



RUGBY

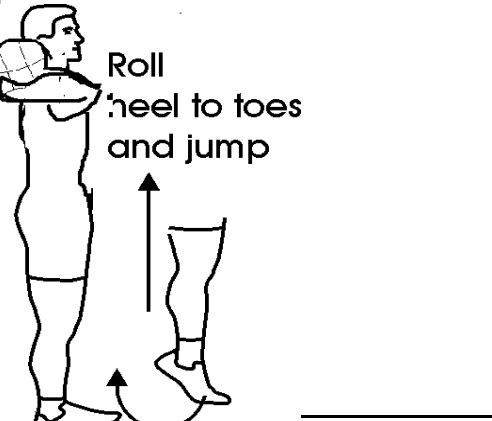
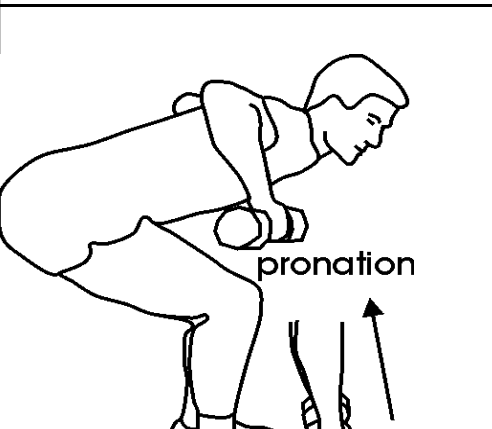
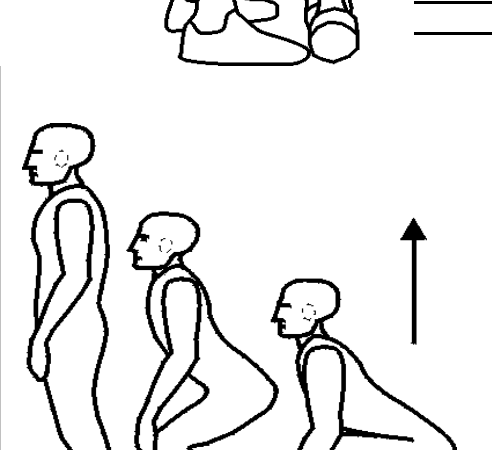
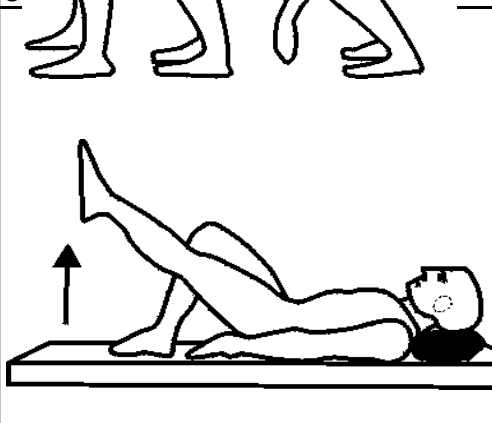
SCHOOL

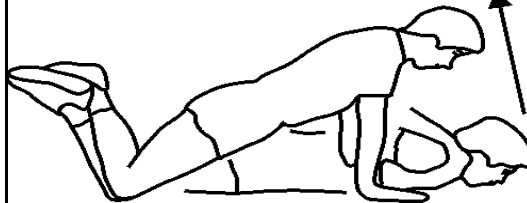
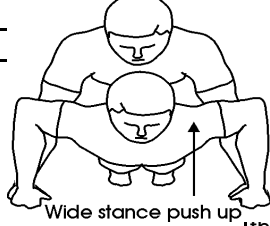
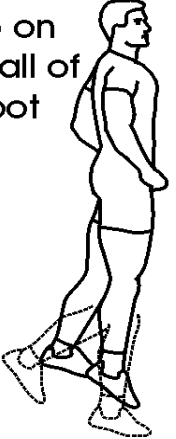
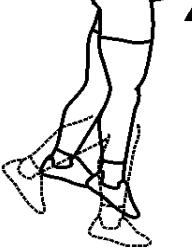
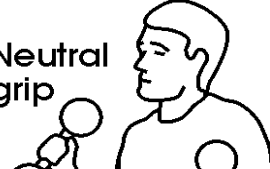
STRENGTH

PROGRAMME

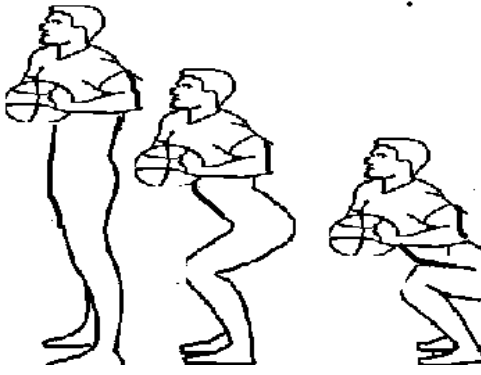
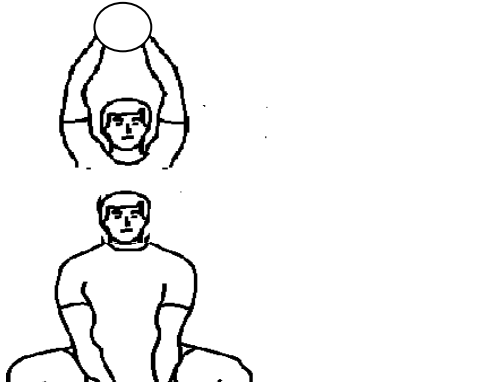
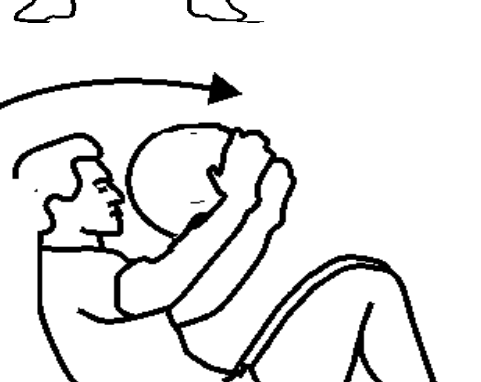
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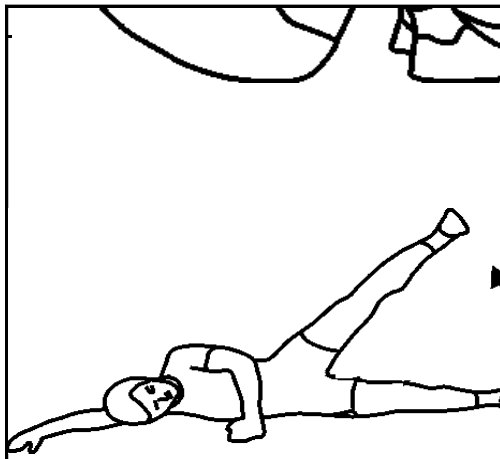
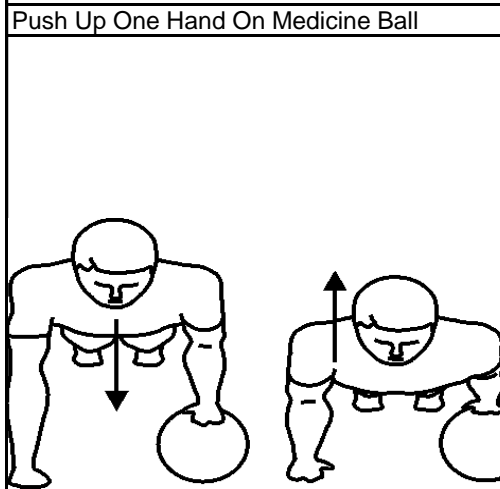
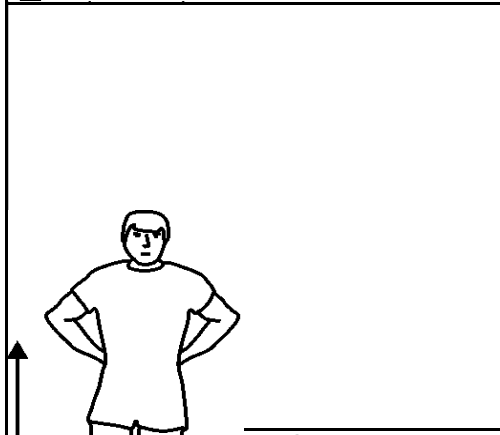
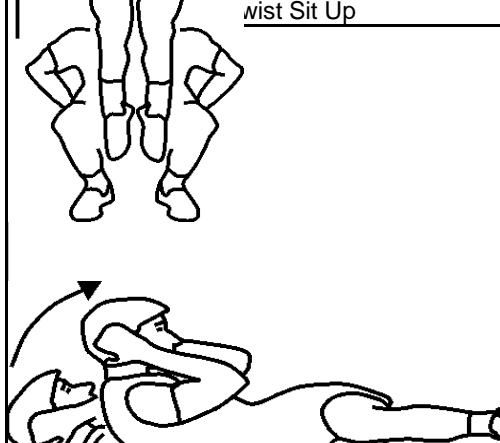
Block 1	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Calf Raise	10	1	6	2	8	3	10	2	12	3	15	3
Pull	Dumb Bell Two Arm Bent Over Row	10	1	6	2	8	3	10	2	12	3	15	3
Leg	Body Weight Full Squats	10	1	6	2	8	3	10	2	12	3	15	3
Core	Supine Single Leg Raise	10 each leg	1	6 each leg	2	8 each leg	3	10 each leg	2	12 each leg	3	15 each leg	3
Push	Push Ups on Knees	10	1	6	2	8	3	10	2	12	3	15	3
Leg	Ankle Jumps In Place	10	1	6	2	8	3	10	2	12	3	15	3
Push/Pull	Dumb Bell Parallel Curl	10	1	6	2	8	3	10	2	12	3	15	3
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for sixty seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest		√											


