



RUGBY

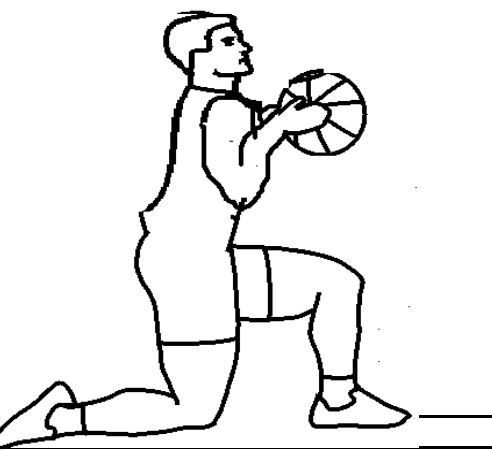
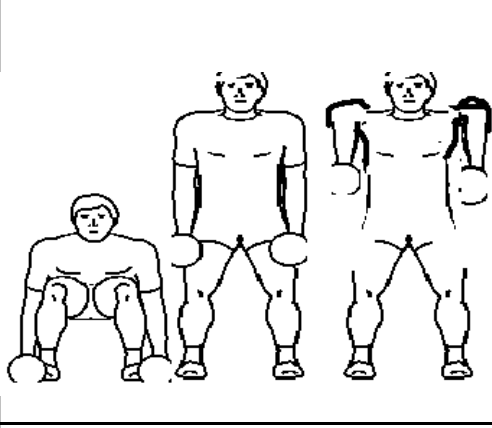
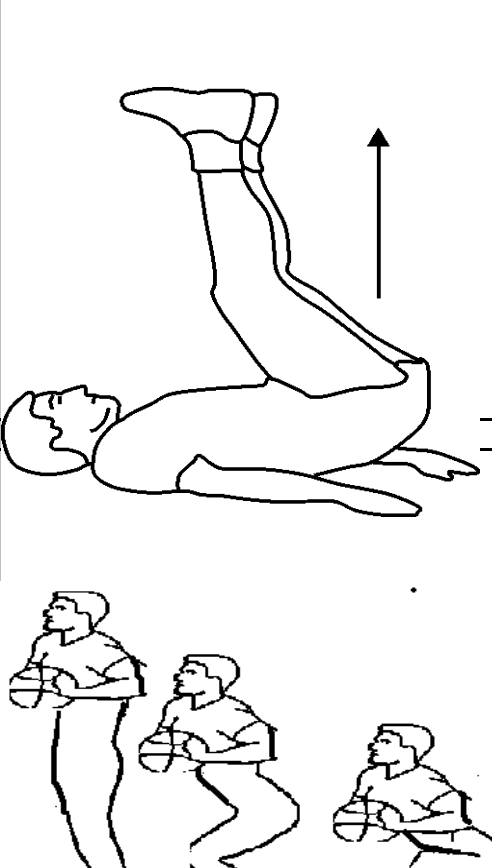
SCHOOL

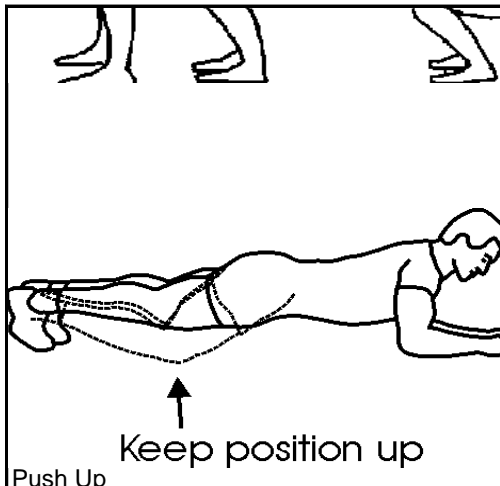
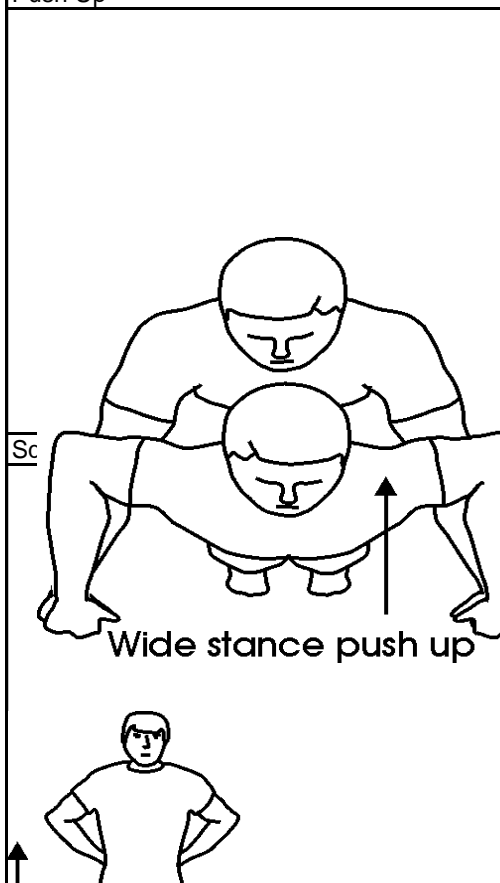
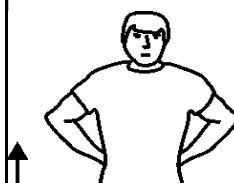
STRENGTH

PROGRAMME

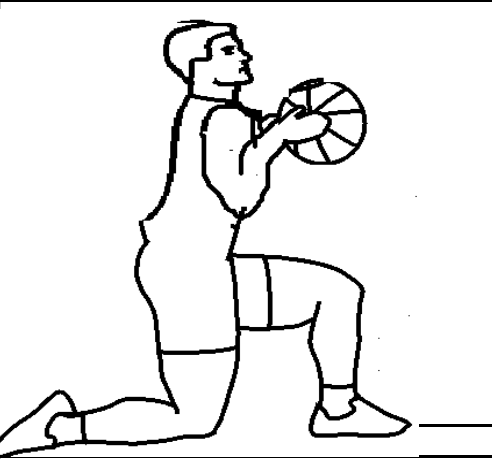
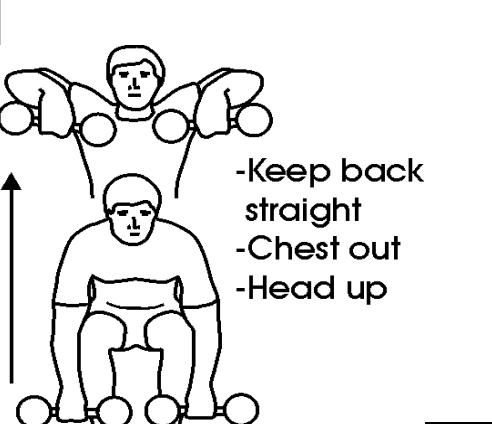
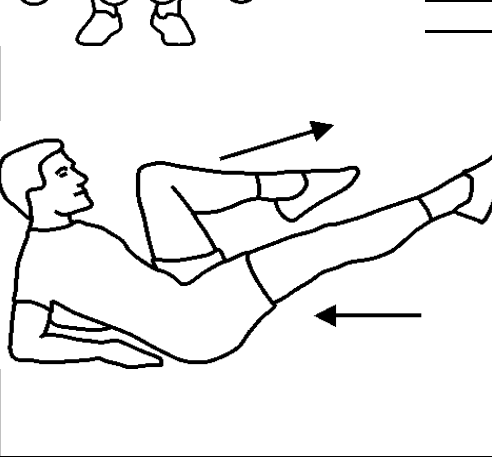
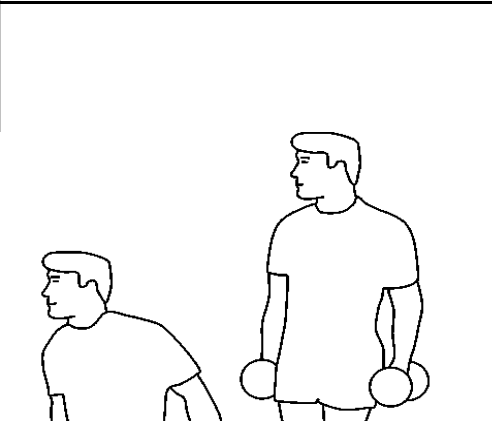
YEAR NINE

