



6/2/2014
Mon
Session 1

Rest between each exercise needs to be 1 minute

1. Shuffle acceleration 05956



Maximum speed is the goal!	6 x		
	m	20	

Tips: Start in an athletic position with the hips, knees & ankles flexed & the shoulders over the knees. The weight should be on the inside of the balls of the feet & the knees slightly in. Shuffle for the prescribed time or distance & then turn to sprint in the same direction. For the purpose of this exercise, the trail foot should face forward & the lead foot in the direction of the shuffle. Do not over stride during the transition into the sprint. Try to keep the hips & shoulders facing forward.

Cautions: Warm up prior to commencing this exercise. Ensure that the ground has adequate grip to accelerate.

2. Aaility 01046



Shoot for at least 6 direction changes in each set	3 x		
	m	20	

Tips: Run forward & change direction to cut on an angle of approximately 45 degrees with each turn. The speed & angle of the cutting can vary depending on the requirements of the exercise.

Cautions: Ensure that you have adequate grip on the ground & that the surface is flat.

3. Box jumps 01351



Knees should be almost touching box that is 8-12 inches tall. Squat so thigh is

3 x	12	
	B-Wgt	

Tips: The box height can vary depending on age, height, skill & strength level & the purpose of the exercise. The landing surface should possess adequate shock absorbing qualities. Consider surfaces such as grass or a hard rubber mat. Step backwards off the box then jump back onto the box continuously. Look down at the ground & box during the exercise & ensure that both feet land evenly on the respective surfaces. Use the arms to help assist with the jumps. The contact time with the ground should be minimal & do not allow the knees to buckle inwards during any stage of the exercise.

Cautions: The box should be sturdy & stable with a non-slip surface. Adequately warm up before commencing the plyometric exercises.

4. Bounding 00289



Pull toes up when you leave the ground, speed is very important

3 x	12	
	B-Wgt	

Tips: Push firmly off each leg & adopt an exaggerated running technique. Dorsi flex the foot as each hip is flexed & continue to swing the arms in a running fashion. Minimize the contact time with the ground & emphasize length with each stride.

Cautions: Warm up adequately before commencing this exercise. Ensure that the ground has adequate shock absorbing qualities.

5. Pike 04840



Smooth movements with the goal of reaching your toes

3 x	20	

Tips: Flex the torso & hips to reach the hands towards the feet. Try to synchronize movements of the upper body & the legs. Hold onto weights, or increase the speed to progress the exercise.

Cautions: If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing the exercise.

6. Jump rope 00897



	3 x		
	min	1	

Tips: Keep the shoulders above the hips & continue to look forward during the skips. Perform two swings for each jump & keep on the balls of the feet & not the heels.

Cautions: Warm up prior to commencing this skipping variation.

7. Prone stabilization 02071



Don't let your lower back collapse and suck in your belly button	3 x		
	min	1	

Tips: Start with the forearms flat on the floor with the palms facing down. Extend the hips & knees to press up to a front support position while keeping the torso rigid then reverse the movements back to the start position. Control both phases of the exercise, particularly the lowering phase. Consider placing a mat under the arms for additional comfort.

Cautions: Keep the neck in line with the spine & do not allow the spine to sag.

8. Jumps balance 01321



	3 x	8	

Tips: Begin with a counter movement & use the arms to assist with the jumps. Jump straight up & turn in a complete circle in the air then balance upon landing. The balls of the feet should contact the ground first then allow the ankle, knees & hips to flex during the landing. The shoulders should be positioned above the knees with the legs shoulder width or slightly wider.

Cautions: Maintain a rigid torso & do not allow the torso to flex or collapse during contact with the ground. The knees should track in line with the centre of the feet & adequately warm up before commencing jumping exercises. The landing surface should possess adequate shock absorbing qualities & consider surfaces such as grass or a hard rubber mat.