Name and diagram	Description
<p data-bbox="300 230 794 264">Medicine Ball Calf Raise</p> 	<p data-bbox="794 230 1284 683">Hold the medicine ball behind your neck and stand up straight. Rock back onto your heels to bring your toes off the ground and hold this position for one second. Then put your feet flat on the ground and then extend onto your toes. Then put your feet back to being flat on the ground for the next repetition.</p>
<p data-bbox="300 683 794 705">Over Row</p> 	<p data-bbox="794 683 1284 1131">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>
	<p data-bbox="794 1131 1284 1579">Stand upright with you 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. Breathe naturally during the movement.</p>
<p data-bbox="300 1579 794 1612">S</p> 	<p data-bbox="794 1579 1284 2033">Lie on your back with your head supported by a small pillow or piece of clothing. Place both hands flat on the floor by your side. Bend one knee at approximately right angles with the foot flat on the floor. Without arching your back raise the almost straight leg off the ground until the thigh is level with the thigh of the other leg. Slowly lower it to the ground. Breathe naturally during this movement.</p>

<p>Push Ups on Knees</p> 	<p>Description</p> <p>Lie on the ground with your hands under or just to the outside of your shoulders and your legs bent at the knee. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement. Once you have mastered this move onto full push ups, making sure your body is always straight.</p>
<p>Ankle Jumps in Place</p>  <p><i>Wide stance push up</i></p> <p>Jump on the ball of the foot</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to the side, your stomach pulled in and your feet shoulder width apart with your legs virtually straight. Start the movement by extending the feet to jump off the ground. Upon landing immediately repeat the exercise. Breathe naturally during the movement.</p>
<p>Dumbbell</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 the dumb bells in a neutral position palms facing the body. Start the movement by bending the arms to lift the dumb bells in a controlled manner. Keep your elbows tucked in by your side during the movement. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement.</p>


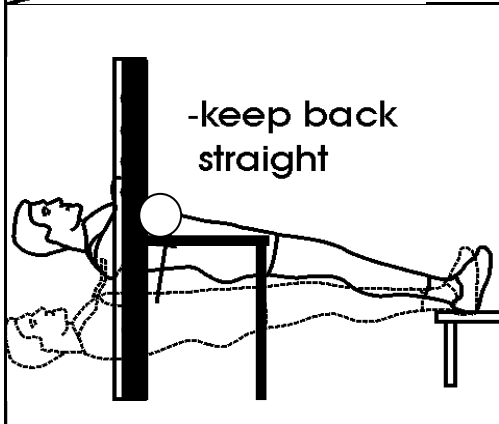
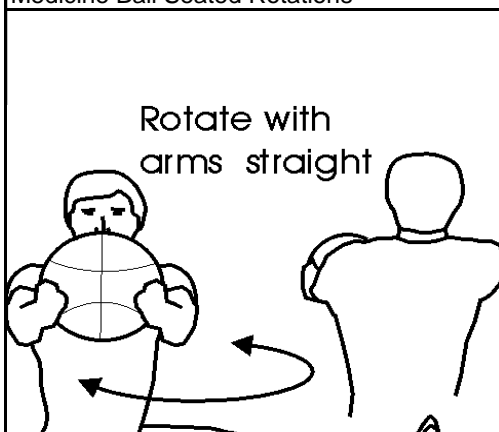
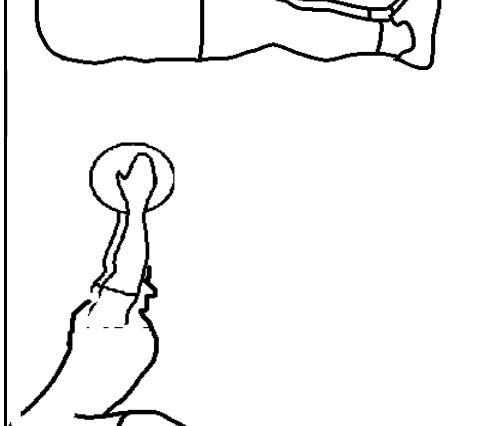
Block 2	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Squats	10	1	10	2	10	2	12	2	12	2	12	2
Pull	Medicine Ball Ring the Bell	10	1	10	2	10	2	12	2	12	2	12	2
Core	Medicine Ball on Chest Sit Up	6	1	6	2	8	2	8	2	12	2	12	2
Core	Lying on Side Single Leg Raise	10 each leg	1	10 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
Push	Push Ups One Hand on Medicine Ball	3 with each hand	1	4 with each hand	2	5 with each hand	2	6 with each hand	2	6 with each hand	2	6 with each hand	2
Leg	Half Squat Jump in Place	6	1	6	2	8	2	10	2	12	2	12	2
Core	Bent Knee Oblique Twist Sit Up	10 each side	1	10 each side	2	10 each side	2	12 each side	2	12 each side	2	12 each side	2
Balance	Single Leg Balance Eyes Closed	3 each leg	5s	3 each leg	5s	4 each leg	5s	4 each leg	5s	6 each leg	5s	6 each leg	5s
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for ninety seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells													
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