Block 1	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	10 each leg	1	10 each leg	2	10 each leg	3	12 each leg	2	12 each leg	3	12 each leg	3
Pull	Dumb Bell Squat Pull to Armpit	10	1	10	2	10	3	12	2	12	3	12	3
Core	Leg Thrusts	10	1	10	2	10	3	12	2	12	3	12	3
Leg	Medicine Ball Squat	10	1	10	2	10	3	12	2	12	3	12	3
Core	Plank	15s	1	15s	2	15s	3	20s	2	20s	3	20s	3
Push	Push Ups	10	1	10	2	10	3	12	2	12	3	12	3
Leg	Squat Jumps	10	1	10	2	10	3	12	2	12	3	12	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 week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

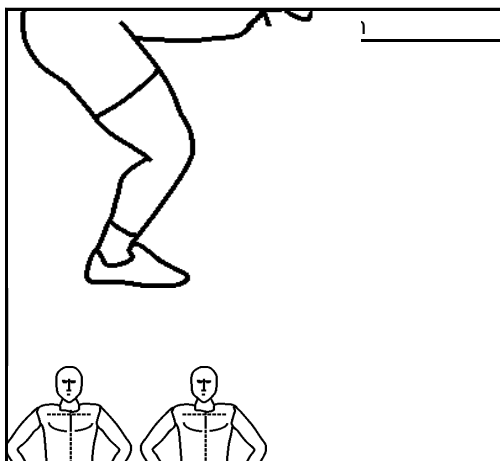
Name and diagram	Description
<p data-bbox="300 230 794 264">Medicine Ball at Chest Single Leg Lunge</p> 	<p data-bbox="794 230 1284 264">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball to your chest. Start the movement by lifting 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 data-bbox="794 712 1284 745">Description</p> <p data-bbox="794 745 1284 1137">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 straight up onto your toes and pull the dumbbells up under your armpits. Breathe naturally during the movement.</p>
<p data-bbox="300 1137 794 1171">Leg Thrusts</p>	<p data-bbox="794 1137 1284 1171">Description</p>
	<p data-bbox="794 1171 1284 1597">Lie on your back with your feet pointing upwards approximately perpendicular to the floor. Keep your legs slightly bent. "Push" with your hips to lift your buttocks off the floor, your legs may straighten slightly more during this. Breathe naturally during the exercise.</p> <p data-bbox="794 1597 1284 1630">Description</p> <p data-bbox="794 1630 1284 2036">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 to the ground. Breathe naturally during the movement.</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"), hold this position for the required time.</p>
<p>Sc</p>  <p>Wide stance push up</p>  <p>↑</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. Breathe naturally during the movement.</p> <hr/> <p>Description</p> <p>Stand upright with your shoulders back and your arms to your side or behind your back, 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>

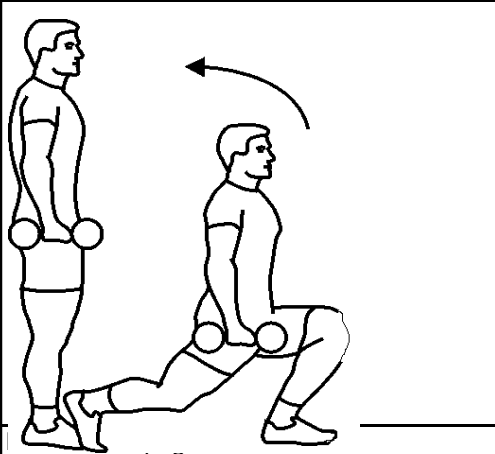
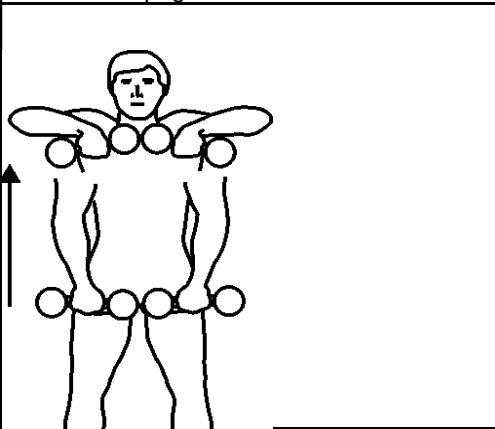
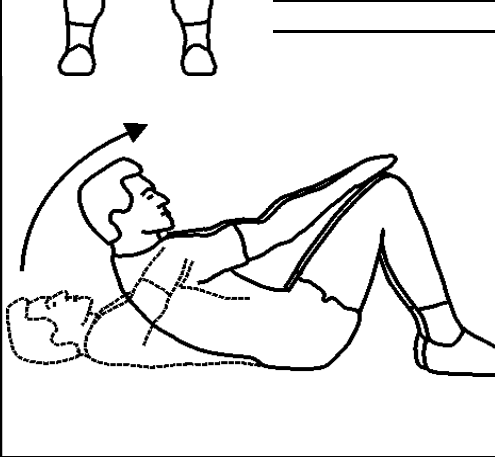
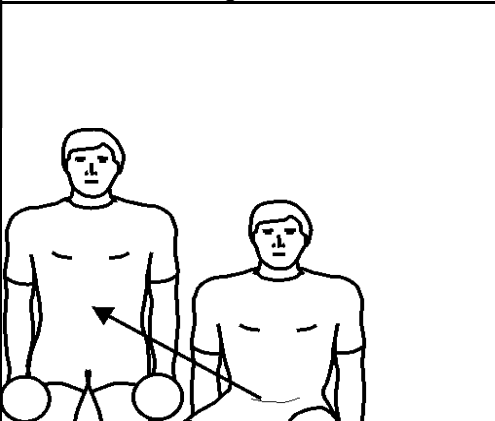
Block 2	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball at Chest Alternate Leg Lunge	10 each leg	1	10 each leg	2	10 each leg	3	12 each leg	2	12 each leg	3	12 each leg	3
Pull	Dumb Bell High Pull	10	1	10	2	10	3	12	2	12	3	12	3
Core	Cycling	10 each leg	1	10 each leg	2	10 each leg	3	12 each leg	2	12 each leg	3	12 each leg	3
Leg	Dumb Bell Diagonal 45 Degree Alternate Leg Lunge	10 each leg	1	10 each leg	2	10 each leg	3	12 each leg	2	12 each leg	3	12 each leg	3
Core	Prone Back Extension	10	1	10	2	10	3	12	2	12	3	12	3
Push	Dumb Bell Alternate Arm Press	10 each arm	1	10 each arm	2	10 each arm	3	12 each arm	2	12 each arm	3	12 each arm	3
Leg	Medicine Ball Overhead Squat	10	1	10	2	10	3	12	2	12	3	12	3
Core	Medicine Ball Good Morning	10	1	10	2	10	3	12	2	12	3	12	3
Combination	Single Leg Balance Hip Rotation	10 each leg	1	10 each leg	2	10 each leg	3	12 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 week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

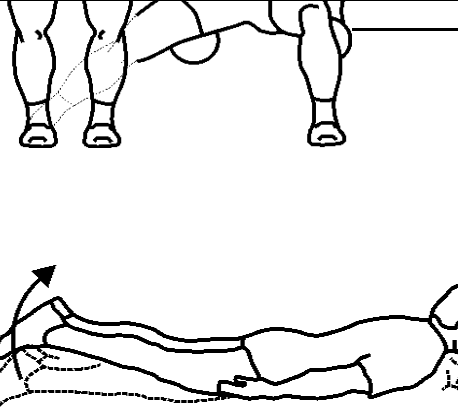
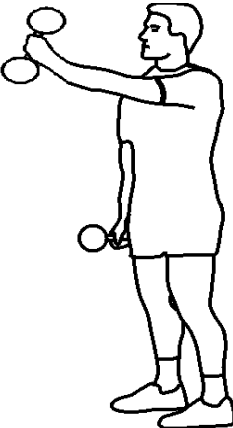
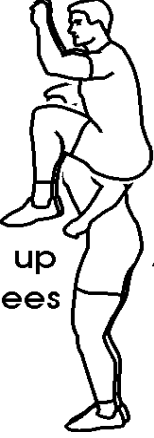

