width apart. Start 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>Cable Lat Pulldown</p>  <p>pronation grip</p>	<p>Description</p> <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>
<p>Cable Standing High Pulley Rotation</p>  <p>On pulley</p>	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the cable at above 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 below the waist 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.</p>
<p>Dumb Bell Step Up</p>  <p>Front Step-up</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 lifting the leg at the hips and simultaneously bending the knee. From this position step onto the box. Keep the upper body straight up. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. Repeat using the other leg as the lead leg. Breathe naturally during the movement.</p>

<p>Swiss Ball Oblique Crunch</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>Dumb Bell Single Arm Rotate and Press</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>Barbell Overhead Squat</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>Reverse Sit Up</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>

Dumb Bell Bench Press	Description
	<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>

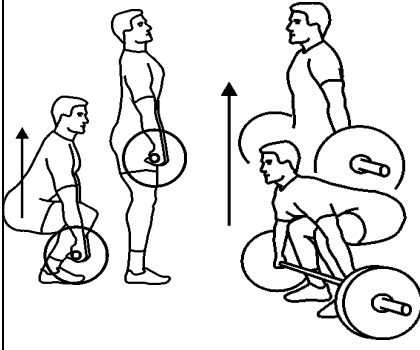
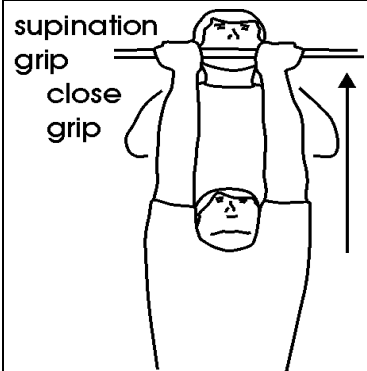
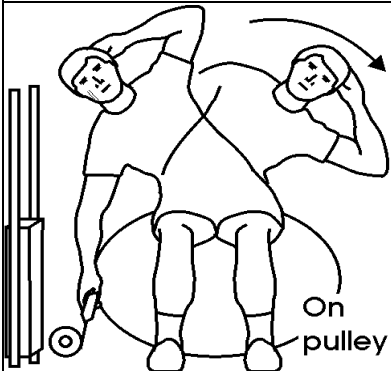
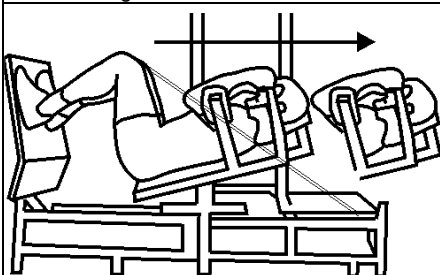
Home Session	
<p><b>Dumb Bell Squat Jump + DB Lunge + DB Squat</b></p> 	<p><b>Description</b></p> <p>Stand upright with your shoulders back and your arms to your side holding the dumb bells. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of the squat quickly 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><b>Dumb Bell Squat Jump Pull to Armpit</b></p> 	<p><b>Description</b></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 under your armpits. Breathe naturally during the movement.</p>
<p><b>Swiss Ball Superman Leg Raise</b></p> 	<p><b>Description</b></p> <p>Lie prone over the Swiss ball with your feet on the floor. Support yourself on your hands with your arms straight. Contract your buttocks 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 the floor. Breathe naturally during this movement.</p>
<p><b>Dumb Bell Backward Lunge</b></p> 	<p><b>Description</b></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 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>