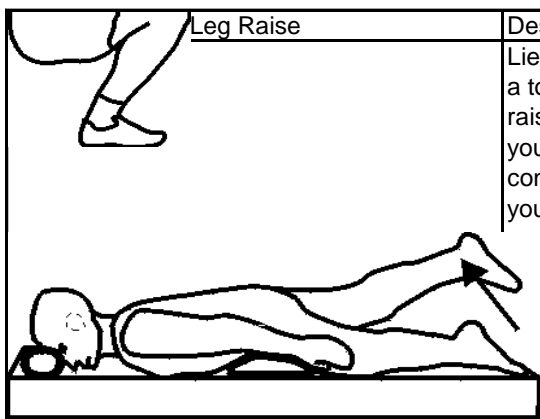
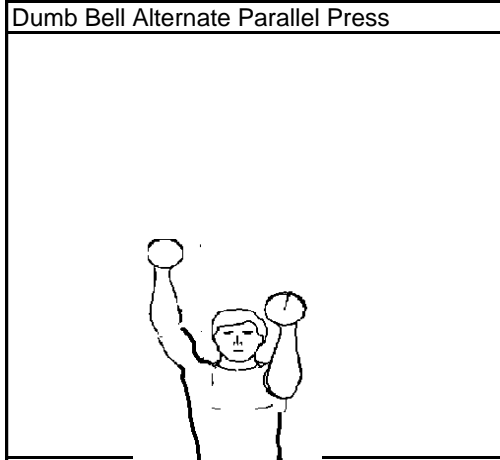
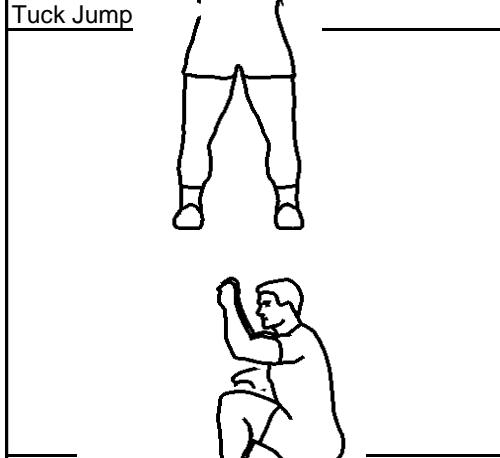
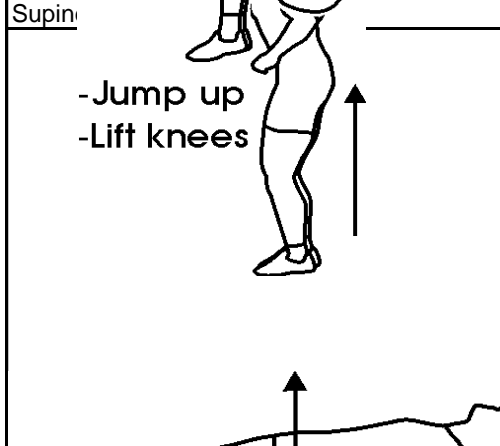
Name and diagram	Description
Medicine Ball Squat	
	<p>Stand upright with your shoulders back and your arms holding a medicine ball to your chest. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then end at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe naturally during the movement.</p>
Medicine Ball Ring the Bell	Description
	<p>Start in a squat position with the medicine ball held between the legs level with the knees. In one movement bring the ball in a straight line until it is above the head, then bring it down to the start position as if ringing a bell. Breathe naturally during the movement.</p>
Sit Up	Description
	<p>Lie on your back. Hold a medicine ball to your chest. Keep your stomach pulled in. Start the movement by slowly bending at the knees and then follow this down the back starting at the shoulders, chest and then the knees. Finish the movement when the knees touch your knees. Breathe naturally during the movement.</p>

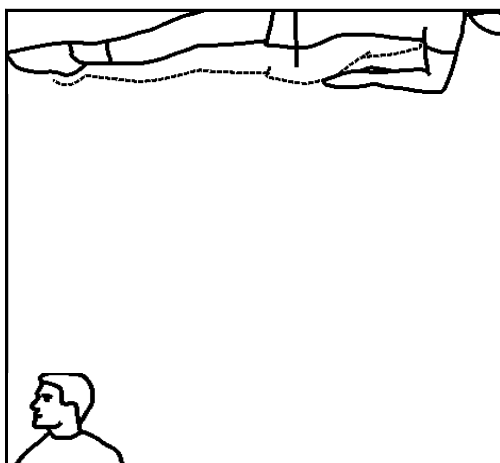
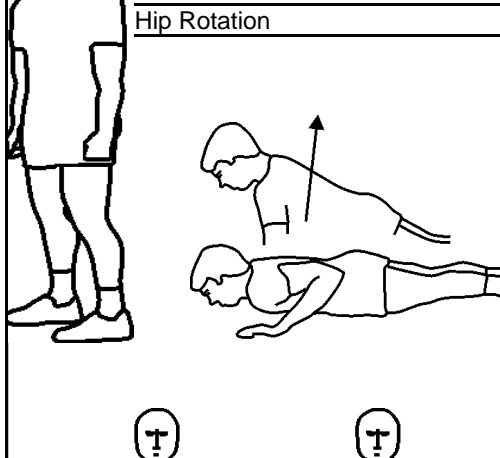
	<p>escription on your side with your head supported on your arm and with your feet together. Slowly raise your top leg until it is approximately forty five degrees to the floor. Slowly lower the leg under control. Breathe naturally during the movement.</p>
<p>Push Up One Hand On Medicine Ball</p> 	<p>Description 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>
	<p>escription Stand upright with you shoulders back and your arms to your side or on your hips, your stomach pulled in and your feet shoulder width apart. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of the 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>Wrist Sit Up</p> 	<p>Description Lie on your back. Place your hands to the side of your head . Keep your stomach pulled in. Bend your hips to the side at right angles and bend your knees also at right angles. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish the movement when the elbows touch your knees. Breathe naturally during the movement.</p>

	<p data-bbox="798 891 925 922">Description</p> <p data-bbox="798 922 1283 1131">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Close your eyes and hold this balanced position for the required time.</p>
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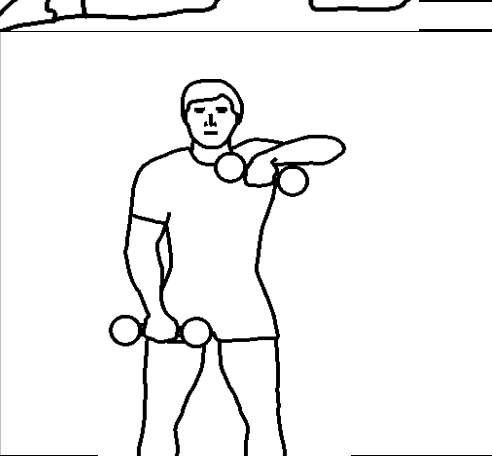
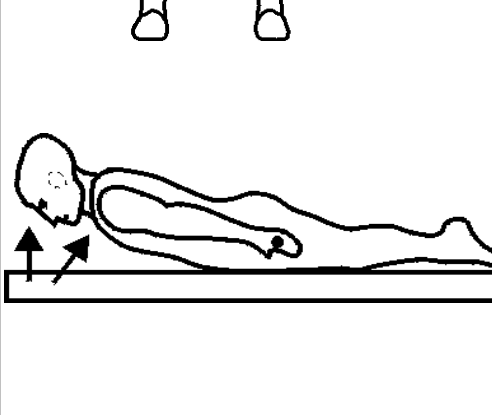
Block 3	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball at Chest Single Leg Lunge	6 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Pull	Supine Pull Ups	6	1	8	2	10	2	12	2	12	2	12	2
Core	Medicine Ball Seated Rotations	5 each side	1	5 each side	2	8 each side	2	10 each side	2	12 each side	2	12 each side	2
Leg	Medicine Ball Overhead Squat	10	1	10	2	10	2	12	2	12	2	12	2
Core	Prone Alternate Leg Raise	5 each leg	1	5 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Push	Dumb Bell Alternate Parallel Press	10 each arm	1	10 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Leg	Tuck Jumps	4	1	10	2	10	2	12	2	12	2	12	2
Core	Supine Bridge	3 x 5s	1	3 x 5s	2	4 x 5s	2	5 x 5s	2	6 x 5s	2	6 x 5s	2
Combination	Burpee	4	1	4	2	6	2	8	2	10	2	12	2
Balance	Single Leg Internal & External Hip Rotation	10 each leg	1	10 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for ninety seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair		√											
Dowel/Bar		√											
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest		√											