Name and diagram	Description
<p data-bbox="300 226 794 255">Medicine Ball at Chest Alternate Leg Lunge</p> 	<p data-bbox="794 255 1284 589">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball to your chest. Start the movement by lifting 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="534 869 726 1019">-Keep back straight -Chest out -Head up</p>	<p data-bbox="794 712 1284 1104">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bending the arms to lift the dumbbell upwards level with your chest. As the dumbbells are lifted extend the legs and finish on your toes. Lower the dumbbell in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<p data-bbox="794 1133 1284 1406">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. Raise the right leg quickly so that the knee of this almost touches the chest. As you lower your right leg immediately repeat with the left leg. Breathe naturally during the movement.</p>
<p data-bbox="300 1588 794 1617">Dumb Bell Diagonal 45 Degree Alternate Leg Lunge</p> 	<p data-bbox="794 1588 1284 1984">Stand upright with your shoulders back holding the dumbbells to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out at approximately 45 degrees with your right leg so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>

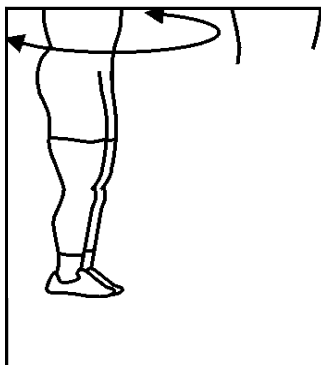
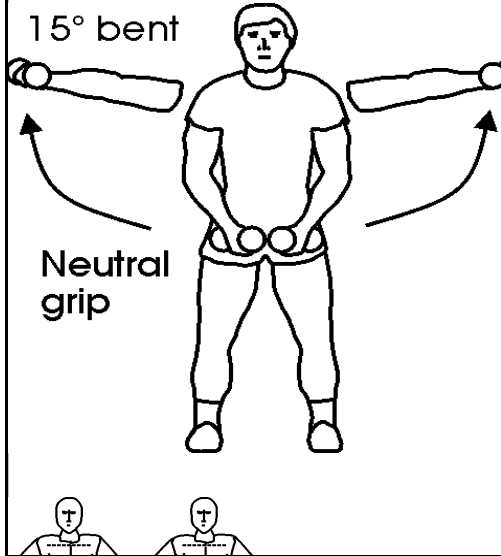
	<p>Description Lie on the ground with your hands to your side. Slowly raise your upper body off the ground by contracting your back muscles. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>
<p>Dumb Bell Alternate Arm Press</p>	<p>Description Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumbbells 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>Description 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>Good Morning</p>	<p>Description Stand upright with your shoulders back and your arms holding a medicine ball 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 parallel to the ground. 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 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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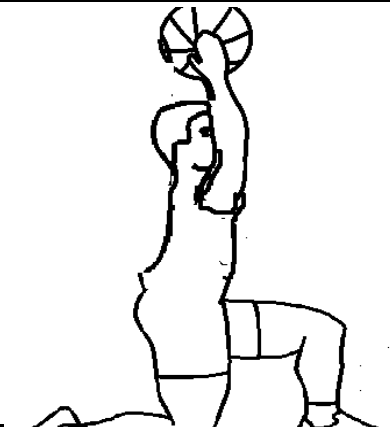
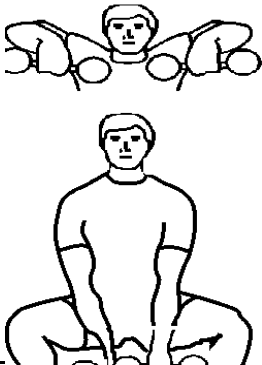
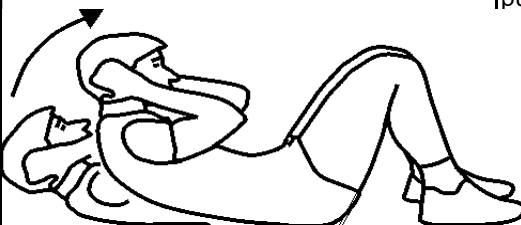
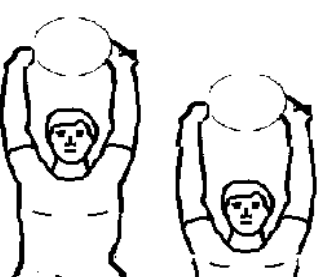
Block 3	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Alternate Leg Lunge	12 each leg	1	12 each leg	2	12 each leg	3	15 each leg	2	15 each leg	3	15 each leg	3
Pull	Dumb Bell Upright Row	12	1	12	2	12	3	15	2	15	3	15	3
Core	Wrist Ups	12	1	12	2	12	3	15	2	15	3	15	3
Leg	Dumb Bell Side Lunge	12 each leg	1	12 each leg	2	12 each leg	3	15 each leg	2	15 each leg	3	15 each leg	3
Core	Superman Arms at Side	12	1	12	2	12	3	15	2	15	3	15	3
Push	Dumb Bell Alternate Arm Front Raise	12 each arm	1	12 each arm	2	12 each arm	3	15 each arm	2	15 each arm	3	15 each arm	3
Leg	Tuck Jumps	12	1	12	2	12	3	15	2	15	3	15	3
Core	Medicine Ball Rotation Arms Tight	12	1	12	2	12	3	15	2	15	3	15	3
Push/Pull	Dumb Bell Lateral Raise	12	1	12	2	12	3	15	2	15	3	15	3
Combination	Single Leg Balance Rotation Eyes Closed	12 each leg	1	12 each leg	2	12 each leg	3	15 each leg	2	15 each leg	3	15 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 week on non consecutive days.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box													
Swiss Ball													
Towel Headrest													

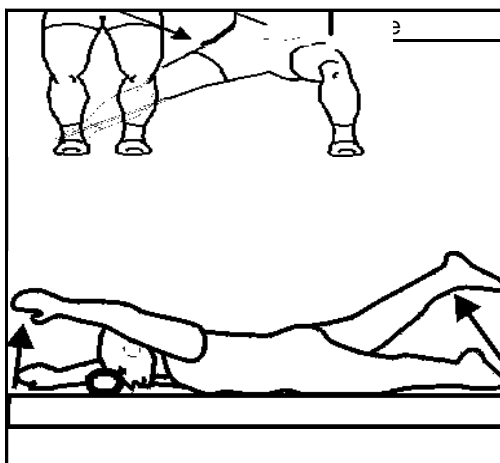
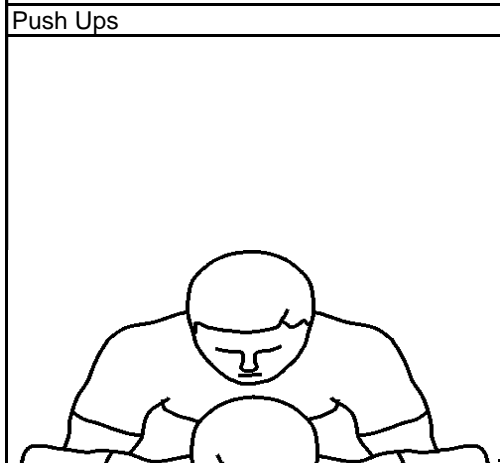
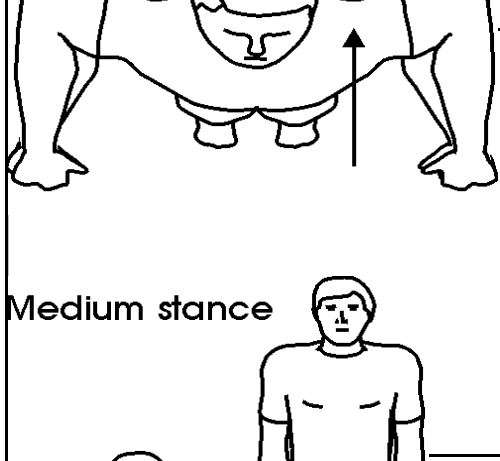
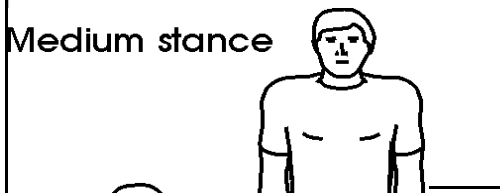
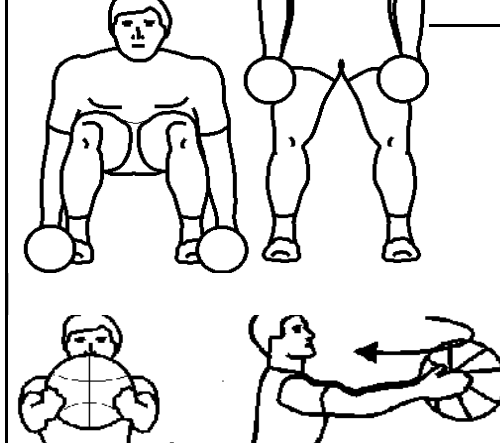
Name and diagram	Description
<p data-bbox="298 226 794 255">Dumb Bell Alternate Leg Lunge</p>  <p>The diagram shows a person standing upright on the left, holding two dumbbells at their sides. An arrow points to the right, where the person is shown in a lunge position with their right leg forward and bent at the knee. The left leg is extended back. The upper body is straight and upright.</p>	<p data-bbox="794 226 1284 255">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>The diagram shows a person standing upright, holding two dumbbells in front of their chest with their arms extended upwards. An arrow points upwards from the dumbbells, indicating the direction of movement.</p>	<p data-bbox="794 707 1284 736">Description</p> <p data-bbox="794 736 1284 1133">Stand upright with you 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>
 <p>The diagram shows a person lying on their back on the floor. Their hands are placed on the floor behind their knees. An arrow points upwards from the hands, indicating the direction of movement.</p>	<p data-bbox="794 1133 1284 1162">Description</p> <p data-bbox="794 1162 1284 1588">Lie on your back. Place your hands to the side of your hips . Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then down. Your hands will slide up the front of your thighs. Finish the movement when your palms touch your knees. Breathe naturally during the movement.</p>
<p data-bbox="298 1588 794 1617">Dumb Bell Side Lunge</p>  <p>The diagram shows a person standing upright on the left, holding two dumbbells at their sides. An arrow points to the right, where the person is shown in a side lunge position with their left leg forward and bent at the knee. The right leg is extended to the side. The upper body is straight and upright.</p>	<p data-bbox="794 1588 1284 1617">Description</p> <p data-bbox="794 1617 1284 2036">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 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 inner thigh to push back from the floor and stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>