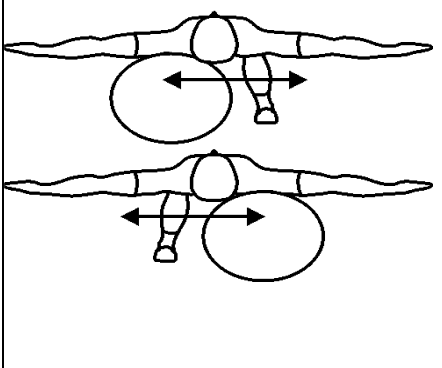
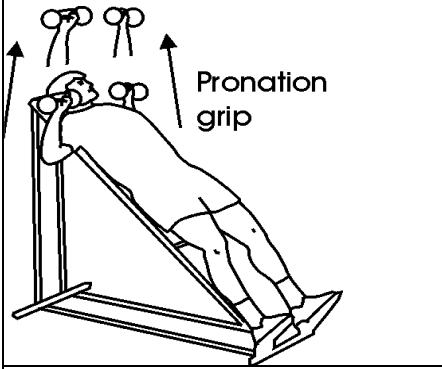
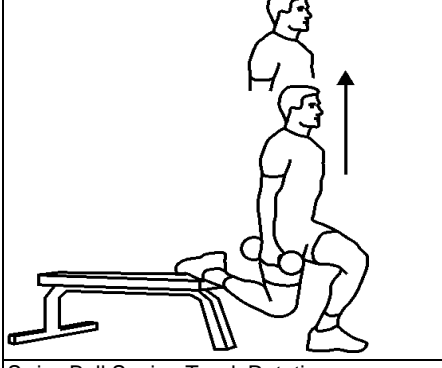
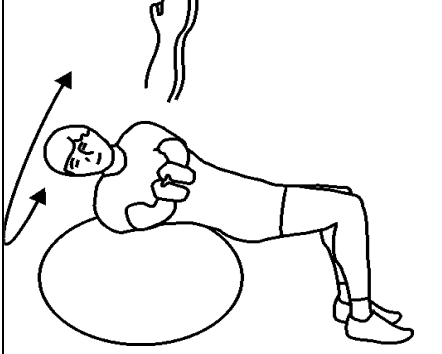
<p><b>Supine Bridge</b></p> 	<p><b>Description</b></p> <p>Lie on your back with all your spine in contact with the ground with your feet on the floor and your knees bent. Place your hands to your sides with your arms bent. Contract your lower back and buttock muscles to lift the hips off the floor so 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><b>Dumb Bell Lateral Raise and L Fly</b></p> 	<p><b>Description</b></p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumb bells together in front of the body with the elbows bent at right angles. Raise the dumb bells to shoulder level. By rotating the shoulders raise the dumb bells to just above eye level and then slowly lower them. Keep the elbows at right angles throughout.</p>
<p><b>Dumb Bell Diagonal 45 Degree Alternate Leg Lunge</b></p> 	<p><b>Description</b></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 at approximately 45 degrees with your right leg 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><b>Medicine Ball Seated Rotation</b></p> <p>Rotate with arms straight</p> 	<p><b>Description</b></p> <p>Sit on the floor with your legs out in front of you, they must be nearly straight but not uncomfortable. 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>

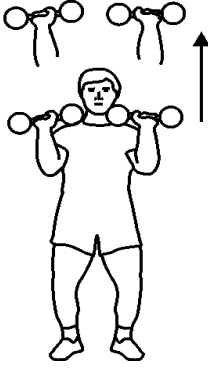
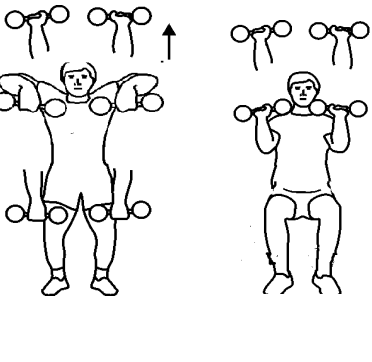
Clap Push Ups	Description
<p data-bbox="581 877 808 953"><b>Jump Push-ups</b> <b>Clap hands</b></p> 	<p data-bbox="847 877 1284 1062">Lie on the ground with your hands under or just to the outside of your shoulders. Powerfully raise your upper body off the ground by extending your arms if you are trying to "jump" your chest into the air. At the top of movement clap your hands. Breathe naturally during the movement.</p>