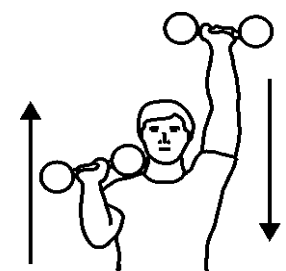
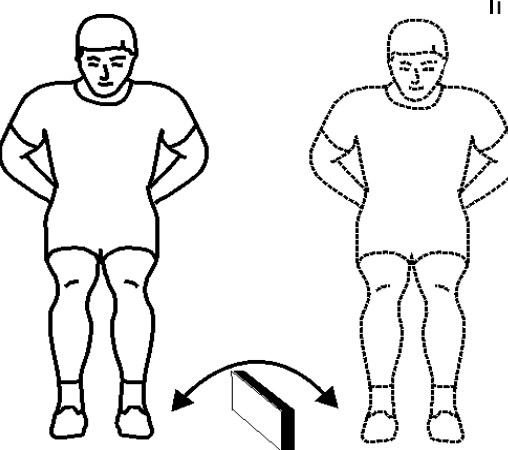
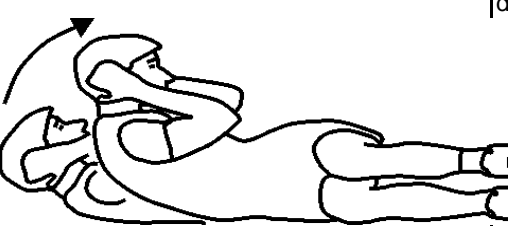
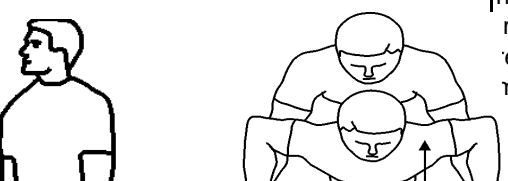
<p>Name and diagram</p>	<p>Description</p>
<p>Medicine Ball at Chest Single Leg Lunge</p>	
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball to your chest. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks push back from the floor to stand up again. Repeat using the same leg. Breathe naturally during the movement.</p>
<p>Description</p>	
	<p>Lie on your back with your shoulders touching the ground. Place your heels on a tall stool or box. Hold a bar shoulder width apart with your arms straight supported between two chairs. Start the movement by either pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull your chest to the bar, these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
<p>Medicine Ball Seated Rotations</p>	<p>Description</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>
<p>Description</p>	
	<p>Stand upright with your shoulders back and your arms holding a medicine ball at arms length overhead. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe naturally during the movement</p>

<p>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>Dumb Bell Alternate Parallel Press</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing one another. Start the movement with the dumbbells 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>Tuck Jump</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side or on your hips, your stomach pulled in and your feet shoulder width apart. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of a quarter squat quickly jump straight up as far as you can bringing your knees to your chest. Keep your upper body straight and upright throughout. Upon landing immediately go into a quarter squat and then repeat the jump. Breathe naturally during the movement.</p>
<p>Supin</p> <p>- Jump up - Lift knees</p> 	<p>Description</p> <p>Lie on your back and place your arms to the side so that your forearms and elbows are on the ground. Raise your body so that is supported by only your feet, forearms and elbows. Make sure that your body stays in a straight line. Hold the position for the required number of seconds.</p>

	<p>Description</p> <p>Start in a front support (push up) position. From this position quickly pull your legs forward as in a squat thrust and immediately transfer this power to jump up into an upright position and from here jump upwards as in a half squat jump. Immediately reverse the process.</p>
<p>Hip Rotation</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg while keeping the other foot still and firmly on the ground and keeping your trunk facing forward.</p>

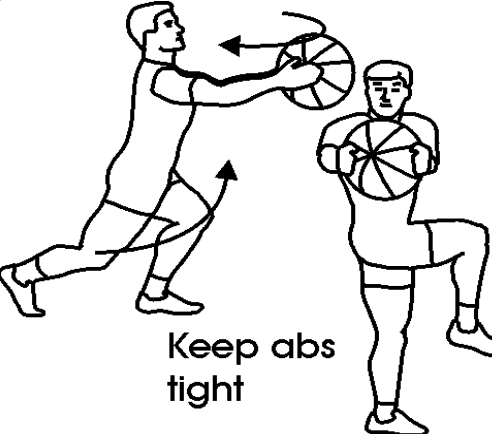
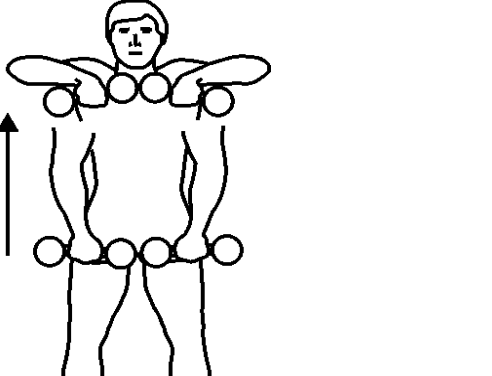
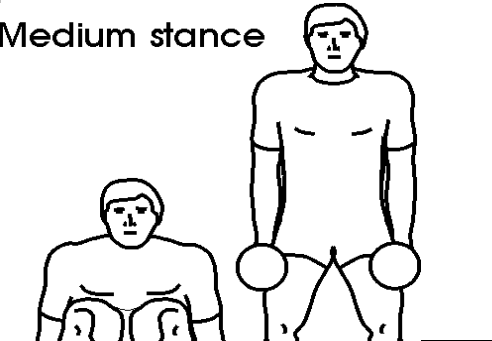
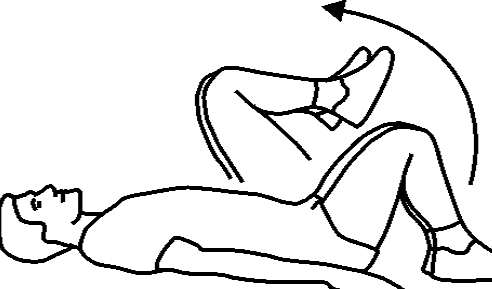
Block 4		Dates W/C											
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball at Chest Alternate Leg Lunge	5 each leg	1	10 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
Pull	Dumb Bell Alternate Arm Upright Row	5 each arm	1	10 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Core	Prone Back Extension	6	1	6	2	8	2	10	2	10	2	12	2
Push	Dumb Bell Alternate Press on Swiss Ball	8 each arm	1	10 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Leg	Lateral Barrier Jumps	6	1	6	2	8	2	10	2	10	2	12	2
Core	Bent Knee Oblique Twist Sit Up	5 each side	1	6 each side	2	6 each side	2	6 each side	2	8 each side	2	10 each side	2
Combination	Push Up Plus Burpee	6	1	6	2	8	2	10	2	10	2	12	2
Balance	Single Leg Hip Rotation Eyes Closed	6 each leg	1	6 each leg	2	6 each leg	2	8 each leg	2	8 each leg	2	8 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises. Rest for thirty seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells	√												
Medicine Ball	√												
Small Barrier	√												
Step Box													
Swiss Ball	√												
Towel Headrest													

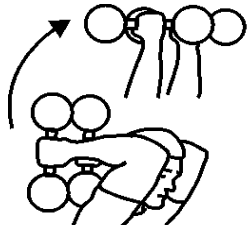
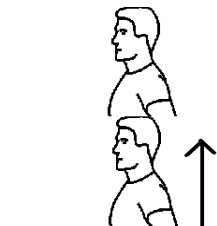
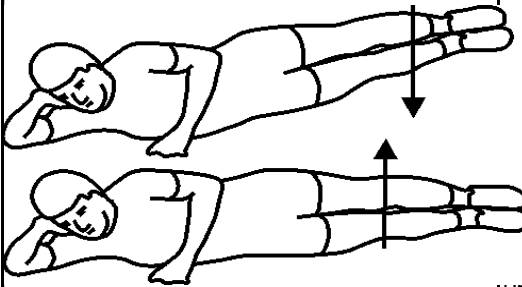
Name and diagram	Description
<p data-bbox="300 454 794 488">Medicine Ball at Chest Alternate Leg Lunge</p> 	<p data-bbox="794 454 1289 488">Description</p> <p data-bbox="794 488 1289 907">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball to your chest. 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 data-bbox="794 907 1289 940">Description</p> <p data-bbox="794 940 1289 1361">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by raising one shoulder and simultaneously bending the arm to lift the dumb bell upwards in a controlled manner. Lower the dumb bell in a controlled manner and repeat with the other arm. Breathe naturally during the movement.</p>
<p data-bbox="300 1361 794 1395">Prone Bridge</p> 	<p data-bbox="794 1361 1289 1395">Description</p> <p data-bbox="794 1395 1289 1809">Lie on the ground with your hands to your side. Slowly raise your upper body off the ground by contracting your back muscles. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>