9. Lunge walk 01277



Step far with front leg so you get a stretch the hips at the same time. Deep depth and	3 x	12	
		B-Wgt	

Tips: Start with an erect posture with the hips & shoulders facing forward. Rapidly flex the hip & dorsiflex the foot to take a stride forward. The knees should track in line with the feet & the shoulders should remain above the hips. Keep the chest up & maintain a rigid torso. Vary the stride length & depth as required.

Cautions: Do not allow the knees to buckle inwards. Do not allow the knees to travel past the position of the feet unless specified otherwise by an exercise professional.

At the end of the session, static stretching for at least 20 minutes. See stretching guide

1. Acceleration 00461



Maximum speed is the goal	6 x		
	m	20	

Tips: Start in a stationary position then accelerate & apply correct sprinting technique immediately. Consider using resistance equipment such as sleds or chutes to modify the exercise.

Cautions: Warm up before commencing the sprinting exercises & ensure that you have adequate grip on the ground.

2. Carioca 00986



	4 x		
	m	20	

Tips: Start with the arms raised approximately shoulder height. Perform the carioca exercise by crossing one leg in front & then behind the other. Push firmly off the balls of the feet with each stride. For the purpose of this variation of carioca, keep the shoulders facing forward & focus on flexing the hip with each stride. This exercise can be used as part of a dynamic warm up routine.

Cautions: Gradually increase the range & speed of the movements.

3. Barrier jumps 01363



	3 x	5	
		B-Wgt	

Tips: The barrier height can vary depending on age, height, skill & strength level & the purpose of the exercise. The landing surface should possess adequate shock absorbing qualities. Consider surfaces such as grass or a hard rubber mat. Different barriers such as cones can be used. Use the arms to assist with the jumps & watch the barriers to ensure that the feet clear them. Land on the ground with both feet evenly then immediately jump over the second barrier. Emphasize good height with the jumps rather than horizontal distance & allow the ankles, knees & hips to flex to absorb the landing after the final barrier. The number of barriers can vary depending on the purpose of the exercise.

Cautions: The barrier should be collapsible in case the foot makes contact with it. Adequately warm up before commencing the plyometric exercises.

4. Reverse sit up 03391



	3 x	20	

Tips: Take a firm grip on the bar above the head with the head, shoulders & hips supported. Raise the feet off the bench then reverse the movement back to the start position. Try to maintain the same hip & knee angle as the hips are flexed. Place a medicine ball between the knees or feet increase the resistance for this exercise.

Cautions: Control both phases of the exercise. Do not allow the spine to extend as the legs return to the start position.

5. Stair jumps 05470



Try to focus on jumping with your ankles. A little bit of bend in the knees is ok, but	3 x	8	
			B-Wgt

Tips: Jump up one step at a time, using minimal contact time with each step. Keep the body weight forward & continue swinging the arms to assist with the jumps. Watch the feet onto the steps by tilting the head slightly forward.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip. Keep the shoulders slightly forward of the hips & do not lean backwards.

6. Supine spine rotation 04904



	3 x	20	
			B-Wgt

Tips: Start with the hips flexed to 90 degrees with the legs straight. Keep the shoulders on the ground & rotate the torso from side to side. Lower the legs half way to the ground in both directions. Keep the head & shoulders in contact with the ground during the exercise.

Cautions: Do not extend the spine as the hips rotate.

7. Tuck jumps 01301



	3 x	8	
		B-Wgt	

Tips: Explosively jump straight up & tuck the knees towards the chest. Keep the legs together & there should be minimal contact time with the ground. Rapidly swing the arms to assist with the jumps & push off the balls of the feet, not the heels.

Cautions: Maintain a rigid torso & do not allow the torso to flex or collapse during the transition between jumps. Do not allow the knees to collapse inward during the landing phase of the jumps. Adequately warm up before commencing plyometric exercises.

8. Wall half squat stabilization 03016



Tips: Keep the head & shoulders against the wall with the feet approximately shoulder width apart. Flex the hips & knees until the thighs are parallel to the ground then extend to the start position. Keep the hands pressed against the wall with the arms straight during the squat. The time spent at the bottom of the squat may vary depending on the requirements of the exercise.