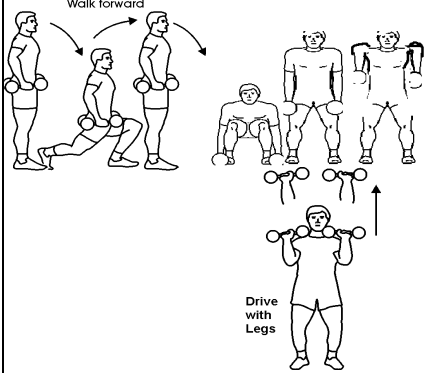
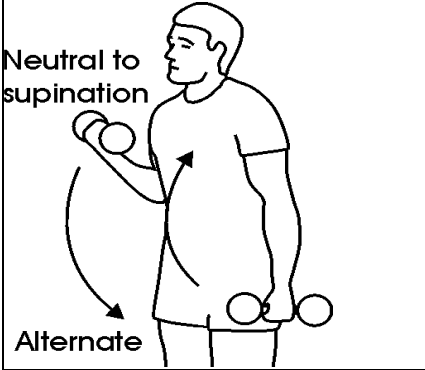
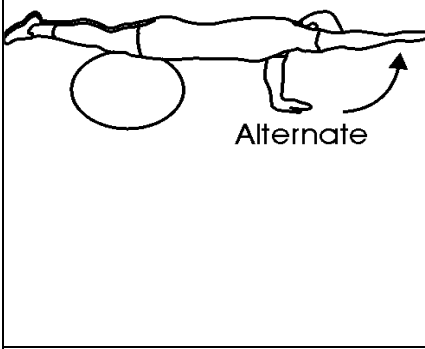
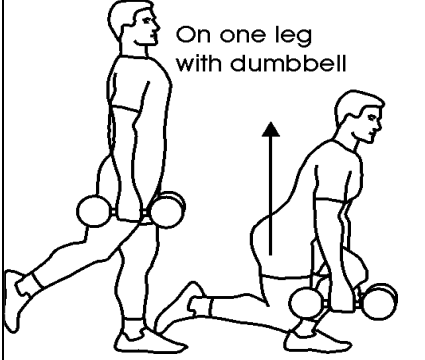
<b>Block 7</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Barbell Deadlift	12	2	12	2	12	3	10	3	10	3	8	3
Pull	Chins Supinated Close Grip	12	2	12	2	12	3	10	3	10	3	8	3
Core	Cable Seated Swiss Ball Side Bend	12 each side	2	12 each side	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.												

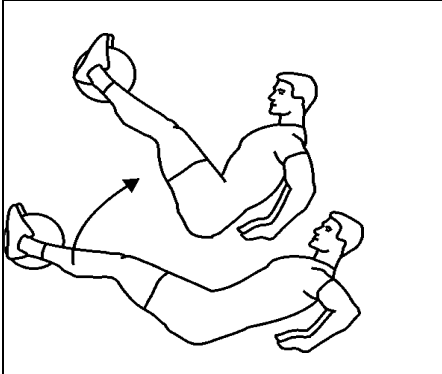
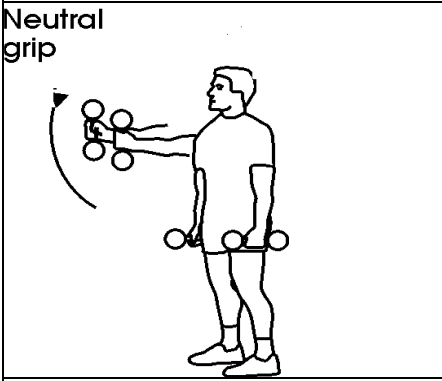
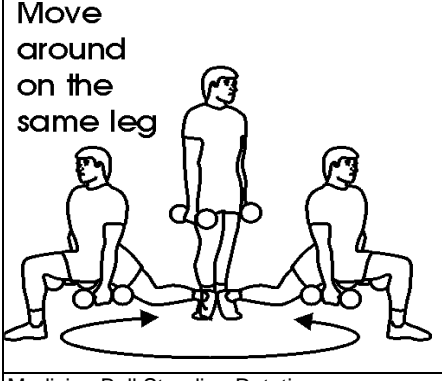
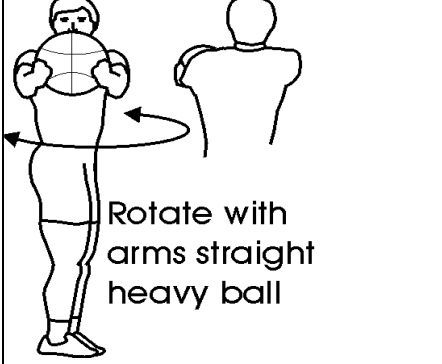
<b>Block 7</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Circuit</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	DB Lunge Walk + Squat Pull to Armpit + Push Press	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	2	8 + 8 each leg + 8	3	8 + 8 each 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.												