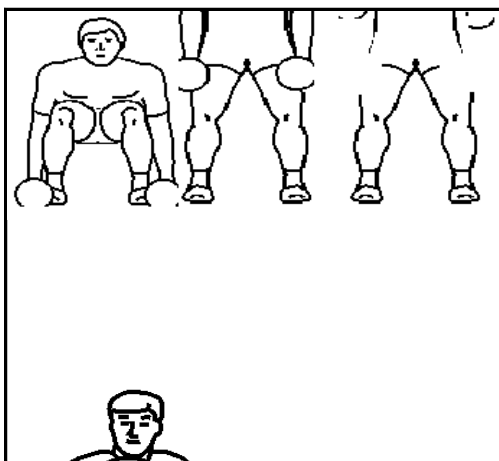
<p>Dumb Bell Alternate Press on Swiss Ball</p> 	<p>Description</p> <p>Sit on the Swiss Ball with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumb bells at the shoulders then straighten one arm to press one dumb bell overhead. Lower the dumb 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>Lat</p>  	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the hips and knee, extend the ankle joint and jump laterally over the line or barrier. Land on the balls of your feet with a slight knee bend and immediately jump back over the barrier or line again landing on the balls of your feet with a slight knee bend. You should not "overbalance" at any stage.</p> <p>Description</p> <p>Place your hands on your back. Place your hands to the side of your head. Keep your stomach pulled in. Bend your hips to the side at right angles and bend your knees also at right angles. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish the movement when the elbows touch your knees. Breathe naturally during the movement.</p>
<p>Push Up Plus Burpee</p> 	<p>Description</p> <p>Lie on the ground with your hands under or just to the outside of your shoulders. Slowly raise your upper body off the ground by extending your arms. From this position quickly pull your legs forward as in a squat thrust but 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 and repeat. Breathe naturally during the movement.</p>

	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Close your eyes. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg while keeping the other foot still and firmly on the ground and keeping your trunk facing forward.</p>
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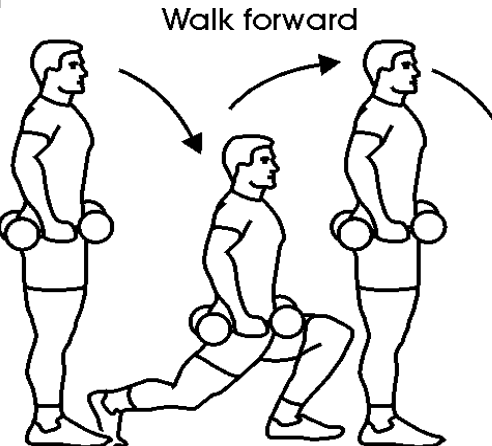
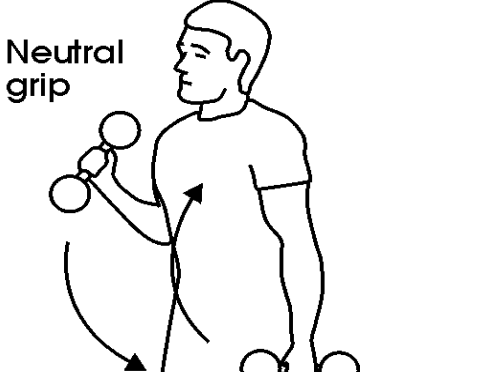
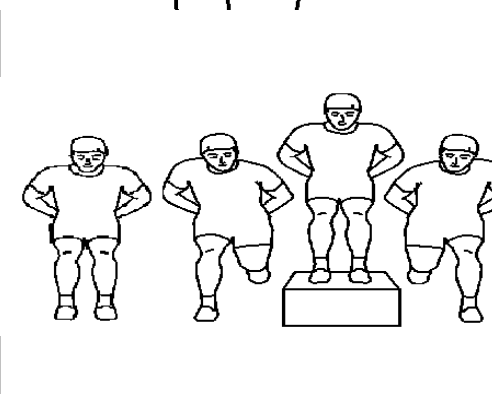
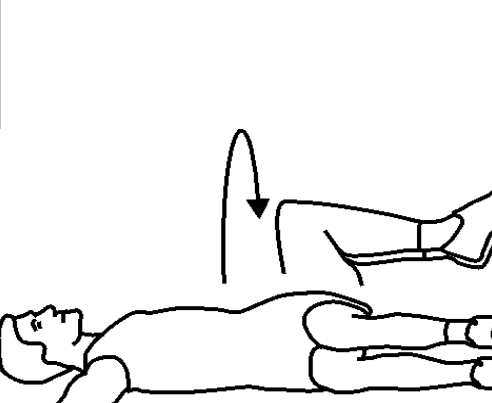
Block 5	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Alternate Leg Step & Rotate	6 each leg	1	6 each leg	2	8 each leg	3	10 each leg	2	12 each leg	3	12 each leg	3
Pull	Dumb Bell Two Arm Upright Row	6	1	6	2	8	3	10	2	12	3	12	3
Leg	Dumb Bell Squats	6	1	6	2	8	3	10	2	12	3	12	3
Core	Reverse Sit Ups	6	1	6	2	8	3	10	2	12	3	12	3
Push	Dumb Bell Standing Triceps Extension	6	1	6	2	8	3	10	2	12	3	12	3
Leg	Split Squat Jumps	6	1	6	2	8	3	10	2	12	3	12	3
Core	Lying on Side Leg Raise	6 each side	1	6 each side	2	8 each side	3	10 each side	2	12 each side	3	12 each side	3
Push/Pull	Dumb Bell Squat Pull to Armpit	10	1	10	2	8	3	10	2	12	3	12	3
Balance	Single Leg Standing Medicine Ball Rotation	6 each leg	1	6 each leg	2	8 each leg	3	10 each leg	2	12 each leg	3	12 each leg	3
NOTES		Once all the exercises have been learnt here should be no rest period between exercises and ninety seconds between sets. Carry this programme out twice per per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

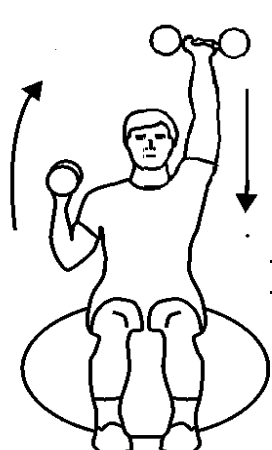
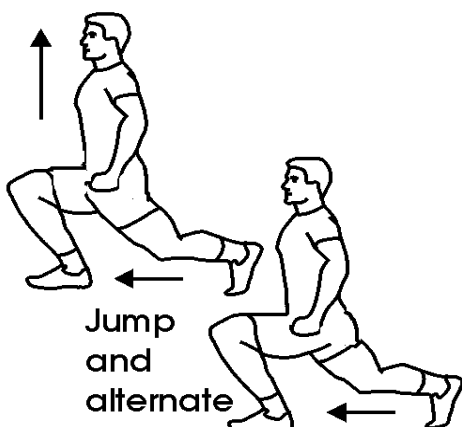
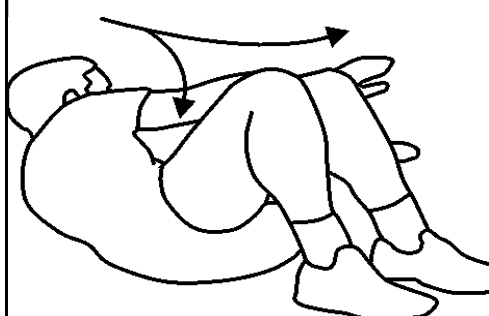
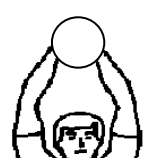
Name and diagram	Description
<p data-bbox="300 235 794 264">Medicine Ball Alternate Leg Step & Rotate</p>  <p data-bbox="464 600 639 678">Keep abs tight</p>	<p data-bbox="801 257 1289 589">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball out in front. Start the movement by lifting the leg at the hips and simultaneously bending the knee. Slowly rotate your body so the ball is ninety degrees to the left and then ninety degrees to the right as you step forward (lunge). Step back and then repeat using the other leg. Breathe naturally during the movement.</p>
	<p data-bbox="801 714 1289 981">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 dumbbells upwards towards in a controlled manner. Lower the dumbbells in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p data-bbox="300 1265 566 1301">Medium stance</p> 	<p data-bbox="801 1140 1289 1435">Stand upright with your shoulders back and your arms to your side holding the dumbbells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumbbells touch the floor, immediately stand up straight. Breathe naturally during the movement.</p>
	<p data-bbox="801 1597 1289 1832">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 towards your chest. Keeping your legs flat, lower them in a controlled manner. Breathe naturally during the movement.</p>