	<p>Description</p> <p>Lie on the ground with your hands to your side. Simultaneously raise your upper body and legs off the ground by contracting your back and buttock muscles. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>
<p>Dumb Bell Alternate Front Raise</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by moving the shoulder and pulling the dumb bell upwards in a controlled manner. Lower the dumb bell in a controlled manner and then raise the other dumb bell. Breathe naturally during the movement. As you become used to the movement breathe out as you raise the dumb bell and in as you lower it.</p>
	<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 the movement jump straight up as far as you can, bringing your knees to your chest. Keep your upper body straight and upright, do not sag in the middle. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>
<p>Jump up</p> <p>Lift knees</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 your chest 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, 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>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Close your eyes then start the movement by lifting one of your legs at the hips whilst simultaneously bending the knee. Whilst in this position rotate the bent leg inwards keeping the other foot still and firmly on the ground and keeping your trunk facing forward.</p>

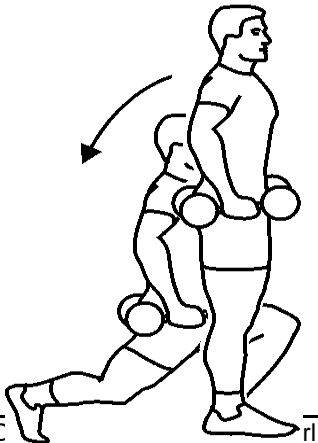
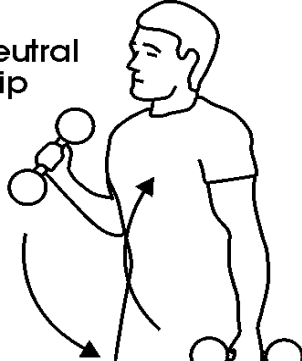
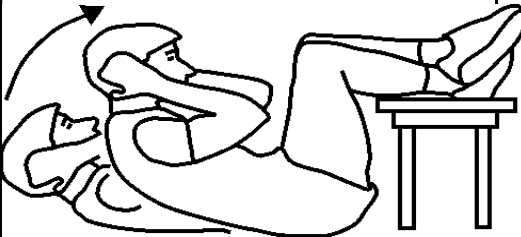
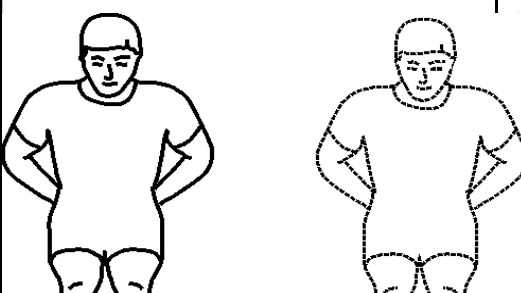
Block 4	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Overhead Alternate Leg Lunge	6 each leg	1	6 each leg	2	8 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Pull	Dumb Bell Squat High Pull	6	1	6	2	8	2	8	2	10	2	12	2
Core	Abdominal Curls	6	1	6	2	12	2	15	2	15	2	15	2
Leg	Medicine Ball Overhead Side Lunge	6 each leg	1	6 each leg	2	8 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Core	Prone Alternate Arm and Leg Raise	8 each leg	1	8 each leg	2	10 each leg	2	12 each leg	2	12 each leg	2	15 each leg	2
Push	Push Ups	8	1	8	2	12	2	15	2	15	2	15	2
Leg	Dumb Bell Squats	12	1	12	2	12	2	15	2	15	2	15	2
Core	Medicine Ball Trunk Rotation Arms Extended	8	1	8	2	10	2	10	2	12	2	12	2
Push/Pull	Dumb Bell Standing L Fly	6	1	6	2	10	2	12	2	12	2	15	2
Balance	Single Leg External Isometric Hip Rotation Eyes Closed	3 each leg x 5s	1	3 each leg x 5s	2	4 each leg x 3s	2	4 each leg x 3s	2	5 each leg x 3s	2	5 each leg x 4s	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		√											

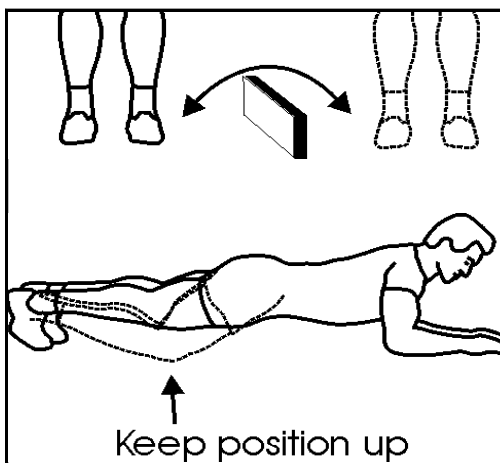
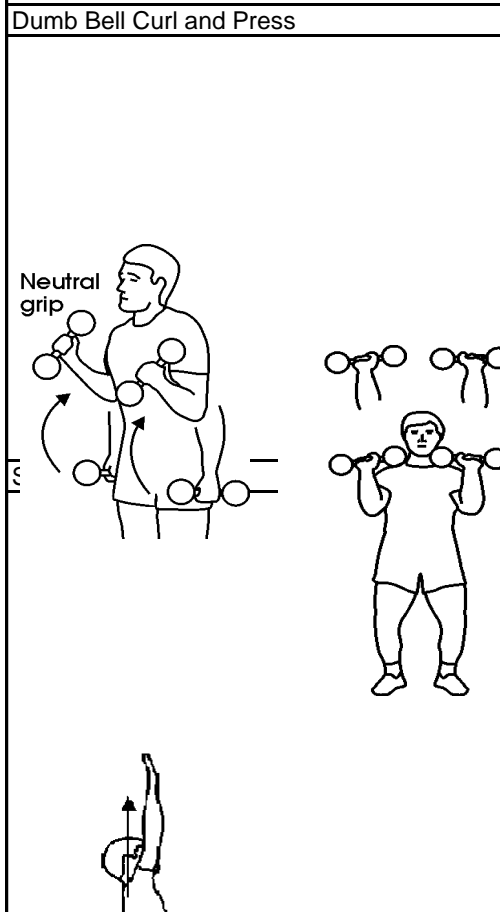
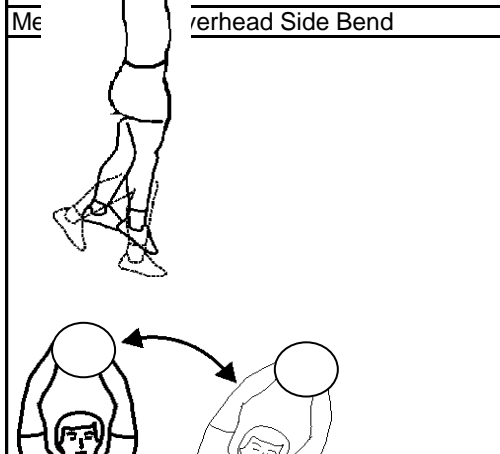
Name and diagram	Description
<p data-bbox="298 226 794 255">Medicine Ball Overhead Alternate Leg Lunge</p> 	<p data-bbox="794 255 1291 651">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball overhead. Start the movement by lifting the 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. Keep the medicine ball up above your head throughout.</p>
<p data-bbox="298 680 794 710">Dumbbell Squat</p> 	<p data-bbox="794 710 1291 1077">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells 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 dumbbells upwards level with your chest. As the dumbbells are lifted extend the legs and finish on your toes. Rotate the shoulders during the movement so the palms face back at the top of the exercise. Lower the dumbbells in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p data-bbox="298 1135 794 1164">Abdominal Curl</p> 	<p data-bbox="794 1164 1291 1467">Lie on your back. Place your hands to the side of your head. Keep your stomach pulled in. Start the movement by slowly lifting at the neck and then follow this up by lifting the back bending at the shoulders, chest and then abdomen. Finish the movement when the shoulder blades have come off the floor, holding this position briefly before reversing the movement. Breathe naturally during the movement.</p>
<p data-bbox="298 1585 794 1615">Medicine Ball Overhead Side Lunge</p> 	<p data-bbox="794 1615 1291 2011">Stand upright with your shoulders back holding a medicine ball at arms length overhead. 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. Use the buttocks and inner thigh to push back from the floor and stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>