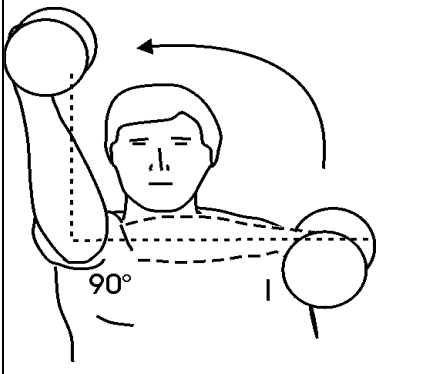
GYM SESSION	
Name and diagram	
Barbell Deadlift	Description
	<p>Bend over at the hips and knees so that your upper body is approximately forty five degrees to the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "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>supination grip close grip</p>	<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>
Cable Seated Swiss Ball Side Bend	Description
 <p>On pulley</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>
Machine Leg Press	Description
	<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 make sure that your back remains straight and in contact with the chair. Breathe out as you straighten your legs and breathe in as you bend them.</p>

<p>Swiss Ball Supine Roll Off</p>	<p>Description</p>
 <p>The diagram shows two stages of the exercise. In the first stage, a person is lying on their back on a Swiss ball with arms extended horizontally to the sides. Arrows indicate the ball moving forward and backward. In the second stage, the person has rolled onto their side, with arms extended horizontally to the side. Arrows indicate the ball moving forward and backward.</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. 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 the start position and then out to the other side.</p>
<p>Dumb Bell Incline Bench Press</p>	<p>Description</p>
 <p>The diagram shows a person lying on an incline bench. They are holding a dumbbell in each hand with a pronation grip. An arrow points to the grip with the text 'Pronation grip'. The person's feet are flat on the floor, and their head and shoulders are in contact with the bench.</p>	<p>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 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>Dumb Bell Single Leg Squat</p>	<p>Description</p>
 <p>The diagram shows a person standing on one leg. The other leg is bent and resting on a bench. They are holding a dumbbell in each hand. An arrow points upwards from the person's feet, indicating the direction of the squat movement.</p>	<p>Stand upright with your shoulders back holding a dumb bell 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>Swiss Ball Supine Trunk Rotation</p>	<p>Description</p>
 <p>The diagram shows a person lying on their back on a Swiss ball. Their arms are extended straight up. An arrow indicates the rotation of the upper body from the starting position to the right and then back to the left.</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. 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 point so the arms are out to the left hand side.</p>