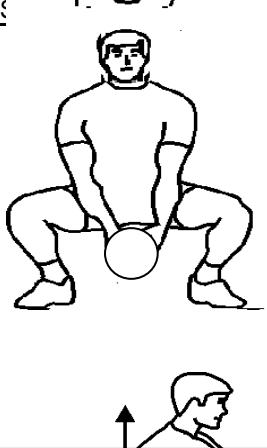
<p>Dumb Bell Standing Two Arm Triceps Extension</p> 	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height, behind your head palms facing one another. Start the movement by straightening the arms to press the dumbbells overhead. Lower the dumb bells to the shoulder in a controlled manner. Breathe out as the dumb bells are pressed and in as they are lowered.</p>
<p>S</p> 	<p>Description</p> <p>Stand upright with you shoulders back and your arms to your side or on your hips, your stomach pulled in and your feet shoulder width apart. Place one leg in front of the other with the front leg positioned so that the shin is approximately perpendicular to the floor. 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 lunge and then repeat the jump. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Lie on your side with your head supported on your arm and with your feet together. Slowly raise both legs until they are approximately thirty degrees to the floor. Slowly lower the legs under control. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with you shoulders back and your arms to your side holding the dumbbells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumbbells touch the floor, immediately stand straight up onto your toes and pull the dumbbells up under your armpits. Breathe naturally during the movement.</p>

	<p><u>Description</u> and upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball in front of your body at arms length. Start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position 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>
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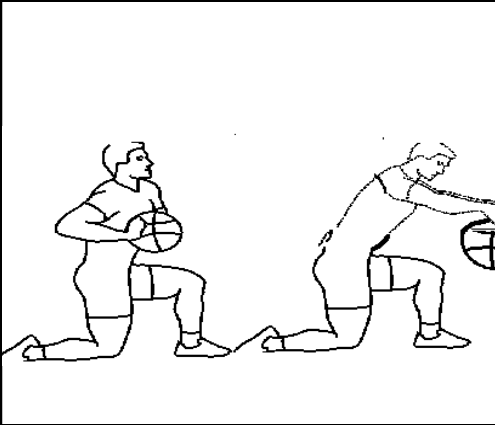
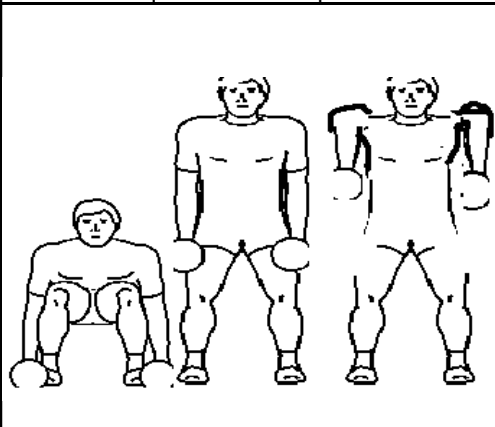
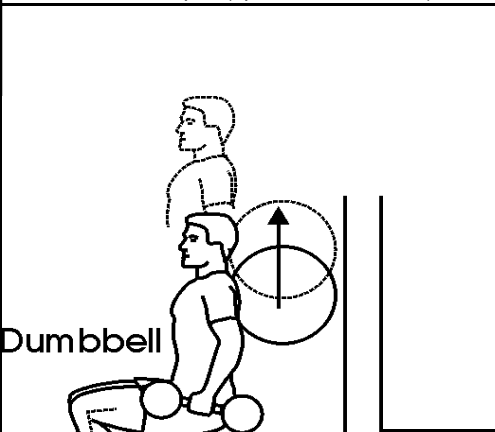
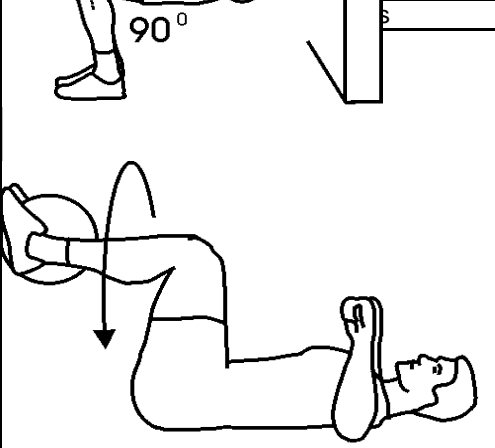
Block 6		Dates W/C											
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Lunge Walk	8 each leg	1	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
Pull	Dumb Bell Alternate Arm Curl	8 each arm	1	8 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Leg	Lateral Step Up & Over	8 each leg	1	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
Core	Supine Hip Rotations	8	1	8	2	10	2	12	2	12	2	12	2
Push	Dumb Bell Alternate Rotational Press on Swiss Ball	8 each arm	1	8 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Leg	Scissor Jump in Place	6	1	6	2	8	2	12	2	12	2	12	2
Core	Side Crunch	12	1	8	2	8	2	10 each side	2	12 each side	2	12 each side	2
Combination	Medicine Ball Ring The Bell	10	1	10	2	10	2	12	2	12	2	12	2
Balance	Single Leg Swings on Box	6 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises and sixty seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells	√												
Medicine Ball	√												
Small Barrier													
Step Box	√												
Swiss Ball	√												
Towel Headrest													

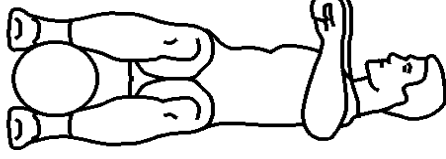
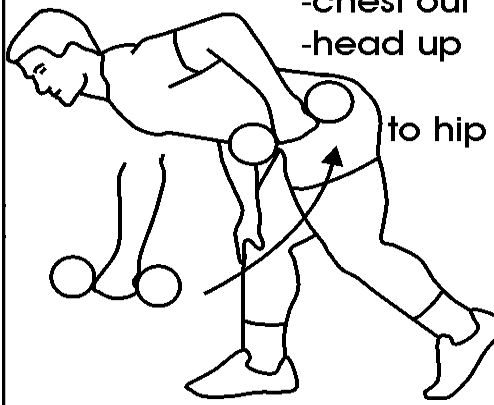

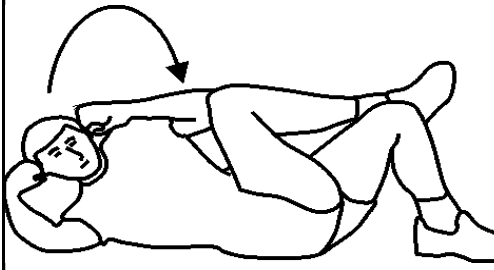

Name and diagram	Description
<p data-bbox="300 235 794 257">Dumb Bell Lunge Walk</p> 	<p data-bbox="801 235 1291 257">Stand upright with you shoulders back, your tomach pulled in and your feet shoulder idth apart. Hold a dumb bell in each hand. tart the movement by lifting the leg at the ips and simultaneously bending the knee. rom this position lunge out so the shin is erpendicular to the floor. Keep the upper ody straight up. Lift the back foot off the round and repeat the movement using this ig to "walk" forward. Breathe naturally uring the movement.</p>
<p data-bbox="300 795 422 862">Neutral grip</p> 	<p data-bbox="801 721 1291 743">Description</p> <p data-bbox="801 750 1291 952">Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner. Reverse the movement in a controlled way and repeat with the other arm. Breathe naturally during the movement</p>
<p data-bbox="300 1140 446 1176">Alternate</p> 	<p data-bbox="801 1140 1291 1162">Description</p> <p data-bbox="801 1169 1291 1489">Stand upright with you shoulders back and your arms behind your back or to the side, your stomach pulled in and your feet shoulder width apart with your legs virtually straight. Start the ovement by bending the inside leg at the knee d hip to step sideways onto the box. mediately step up using the outside leg. As the cond leg steps onto the box immediately step wn with the first leg, followed by the second leg. epeat the sequence back over the box and ntinue for the required number of repetitions. eathe naturally during the movement.</p>
<p data-bbox="300 1588 794 1624">Supine Hip Rotations</p> 	<p data-bbox="801 1588 1291 1624">Description</p> <p data-bbox="801 1630 1291 1870">Lie on your back. Place your arms out away from your head . Keep your stomach pulled in. Start the movement by slowly bending your knees and then gently rotating your hips. Finish the movement when your thighs uch the floor, then slowly rotate fully until our other thigh touches the floor. Breathe aturally during the movement</p>