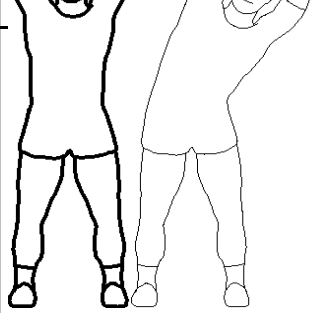
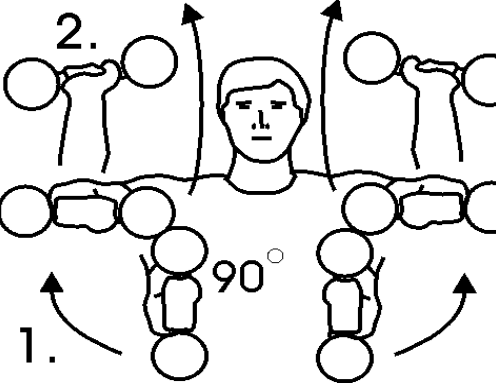
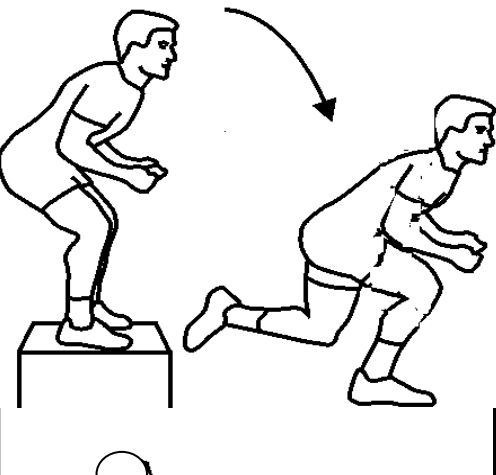
	<p>Description</p> <p>Lie on the ground with your hands in front of you and your forehead on a towel headrest. Slowly raise one leg off the ground by contracting your buttock muscles. Keep your hips in contact with the ground and do not arch your back. At the same time raise your other arm. Keep your chest in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
<p>Push Ups</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. Breathe naturally during the movement.</p>
 <p>Medium stance</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, your stomach pulled in and your feet shoulder width apart. Start the movement by 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>Description</p> <p>Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Hold a medicine ball out 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><u>Description</u> 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 and the elbows bent. 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><u>Description</u> 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 externally rotate the front leg while keeping the other foot still and firmly on the ground and keeping your trunk facing forward. Hold this position for the required time and then repeat.</p>

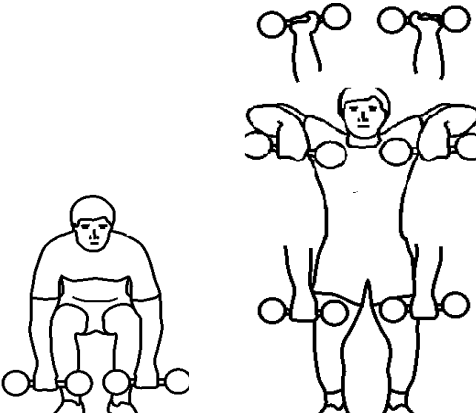
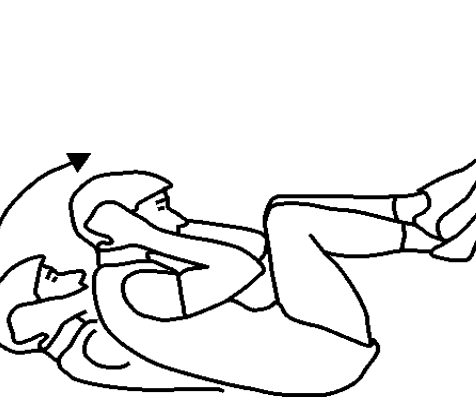
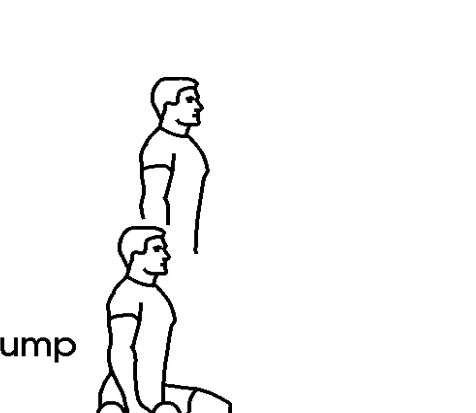
Block 5	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Dumb Bell Backward Lunge	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Pull	Dumb Bell Alternate Arm Curl	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Core	Ninety Degree Supported Crunch	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Leg	Lateral Barrier Jump	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Core	Plank	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Push	Dumb Bell Curl and Press	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Leg	Stretch Jumps	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Core	Medicine Ball Overhead Side Bend	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Push/Pull	Dumb Bell Lateral Raise and L Fly	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Combination	Medicine Ball Ring The Bell	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
Balance	Step Down & One Foot Hold	15s work 45s rest	1	20s work 40s rest	1	30s work 30s rest	1	20s work 40s rest	2	30s work 30s rest	2	30s work 30s rest	2
NOTES		Carry out as a circuit taking care to work for the required amount of time and then rest for the required amount of time before starting the next exercise. Take ninety seconds rest 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													