<p>Dumb Bell Military Press</p>	<p>Description</p>
 <p>The diagram shows a person standing upright, holding two dumbbells at shoulder height with palms facing forward. An upward arrow indicates the direction of the press. Above the person, two more dumbbells are shown at a higher position, representing the overhead press.</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 dumb bells overhead using only your shoulders and arms, taking care not to arch your back. Lower the dumb bells to the shoulder and then press them. Breathe out as the dumb bells are pressed and in again as they are lowered.</p>
<p>DB High Pull Snatch from Hip + Squat Push Press</p>	<p>Description</p>
 <p>The diagram illustrates a sequence of three movements. 1. The person stands with feet shoulder-width apart, holding dumbbells at hip height with palms facing backward. 2. The person squats down, pushing the hips forward and pulling the dumbbells up towards the chest. 3. The person stands upright, pressing the dumbbells overhead. Upward arrows indicate the direction of movement for each step.</p>	<p>Hold the dumb bells 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 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. 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 dumb bells overhead. Lower the dumb bells to the shoulder and then squat down again.</p>

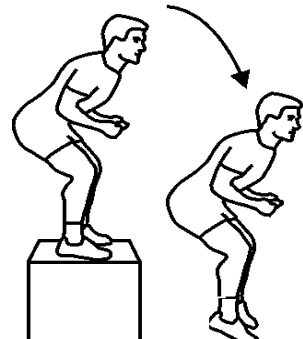
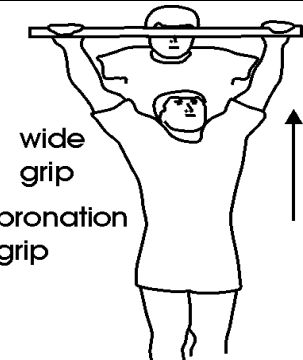
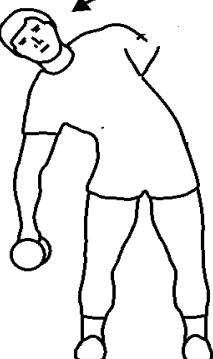
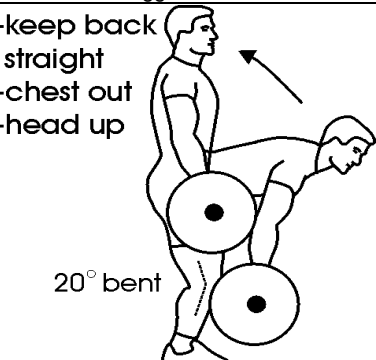
Home Session	
<p><b>DB Lunge Walk + Squat Pull to Armpit + Push Press</b></p> 	<p><b>Description</b></p> <p>Hold a dumb bell in each hand. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Lift the back off the ground and repeat the movement using this leg to "walk" forward. After the lunges, squat down under control until the dumb bells touch the floor, immediately stand straight up onto your toes and pull the dumb bells up under your armpits. Finally 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>
<p><b>Dumb Bell Alternate Arm Rotational Curl</b></p> 	<p><b>Description</b></p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells with your palms facing you. Start the movement by bending 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><b>Swiss Ball Superman Variation Arm Raise Stabilization</b></p> 	<p><b>Description</b></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><b>Dumb Bell Single Leg Squat Balance</b></p> 	<p><b>Description</b></p> <p>Stand upright with you 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 simultaeously 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>