Cautions: The knees should track in line with the centre of the feet. Do not allow the knees to travel past the vertical position of the toes unless specified otherwise by an exercise professional.

9. Lateral lunge 01200



Focus on range of motion. 4 big steps to the left, and then 4 back to the right.	3 x	8	
		B-Wgt	

Tips: Maintain an upright torso & keep the hips & shoulders square during the lunges. The lead knee should track in line with the centre of the foot & keep the torso inside the vertical position of the lead knee. The length & depth of the lunge may vary depending on strength & flexibility levels. Hold a medicine ball or weight in front to increase the demand on the hip & torso muscles.

Cautions: Do not allow the lead knee to twist while in a deep lunge position.

At the end of the session, static stretching for at least 20 minutes. See stretching guide

1. Run 02106



Begin in three different starting positions. Try to have someone clap for you at the	6 x	20	
	m		

Tips: Run forward at a 10km pace for the prescribed time or distance while maintaining correct running technique. Maintain an upright posture with the chest up & swing the arms straight through. The lower limb mechanics such as the height of the knee lift & the foot strike may vary depending on the purpose of the run.

Cautions: Warm up adequately prior to increasing the speed of the run.

2. Side lying stabilization 04422



10 on each side	3 x	20	
		B-Wgt	

Tips: Start with the forearm flat on the ground & the elbow under the shoulder. The hips & shoulders should face forward with the neck in line with the spine. Keeping the legs together, lift the hips off the ground until the body is straight & balanced. Either hold the raised position for the prescribed period of time or return the hips to the floor after each repetition.

Cautions: Do not round the spine or allow the shoulder blades to wing or lift off the ribs.

3. Step up box jumps 01382



Use step and make sure top of thigh is not above parallel to the ground	3 x	12	

Tips: The box height can vary depending on age, height, skill & strength level & the purpose of the exercise. Lift the foot up then press firmly off the box & swing the arms quickly to develop height with the jumps. The knee should track in line with the foot & maintain a rigid torso with the shoulders above the hips.

Cautions: The box should be sturdy & stable with a non-slip surface. Maintain a rigid torso & do not allow the torso to flex or collapse during contact with the ground.

4. Hanging hip flexion 04380



	3 x	8	

Tips: Take a firm grip on the bar with the hands approximately shoulder width apart. Maintaining a vertical torso position, flex both hips then reverse the movements back to the start position. The amount of hip flexion can vary depending on the requirements of the exercise. Consider using wrist straps if the grip strength is inadequate to sustain the hanging position.

Cautions: Ensure that you have a firm & secure grip on the bar. Try not to develop momentum or swing the legs unless there are specific requirements to do so.

5. Single leg squat 02056



	3 x	12	

Tips: Keep the pelvis in a neutral position & flex the hip & knee as far as possible then extend to the start position. The knee should track in line with the centre of the foot & do not allow the pelvis to laterally flex. For the purpose of this exercise, place the unsupported leg out in front during the squat.

Cautions: Maintain neutral curves in the spine & do not allow the knee to buckle inward.

6. Climber walk 01205



	3 x	20	
		B-Wgt	

Tips: Walk the hands & feet forward along the floor for the prescribed time or distance with the knee outside the position of the elbows. Keep the neck in line with the spine & maintain a rigid torso throughout the exercise. Vary the speed of the walks to modify the exercise if desired.

Cautions: Do not allow the torso to sag or hyperextend.

7. Hamstrings aluteal stretch 02613



Try to move consistantly

3 x	10	
	B-Wgt	

Tips: Start in a full squat position with the hands on the ground next to the feet & the neck in line with the spine. Flex the neck towards the knees when the legs are straight. Consider placing the hands on blocks if you can't reach the floor towards the end of the stretch.

Cautions: Continue to breathe comfortable while in the flexed position. Discontinue the stretch if pain or discomfort is experienced in the spine.

At the end of the session, static stretching for at least 20 minutes. See stretching guide