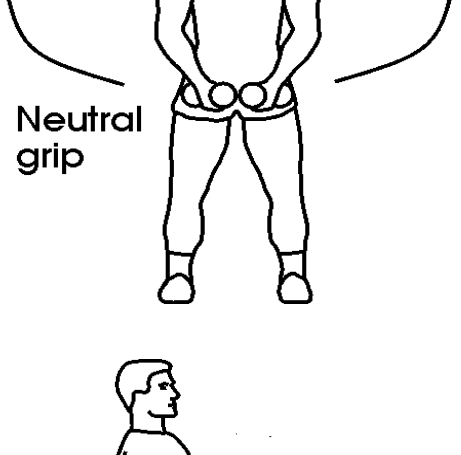
	<p>Description</p> <p>Sit on the Swiss Ball with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumb bells at the shoulders facing each other. As you straighten one arm to press one dumb bell overhead rotate the dumb bell so your palm faces forward. Lower the dumb bell to the shoulder and rotating it so the palms face inwards again and then press the other dumb bell overhead. Breathe out as the dumb bell is pressed and in as it is lowered.</p>
<p>Scissor</p>  <p>Jump and alternate</p>	<p>Description</p> <p>Assume a lunge position with your right foot forward. From this position dip quickly at the knees and immediately jump powerfully upwards. As you are jumping up quickly change your leg positions to land with your left foot forward; immediately repeat the movement. You should land in the same place each time with minimal "wobbling". Aim to spend the minimum amount of time on the ground. Imagine the floor is red hot!</p>
	<p>Description</p> <p>Lie on your back. Place your hands to your side. Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. As your shoulders are coming off the floor rotate your upper body so that your right elbow moves to touch your left knee. Finish the movement when the elbow touch your knees. Slowly reverse the movement and then complete it to the other side. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Start in a squat position with the medicine ball held between the legs level with the knees. In one movement bring the ball in virtually a straight line until it is above the head, then bring it down to the start position as if ringing a bell. Breathe naturally during the movement.</p>

	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step up onto the box. Keep the upper body straight up. From this position step further up and lean forward at the hips as if running, your other leg should now be off the floor. Swing the "free" leg forwards and backwards with minimal movement of the rest of the body. Try to stay in perfect balance. Breathe naturally during the movement.</p>
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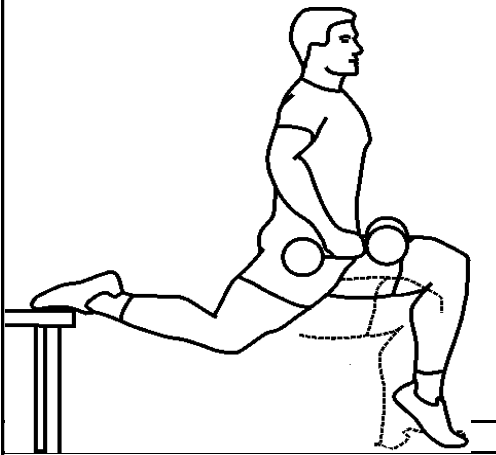
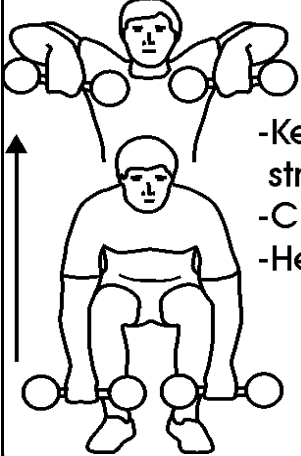
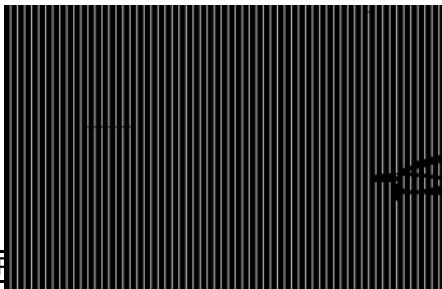
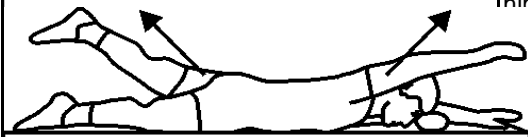
Block 7	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Lunge and Reach	5 each leg	1	5 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	12 each leg	2
Pull	Dumb Bell Squat Pull to Armpit	10	1	10	2	10	2	12	2	12	2	12	2
Leg	Swiss Ball Wall Squat (optional Dumb Bells)	6	1	6	2	8	2	10	2	12	2	12	2
Core	Medicine Ball Supine Hip Rotations	6	1	6	2	8	2	10	2	12	2	12	2
Push	Dumb Bell Bent Over Single Arm Triceps Extension	6 each arm	1	6 each arm	2	8 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2
Leg	Stretch Jumps	6	1	6	2	8	2	10	2	12	2	12	2
Core	Cross Leg Oblique Sit Up	6 each side	1	6 each side	2	10 each side	2	12 each side	2	12 each side	2	12 each side	2
Push/Pull	Dumb Bell Lateral Raise	10	1	10	2	10	2	12	2	15	2	15	2
Balance	Single Leg Squat Balance	3 each leg x 3s	5s	3 each leg x 3s	2	4 each leg x 3s	2	4 each leg x 3s	2	6 each leg x 3s	2	6 each leg x 3s	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises and ninety seconds between sets. Carry this programme out twice per week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

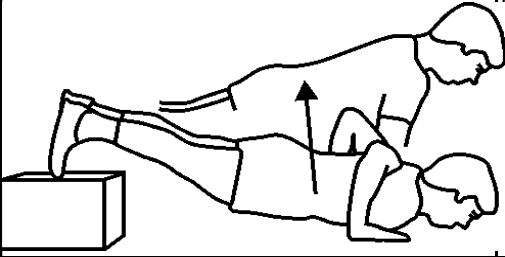
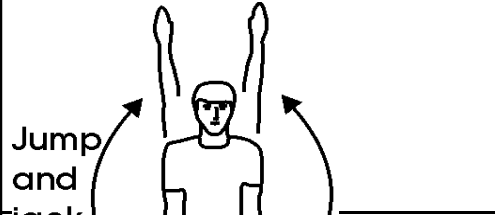
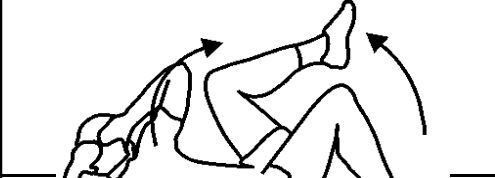