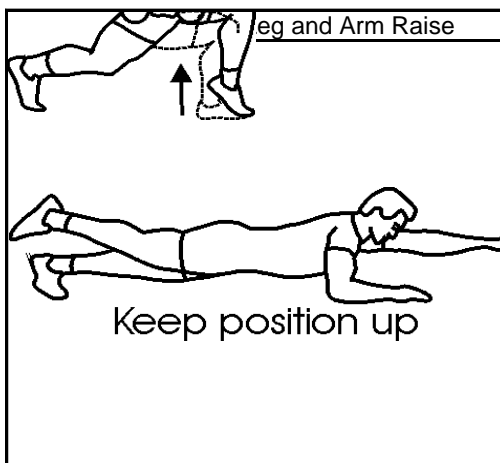
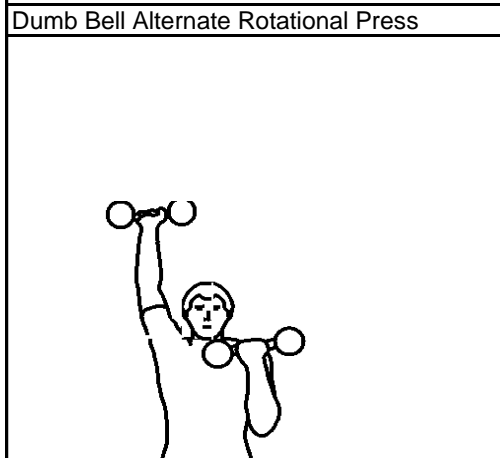
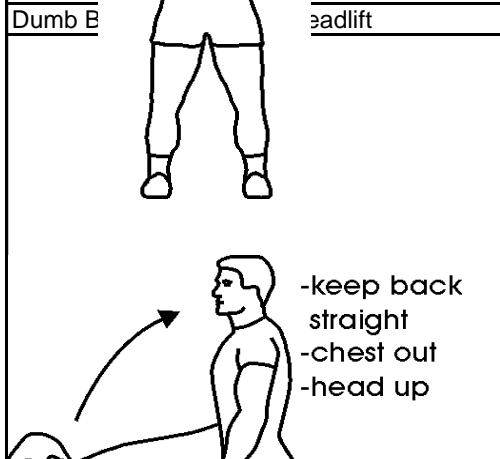
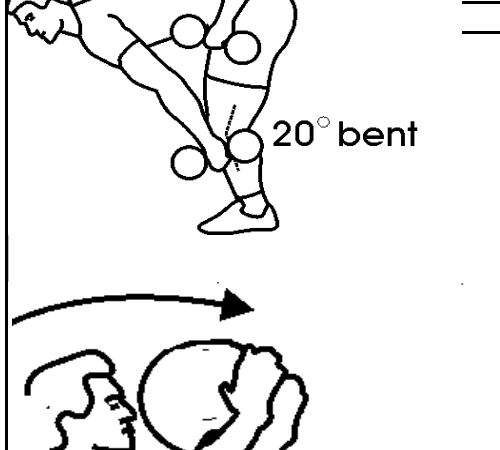
Name and diagram	Description
<p data-bbox="298 226 794 259">Dumb Bell Backward Lunge</p> 	<p data-bbox="794 253 1289 618">Stand upright with you shoulders back holding the dumb bells to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step 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 data-bbox="298 792 422 864">Neutral grip</p>  <p data-bbox="298 1126 438 1160">Alternate</p>	<p data-bbox="794 712 1289 920">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. Breathe naturally during the movement.</p>
<p data-bbox="298 1126 438 1160">Alternate</p> 	<p data-bbox="794 1133 1289 1498">Lie on your back. Place your hands to the side of your head. Bend your hips and knees at ninety degrees. Rest your feet and lower legs on a bench. Keep your stomach pulled in. Start the movement by slowly lifting at the neck and then follow this with 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 data-bbox="298 1588 794 1621">Lateral Barrier Jump</p> 	<p data-bbox="794 1588 1289 1890">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 movement by extending your feet to jump off the ground sideways over the barrier. Upon landing immediately repeat the exercise. Breathe naturally during the movement.</p>


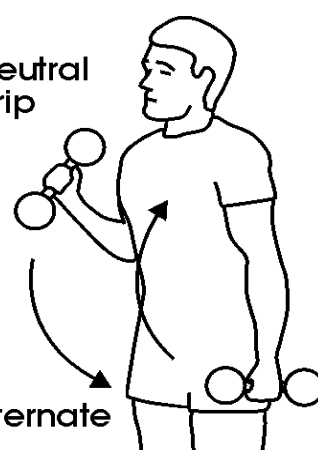
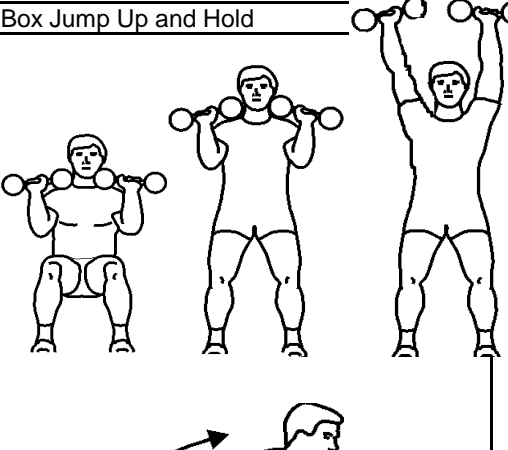
	<p>Description</p> <p>Assume a front support (push up) position with the upper body supported on your hands and forearms and the lower body supported on your knees. To start the movement take your knees off the floor so that your body is in a straight line ("plank"), hold this position for the required time.</p>
<p>Dumb Bell Curl and 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 in a neutral position palms facing the body. Start the movement by bending 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 the required number of repetitions.</p>
<p>Medicine Ball Overhead Side Bend</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 bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Keep the medicine ball overhead at arms length throughout, do not allow the ball to go down faster than your torso. Breathe naturally during the movement.</p>

	<p>L Fly</p>	<p>Description 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>Description Stand on a small step or box. Slowly hold the leg out in front of the box and step down and land on this leg. Do not jump off the box or step off it. Upon landing hold the position for two to three seconds without any "wobbling".</p>	
	<p>Description Start in a squat position with the medicine ball held between the legs level with the knees. In one movement bring the ball in a 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>	

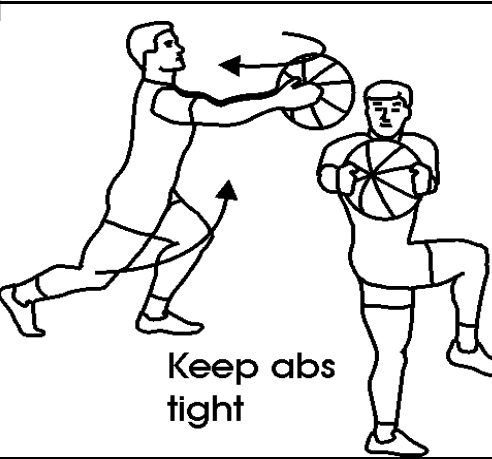
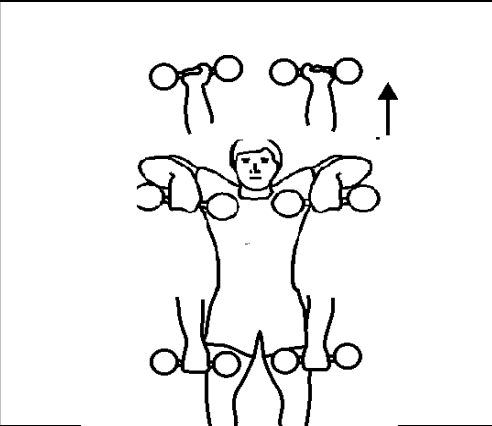

Block 6	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Pull	Dumb Bell High Pull Snatch	8	1	10	2	12	2	8	2	10	2	12	2
Core	Ninety Degree Crunch Without Support	8	1	10	2	12	2	8	2	10	2	12	2
Leg	Dumb Bell Split Jumps	8	1	10	2	12	2	8	2	10	2	12	2
Core	Plank Contra Lateral Leg and Arm Raise	8 each leg	1	10 each leg	2	12 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Push	Dumb Bell Alternate Rotational Press	8 each arm	1	10 each arm	2	12 each arm	2	8 each arm	2	10 each arm	2	12 each arm	2
Leg	Dumb Bell "Stiff Legged" Deadlift	8	1	10	2	12	2	8	2	10	2	12	2
Core	Medicine Ball on Chest Sit Up	8	1	10	2	12	2	8	2	10	2	12	2
Push/Pull	Dumb Bell Alternate Arm Curl	8 each arm	1	10 each arm	2	12 each arm	2	8 each arm	2	10 each arm	2	12 each arm	2
Combination	Dumb Bell Squat Push Press	8	1	10	2	12	2	8	2	10	2	12	2
Balance	Box Jump Up and Hold	8	1	10	2	12	2	8	2	10	2	12	2
NOTES		Once all the exercises have been learnt here should be 30s rest period between exercises and ninety seconds between sets. Carry this programme out twice per week on non consecutive days. Increase the weight in week 4.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box		√											
Swiss Ball													
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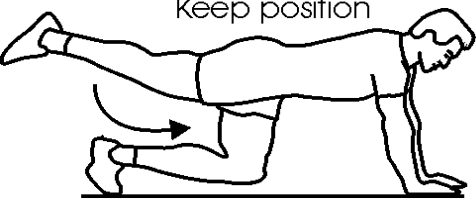
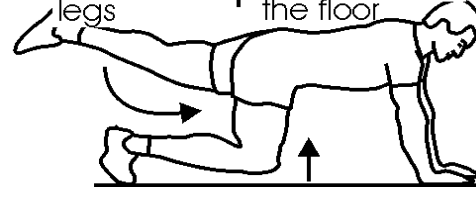
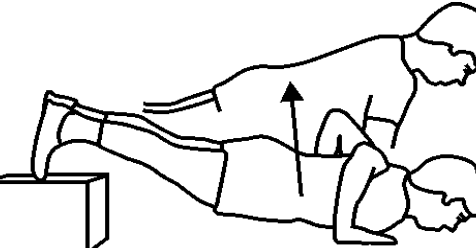
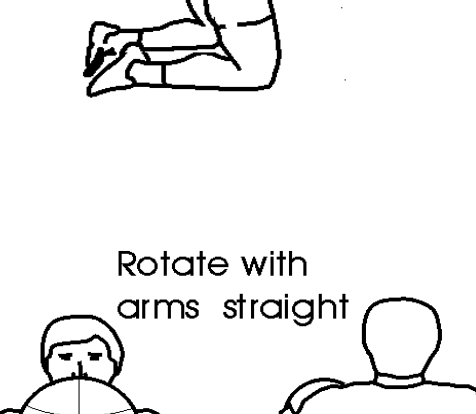
Name and diagram	Description
<p data-bbox="296 450 794 479">Dumb Bell High Pull Snatch</p> 	<p data-bbox="794 450 1289 479">Description</p> <p data-bbox="794 479 1289 907">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbell upwards level with your chest. As the dumbbells are lifted extend the legs and get onto your toes. In this position rotate the shoulders and simultaneously bend the knees to get the dumbbells overhead. Finish by standing up straight. Lower the dumbbells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p data-bbox="296 907 794 936">90 Degree Crunch with Support</p> 	<p data-bbox="794 907 1289 936">Description</p> <p data-bbox="794 936 1289 1355">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 data-bbox="296 1355 794 1384">Dumb Bell Split Jumps</p>  <p data-bbox="296 1724 391 1758">Jump</p>	<p data-bbox="794 1355 1289 1384">Description</p> <p data-bbox="794 1384 1289 1812">Assume a lunge position with your left foot forward. Hold dumbbells to the side of the body palms facing inwards. From this position dip quickly at the knees and immediately jump powerfully upwards. Land with the same foot forward. Upon landing 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! After the required repetitions repeat with the right foot forward.</p>