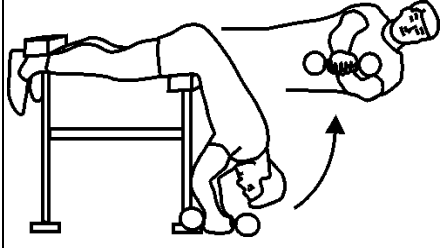
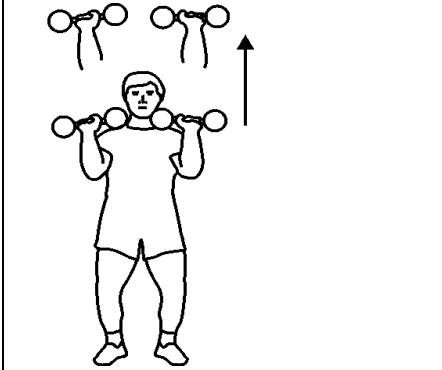
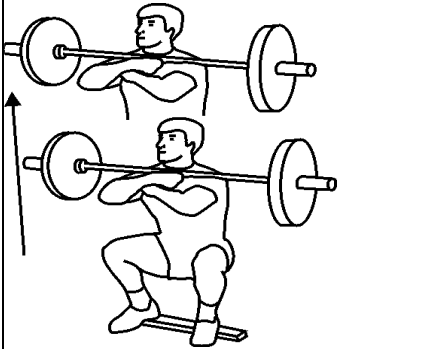
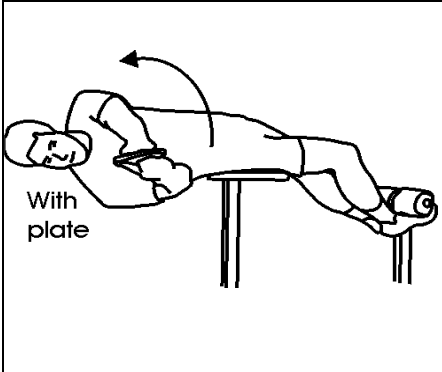
<p>Medicine Ball V Sit Up</p> 	<p>Description</p> <p>Sit on the floor with a medicine ball between your ankles. Support your upper body with your hands. Lower yourself so that your back is about 10cm from the floor, this is the start position. To start the movement bring your legs off the ground and 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>Dumb Bell Two Arm Front Raise</p> <p>Neutral grip</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>Dumb Bell Single Leg Clock Lunges</p> <p>Move around on the same leg</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>Medicine Ball Standing Rotation</p>  <p>Rotate with arms straight heavy ball</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>

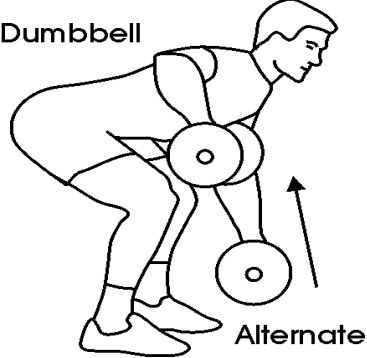
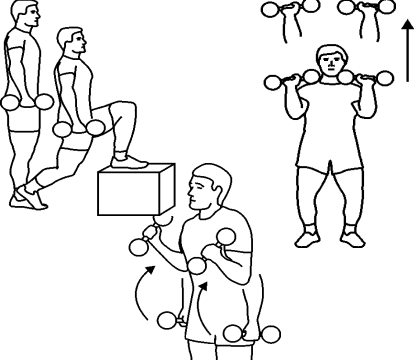
Dumb Bell Single Arm Rotations	Description
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the arm raised parallel to the ground and the elbow bent facing forwards from the body. By rotating the shoulder raise the dumb bell so that the forearm is perpendicular to the floor. Keep the elbow at right angles throughout. Repeat with the other arm.</p>