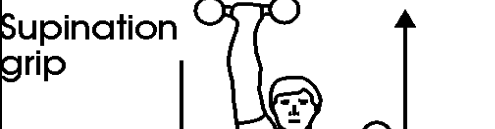
Name and diagram	Description
<p data-bbox="298 226 794 255">Medicine Ball Lunge and Reach</p>  <p>The diagram shows two stages of the exercise. In the first stage, a person is in a lunge position with their right leg forward and left leg back, holding a medicine ball with both hands in front of their chest. In the second stage, the person has lunged further forward, reaching out with their right arm to touch the floor with the medicine ball. Their torso is straight and upright.</p>	<p data-bbox="794 226 1291 255">Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball to your chest. 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. Now bend forward at the waist and reach out to touch your front foot with the medicine ball. Straighten your body up again and then use your buttocks to push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>
<p data-bbox="298 678 794 707">Dumb Bell Squat Pull to Armpit</p>  <p>The diagram illustrates three stages of a squat with dumbbells. In the first stage, the person is standing upright with feet shoulder-width apart, holding dumbbells at their sides. In the second stage, they are in a squat position with their hips lowered and knees bent. In the third stage, they are standing upright again, pulling the dumbbells up towards their armpits.</p>	<p data-bbox="794 678 1291 707">Description</p> <p data-bbox="794 707 1291 1131">Stand upright with you shoulders back and your arms to your side holding the dumbbells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumbbells touch the floor, immediately stand straight up onto your toes and pull the dumbbells up under your armpits. Breathe naturally during the movement.</p>
<p data-bbox="298 1131 794 1160">Swiss Ball Wall Squat (optional Dumb Bells)</p>  <p>The diagram shows a person performing a wall squat. They are standing with their back against a wall and their feet on a Swiss ball. They are holding dumbbells on the floor in front of their feet. A 90-degree angle is indicated between the floor and the wall. An arrow points upwards from the Swiss ball, indicating the direction of movement.</p>	<p data-bbox="794 1131 1291 1160">Description</p> <p data-bbox="794 1160 1291 1590">Stand upright with you 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. 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>The diagram shows a person lying on their back on the floor. They are holding a medicine ball between their feet. They are in a squat position with their knees bent and feet flat on the floor. An arrow indicates the rotation of the hips.</p>	<p data-bbox="794 1590 1291 1619">Description</p> <p data-bbox="794 1619 1291 2036">Lie on your back. Place your arms out away from your head. Hold a medicine ball between your knees or feet (harder). Keep your stomach pulled in. Start the movement by slowly bending your knees and then gently rotating your hips. Finish the movement when your thighs touch the floor, then slowly rotate fully until your other thigh touches the floor. Breathe naturally during the movement.</p>

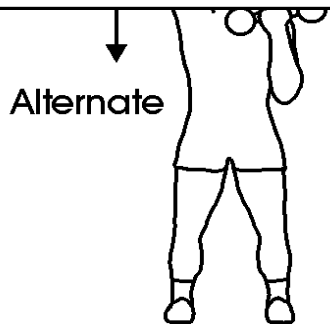
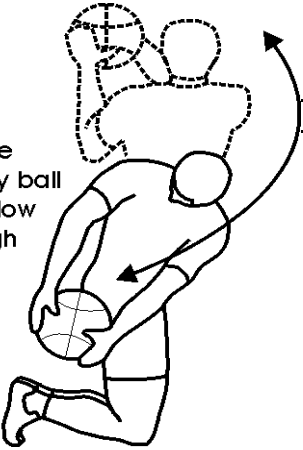
 <p>-keep back straight -chest out -head up</p>	<p>Description</p> <p>Stand in a partial lunge position with the right hand resting on the right thigh to support the body. Bend forward and hold the dumb bell in the arm with the elbow bent and the forearm perpendicular to the floor. Contract the back of 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>to hip</p>	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and then bend at the knees. Jump as high as you can extending the arms fully. Upon landing repeat the movement immediately. Breathe naturally during the movement.</p>
<p>Cri</p>  <p>ue Sit Up</p>  <p>15° bent</p> 	<p>Description</p> <p>Lie on your back. Place your hands to the side of your head. Keep your stomach pulled in. Have your feet on the floor and your legs bent. Bring the right leg up so the ankle rests on the front of the left thigh. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen rotating slightly as you do so. Finish the movement when the left elbow touches the right knee. Breathe naturally during the movement.</p> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the 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>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 by lifting your right leg back at the hips whilst simultaneously bending the knee. From here squat down by bending your left knee. Do not bend forward excessively at the waist. Hold this position for the required length of time. Breathe naturally during the movement.</p>
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Block 8	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Single Leg Lunge Squat	6 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Pull	Dumb Bell High Pull	6	1	6	2	8	2	10	2	12	2	15	2
Leg	Alternate Leg Squat Thrusts	8 each leg	1	8 each leg	2	10 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Core	Prone Alternate Arm and Leg Raise	6 each leg	1	6 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2
Push	Push Ups Feet Elevated	6	1	6	2	8	2	8	2	10	2	10	2
Leg	Jumping Jacks	10	1	10	2	10	2	12	2	12	2	15	2
Core	Alternate Leg Rotational Crunch	5 each side	1	5 each side	2	8 each side	2	8 each side	2	10 each side	2	12 each side	2
Push/Pull	Dumb Bell Alternate Arm Press	10 each arm	1	10 each arm	2	10 each arm	2	12 each arm	2	12 each arm	2	12 each arm	2
Combination	Medicine Ball Kneeling Woodchopper	5 each side	1	5 each side	2	8 each side	2	8 each side	2	10 each side	2	12 each side	2
Balance	Step Down and Hold	5	1	5	2	8	2	10	2	12	2	12	2
NOTES		Once all the exercises have been learnt here should be no rest period between exercises or and ninety seconds between sets. Carry this programme out twice per per week on non consecutive days.											
Equipment Required													
Chair	√												
Dowel/Bar													
Dumb Bells	√												
Medicine Ball	√												
Small Barrier													
Step Box	√												
Swiss Ball													
Towel Headrest	√												

Name and diagram	Description
<p data-bbox="296 226 794 259">Single Leg Lunge Squat</p> 	<p data-bbox="794 259 1289 622">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Rest your right leg behind you on a chair or box. 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 on the front leg (right onto your toes if you can!). Repeat using the same leg. Breathe naturally during the movement.</p>
 <p data-bbox="555 869 762 1032">-Keep back straight -Chest out -Head up</p>	<p data-bbox="794 712 1289 1099">Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward, then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. As the dumb bells are lifted extend the legs and finish on your toes. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<p data-bbox="794 1133 1289 1373">Description 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 data-bbox="794 1588 1289 1888">Description Lie on the ground with your hands in front of you and your forehead on a towel headrest. Slowly raise one leg off the ground by contracting your buttock muscles. Keep your hips in contact with the ground and do not arch your back. At the same time raise your other arm. Keep your chest in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
<p data-bbox="360 1921 762 1966">Right arm and left leg</p>	

<p>Push Ups Feet Elevated</p> 	<p>Description</p> <p>Lie on the ground with your hands under or just to the outside of your shoulders and your legs raised on a step. Slowly raise your upper body off the ground by extending your arms. Breathe naturally during the movement.</p>
<p>Jumping Jacks</p> 	<p>Description</p> <p>Start with your feet together and hands to your sides. Jump out with your legs whilst simultaneously raising your hands above your head. Breathe naturally during the movement.</p>
<p>Crunch</p> 	<p>Description</p> <p>Lie on your back. Place your hands to the side of your head. Keep your stomach pulled in. Have your feet on the floor and your legs bent. Start the movement by bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen rotating slightly as you do so. At the same time raise the right leg so that the knee of this leg touches the left elbow. Lower your leg and your upper body and then immediately repeat so the left leg and right elbow meet. Breathe naturally during the movement.</p>
<p>Dumbbell Press</p>  <p>Supination 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 dumbbells at the shoulders then straighten one arm to press one dumbbell overhead. Lower the dumbbell to the shoulder and then press the other dumbbell overhead. Breathe out as the dumbbell is pressed and in as it is lowered.</p>

 <p>Alternate</p>	<p>Description</p> <p>Kneel down 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 (as if chopping wood with an axe). Carry out the required number of repetitions and then repeat diagonally the other way across the body.</p>
 <p>Rotate heavy ball from low to high</p>	<p>Description</p> <p>Stand on a small step or box. Slowly step out in front of the box and step down and land on both feet. 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>