 <p>Leg and Arm 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. At the same time raise your other arm. Breathe naturally during the movement.</p>
 <p>Dumb Bell Alternate Rotational 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 your chest. Start the movement with the dumbbells at the shoulders then straighten one arm to press the dumb bell overhead. As the dumb bell is pressed rotate the arm so that the palm faces forward. Lower the dumb bell to the shoulder, reversing the rotation, 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 Deadlift</p>	<p>Description</p> <p>Stand upright with your shoulders back and your arms holding dumbbells to your palms facing one another. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the dumbbells are by the ankles. Breathe naturally during the movement.</p>
 <p>20° bent</p> <p>-keep back straight -chest out -head up</p>	<p>Description</p> <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 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>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 knees and curling the dumb bell 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>Neutral grip</p>  <p>Alternate</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by squatting at the hips and bending at the knees. Squat down under control until the tops of your thighs are parallel to the floor or lower, 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 bell is pressed and in again as it is lowered.</p>
<p>Box Jump Up and Hold</p> 	<p>Description</p> <p>Stand in an athletic position "chest over toes over toes". Jump powerfully upwards and on the box holding the athletic position. Step down off the box and repeat the required number of repetitions.</p>

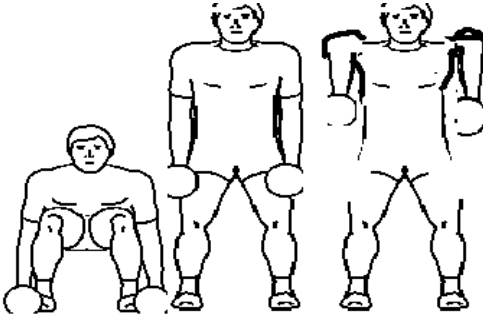
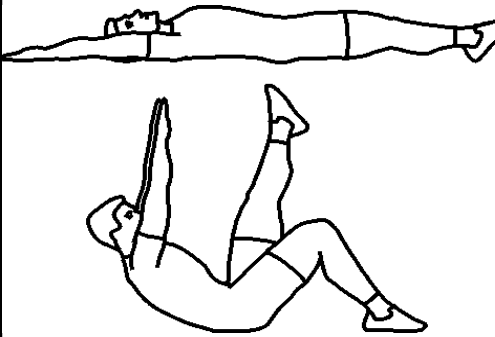
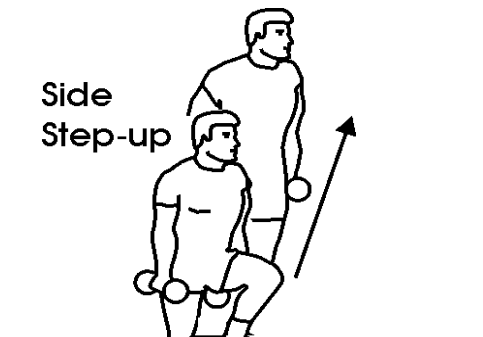
Block 7	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Leg	Medicine Ball Alternate Leg Step & Rotate	8 each leg	1	10 each leg	2	12 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Pull	Dumb Bell High Pull to Snatch from Hip	8	1	10	2	12	2	8	2	10	2	12	2
Core	Bent Knee Oblique Twist Sit Up	8 each side	1	10 each side	2	12 each side	2	8 each side	2	10 each side	2	12 each side	2
Core	Prone Kneeling Hip Extension	8 each leg	1	10 each leg	2	12 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Push	Push Ups Feet Elevated	8	1	10	2	12	2	12	2	12	2	12	2
Leg	Tuck Jump with Heel Flick	8	1	10	2	12	2	12	2	12	2	12	2
Core	Medicine Ball Seated Rotations	8	1	10	2	12	2	8	2	10	2	12	2
Push/Pull	Dumb Bell Single Arm Rotations	8 each arm	1	10 each arm	2	12 each arm	2	8 each arm	2	10 each arm	2	12 each arm	2
Combination	Dumb Bell Lunge and Push Press	8 each leg + 6	1	8 each leg + 6	2	10 each leg + 8	2	10 each leg + 8	2	10 each leg + 8	2	10 each leg + 8	2
Balance	Lateral Single Leg Jump and Hold	8	1	10	2	12	2	12	2	12	2	12	2
NOTES		Once all the exercises have been learnt here should be 30s rest period between exercises and ninety seconds between sets. Carry this programme out twice per week on non consecutive days. Increase the weight in week 4.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box		√											
Swiss Ball													
Towel Headrest													

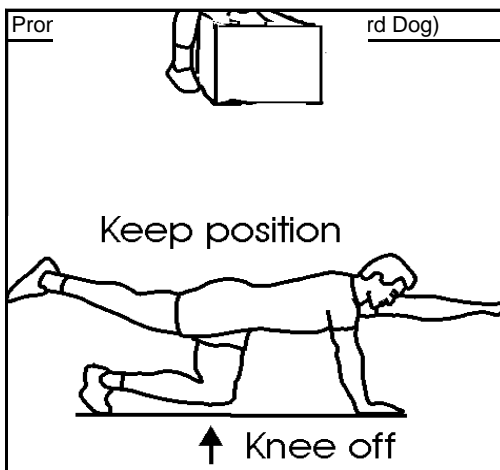
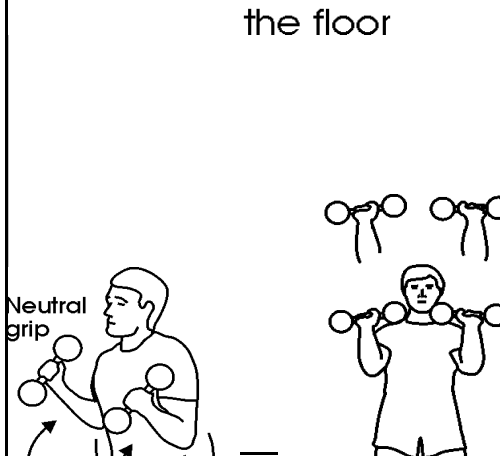
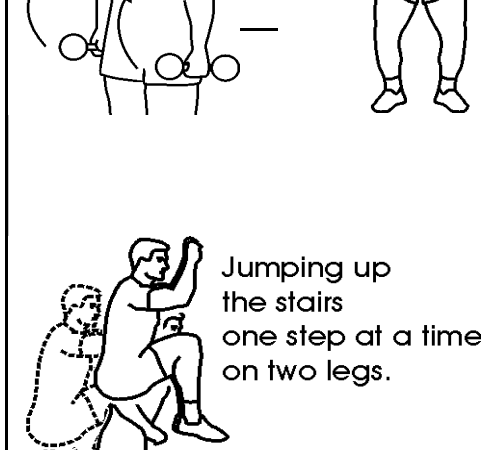
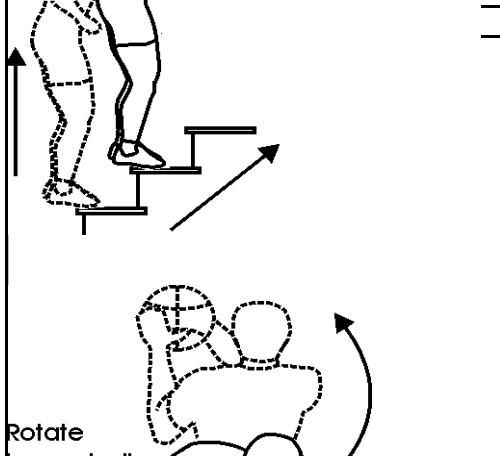
Name and diagram	Description
<p data-bbox="300 450 794 479">Medicine Ball Alternate Leg Step & Rotate</p>  <p data-bbox="459 824 639 907">Keep abs tight</p>	<p data-bbox="794 479 1291 813">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold a medicine 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="794 936 1291 1283">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells at hip height just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbell upwards level with your chest. As the dumbbells are lifted extend the legs and get onto your toes. From this position rotate the shoulders and simultaneously bend the knees to get the dumbbells overhead. Finish by standing up straight. Lower the dumbbells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
<p data-bbox="300 1361 794 1391">Bent Knee</p> 	<p data-bbox="794 1361 1291 1720">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>