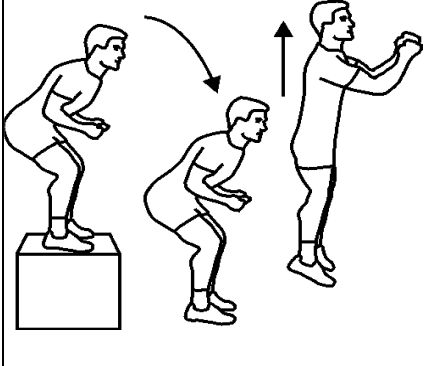
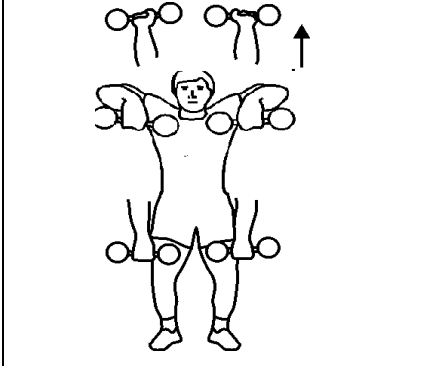
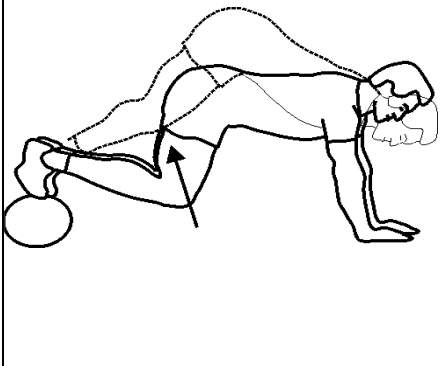
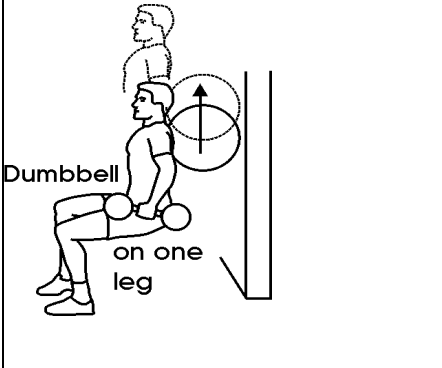
<b>Block 8</b>	<b>Dates W/C</b>												
<b>Gym</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Step Off and Hold	8	2	8	2	10	3	10	3	12	3	12	3
Pull	Pull Up Wide Grip	12	2	12	2	12	3	12	3	12	3	12	3
Core	Dumb Bell Side Bend	12 each side	2	12 each side	2	12 each side	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.												

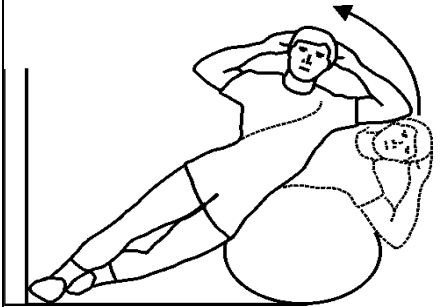
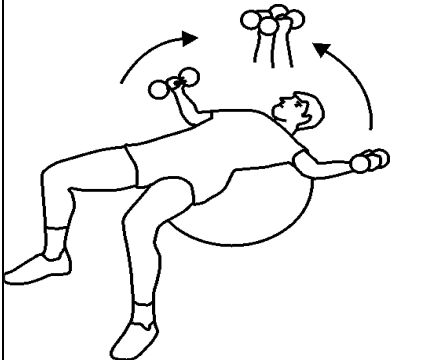
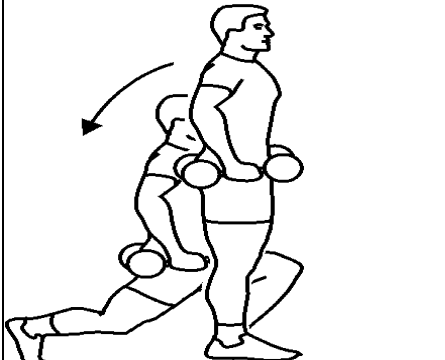

<b>Block 8</b>	<b>Dates W/C</b>												
<b>Home</b>	<b>Set</b>	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Box Step Off and Jump	8	2	8	2	8	2	8	2	8	2	8	2
Pull	Dumb Bell High Pull to Snatch from Hip	12	2	12	2	12	3	10	3	10	3	8	3
Core	Medicine Ball Prone Jackknife	12	2	12	2	15	3	15	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.												

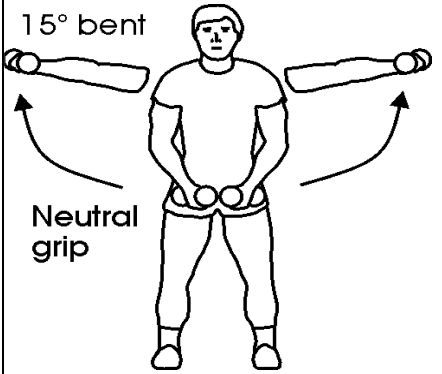
GYM SESSION	
Name and diagram	
Box Step Off and Hold	Description
	<p>Stand on a small step or box. Slowly step out in front of the box and step down and land on both legs. Do not jump off the box step off it. Upon landing hold the position for two to three seconds without any "wobbling". As you get better land solely on the balls of the feet.</p>
Pull Ups Wide Grip	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>
Dumb Bell Side Bend	Description
	<p>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>
Barbell Stiff Legged Deadlift	Description
<p>-keep back straight -chest out -head up</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 your shoulders back and your arms holding the bar to the thighs.</p>

<p>Roman Chair Back Extension &amp; Rotation</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 by contracting your back and buttock muscles. In this position rotate the body to the right. Reverse the entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p>
<p>Dumb Bell Military Press</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>Barbell Front Squat</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>Roman Chair Russian Twist</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>Dumb Bell Bent Over Alternate Arm Row</p>	<p>Description</p>
 <p>The diagram shows a person bent over at the hips, with their upper body at a 45-degree angle to the floor. They are holding a dumbbell in their right hand, which is hanging down. An arrow points upwards from the dumbbell, indicating the direction of the row. The word 'Dumbbell' is written in the top left, and 'Alternate' is written in the bottom right.</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>DB Step Up plus Curl and Press</p>	<p>Description</p>
 <p>The diagram illustrates a three-part exercise sequence. 1. A person stands on the ground with dumbbells at their sides. 2. The person steps up onto a box with their right leg, while the left leg remains on the ground. 3. The person stands on the box with both feet, holding the dumbbells at shoulder height with palms facing the body. An arrow points upwards from the dumbbells, indicating the press movement.</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. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. Repeat using the other leg as the lead leg. 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>

Home Session	Description
<p data-bbox="407 266 639 289">Box Step Off and Jump</p> 	<p data-bbox="850 266 1292 289">Description</p> <p data-bbox="850 296 1292 401">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 jump immediately upwards.</p>
<p data-bbox="407 665 792 688">Dumb Bell High Pull to Snatch from Hip</p> 	<p data-bbox="850 665 1292 688">Description</p> <p data-bbox="850 695 1292 974">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 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 data-bbox="407 1064 691 1087">Medicine Ball Prone Jackknife</p> 	<p data-bbox="850 1064 1292 1087">Description</p> <p data-bbox="850 1094 1292 1247">Assume a front support (push up) position with your feet on the ball and your knees bent. Slowly straighten your legs, your buttocks will rise slightly but try keep this to a minimum. Reverse the movement. Breathe naturally during the exercise.</p>
<p data-bbox="407 1463 797 1486">Swiss Ball Single Leg Wall Squat with Dumb Bells</p> 	<p data-bbox="850 1463 1292 1486">Description</p> <p data-bbox="850 1493 1292 1759">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 at the hips and then bend at the knees. Finish the movement when the top of the left thigh is parallel to the ground. Breathe naturally during the movement.</p>

<p>Swiss Ball Side Bend</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. 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>Dumb Bell Swiss Ball Supine Flyes</p> 	<p>Description</p> <p>Lie on your back on a Swiss Ball with your feet firmly on the floor. Hold a dumb bell in each hand level with 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>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 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>Medicine Ball Alternate Leg Step &amp; Rotate</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>

Dumb Bell Lateral Raise	Description
 <p>15° bent</p> <p>Neutral grip</p>	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumb bells together in front of the body with the elbows slightly bent. Raise the dumb bells to just above shoulder level and then slowly lower them. Breathe out as you raise the dumb bells and breathe out as you lower them.</p>