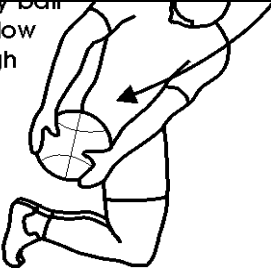
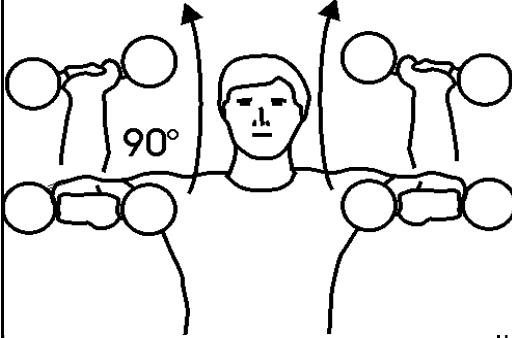

<p>Prone Kneeling Hip Extension</p> 	<p>Description</p> <p>Lie on the ground with your hands under or just to the outside of your shoulders and your legs bent at the knee. Raise your upper body off the ground by extending your arms. Support your lower body on your toes with your knees just off the ground. From this position slowly extend your right leg until it is parallel with the ground, do not arch your back. Reverse the movement and repeat with the left leg. Breathe naturally during the movement.</p>
<p>Alternate legs</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. Make sure your body is always straight throughout the movement.</p>
<p>Tuck Jump with Heel Flick</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 the movement jump straight up as far as you can, bringing your heels to your buttocks. Keep your upper body straight and upright, do not sag in the middle. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>
<p>Medicine</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, 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>
	<p>Description</p> <p>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. Using the buttocks push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement. After finishing the set of lunges, stand upright holding the dumbbells at shoulder height palms facing forwards. Start the movement by sitting at the hips and bending at the knees into a quarter squat then immediately stand up straight and press the dumb bells overhead.</p>
<p>Drive with Legs</p>	<p>Description</p> <p>Stand upright with your 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. Lift your left leg off the ground. Start the movement by extending the right foot to lift off the ground sideways. Upon landing hold the position for two seconds and then step back and hold again for two seconds. Continue for the required number of repetitions then repeat with the other leg. Breathe naturally during the movement.</p>

Block 8	Dates W/C												
HOME	Circuit	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Pull	Dumb Bell Squat Pull to Armpit	8	1	10	2	12	2	8	2	10	2	12	2
Core	Single Leg Jack knife	8 each leg	1	10 each leg	2	12 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Leg	Dumb Bell Lateral Step Up	8 each leg	1	10 each leg	2	12 each leg	2	8 each leg	2	10 each leg	2	12 each leg	2
Core	Prone Kneeling Arm & Leg Raise (Bird Dog)	12	1	12	2	12	2	14	2	16	2	16	2
Push	Dumb Bell Curl and Press	8	1	10	2	12	2	12	2	12	2	12	2
Leg	Stair Jumps	8	1	10	2	12	2	12	2	12	2	12	2
Core	Medicine Ball Kneeling Woodchopper	8 each side	1	10 each side	2	12 each side	2	8 each side	2	10 each side	2	12 each side	2
Push/Pull	Dumb Bell Standing L Fly	8	1	10	2	12	2	8	2	10	2	12	2
Combination	Medicine Ball Single Leg Overhead Rotations	8	1	10	2	12	2	8	2	10	2	12	2
Balance	Medicine Ball Overhead Squat + Alternate Leg Lunge	6 + 8 each leg	1	6 + 8 each leg	2	8 + 10 each leg	2	8 + 10 each leg	2	8 + 10 each leg	2	8 + 10 each leg	2
NOTES		Once all the exercises have been learnt here should be 30s rest period between exercises and ninety seconds between sets. Carry this programme out twice per week on non consecutive days. Increase the weight in week 4.											
Equipment Required													
Chair													
Dowel/Bar													
Dumb Bells		√											
Medicine Ball		√											
Small Barrier													
Step Box		√											
Stairs		√											
Swiss Ball													
Towel Headrest													

Name and diagram	Description
<p data-bbox="298 450 794 479">Dumb Bell Squat Pull to Armpit</p> 	<p data-bbox="794 450 1289 479">Description</p> <p data-bbox="794 479 1289 786">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 straight up onto your toes and pull the dumbbells up under your armpits. Breathe naturally during the movement.</p>
<p data-bbox="298 907 794 936">Single Leg Jack knife</p> 	<p data-bbox="794 907 1289 936">Description</p> <p data-bbox="794 936 1289 1211">Lie on your back. Place your hands together above your head. Keep your stomach pulled in. Bend the right leg at the hip and knee keeping your foot flat on the floor. Simultaneously raise your arms, upper body and left leg so that your hands touch your foot. Carry out the required number of repetitions and then repeat with the other leg. Breathe naturally during the movement.</p>
<p data-bbox="298 1361 794 1391">Dumb Bell Lateral Step Up</p>  <p data-bbox="341 1547 475 1630">Side Step-up</p>	<p data-bbox="794 1361 1289 1391">Description</p> <p data-bbox="794 1391 1289 1787">Stand upright with your shoulders back holding the dumbbells to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step to the side onto the box. Keep the upper body straight up. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. After the required number of repetitions repeat using the other leg as the lead leg. Breathe naturally during the movement.</p>

<p>Pror</p>  <p>Keep position</p> <p>↑ Knee off the floor</p>	<p>rd Dog)</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. Raise your upper body off the ground by extending your arms. Support your lower body on your toes with your knees just off the ground. From this position slowly extend your right leg until it is parallel with the ground, do not arch your back. At the same time raise your left arm until it is parallel with the ground. Reverse the movement and repeat with the left leg. Breathe naturally during the movement.</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 dumbbells in a neutral position palms facing the body. Start the movement by bending 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 the required number of repetitions.</p>
 <p>Jumping up the stairs one step at a time on two legs.</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 the movement jump straight up as far as you can, bringing your knees to your chest and land on the next step. Keep your upper body straight and upright, do not sag in the middle. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>
<p>Rotate</p> 	<p>Description</p> <p>Kneel down holding a medicine ball in front of your body. Rotate the body to swing the medicine ball up above the left shoulder and out to the side. Then immediately rotate the body to bring the ball down to the outside of the right thigh (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>heavy ball from low to high</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 and the elbows bent. 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>90°</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 overhead. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position rotate the upper body to the right and left. Keep the upper body straight up. Repeat using the other leg. Breathe naturally during the movement.</p>
 <p>Squat and Alternate Leg Lunge</p>	<p>Description</p> <p>Stand upright with your shoulders back 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. After the required number of squats, hold the medicine ball to your chest. Start the lunge 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>