

# Winter Fitness Program - 3 times per week

Video examples of all exercises at [www.faughsjc.com/15](http://www.faughsjc.com/15)

## 1. FITNESS - CONTINUOUS, GOOD INTENSITY EXERCISE FOR 20 MINUTES

Choose from following:

Jogging • Cycling • Skipping Rope

Exercises (1 minute each, 5 times):

Jog on the spot, high knees

Jumping Oblique Twist

Jumping Jacks

Burpees

Mountain Climber

## 2. CONDITIONING - DO THE COMPLETE SET OF EXERCISES TWICE

### SQUAT



#### Guidelines:

Begin in upright position with feet shoulder distance apart.

Tighten abdominal (tummy) muscles and squat slowly as if sitting down into a chair (of average height).

Keep knees directly over feet while descending to this seated position.

In the seated position (when buttocks is in line with knees) straighten legs to return to starting position and repeat.

Athletes must not bend upper body forward.

#### Key Points:

- Flat back
- Upright posture; head up, chest open
- Tight abdominal (tummy) muscles
- Keep knees over toes
- Toes point straight ahead
- Feet no more than shoulder width

#### Common Errors:

- Feet placed wider than shoulder width
- Knees buckle inwards
- Upper body leaning forward
- Toes pointed at an angle

### TOE TOUCH



#### Guidelines:

Begin standing on one foot.

Slowly bend down and touch the ground directly in front of the standing foot. Without returning raised foot to the ground, slowly return to starting upright position again.

Keeping the head up throughout the exercise, perform the predetermined number of ground touches, returning to upright between consecutive ground touches.

Once the predetermined number of reps has been completed, change standing leg and repeat.

#### Key Points:

- Keep head up throughout
- Perform slowly
- Return to upright (starting) position between ground touches
- Brush hand off the ground in front of toes, do not rest hand for support

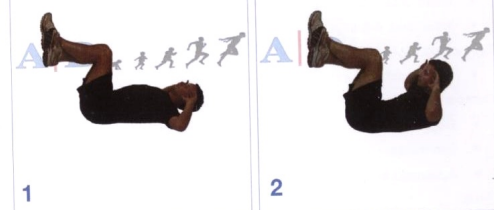
#### Common Errors:

- Swaying, stumbling and falling
- Lowering head
- Putting elevated leg down
- Resting hand on the ground for support

**TOE TOUCH x 10 (alternate each foot)**

### SQUAT X 10

### CRUNCH



#### Guidelines:

Begin in sit-up position.

Raise legs into a crunch position, where knees are bent 90° and cross ankles. With hands on the side of head, tighten abdominal (tummy) muscles to raise shoulders just slightly off the ground, while bringing the knees in towards the chest.

Return to starting position and repeat.

#### Key Points:

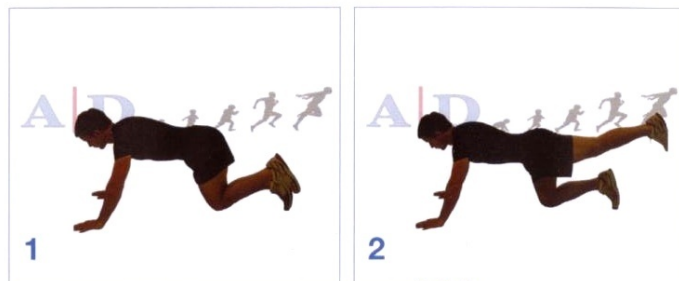
- Perform in a smooth, controlled manner
- Maintain tight abdominal (tummy) muscles
- Hands on side of head, not behind head
- Only raise shoulders slightly off the ground
- Elbows and knees never touch

#### Common Errors:

- Jerky movement
- Raising shoulders too high
- Attempting to touch knees with elbows

**CRUNCH x 10**

### HIP CIRCUIT



#### Guidelines:

Begin on all fours.

Tighten abdominal (tummy) muscles.

Extend one leg to the rear as shown and slowly bring this leg back to the starting position, performing a wide arc movement with the leg; as if drawing an arc/semi-circle shape with the knee.

Keep hips still during the exercise, no sideways or up and down movement should occur at the hips.

#### Key Points:

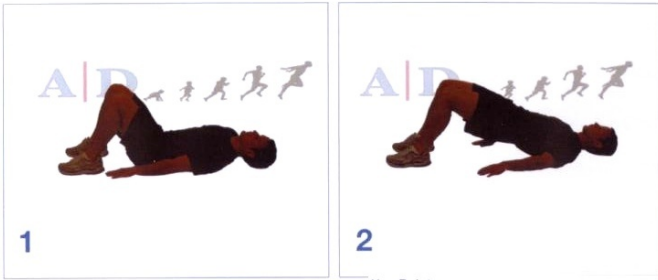
- Maintain tight abdominal (tummy) muscles throughout exercise
- Leg should be bent at the start
- Leg is straightened after moving through arc (or semi-circle movement)
- Alternate leg after each set of reps

#### Common Errors:

- Fast performance
- Failure to maintain tight abdominal (tummy) muscles
- Swinging leg side-to-side
- Failing to perform an arc (draw a semi-circle with the knee)

**HIP CIRCUIT x 10 (alternate each foot)**

## BRIDGE RAISE



### Guidelines:

Begin in sit-up position as shown.

Elevate hips so that a straight line exists from the knees right down the torso to the chest.

Tighten the abdominal (tummy) muscles so that the core is activated.

Hold hip elevated position for 3-5 seconds before returning to starting position.

### Key Points:

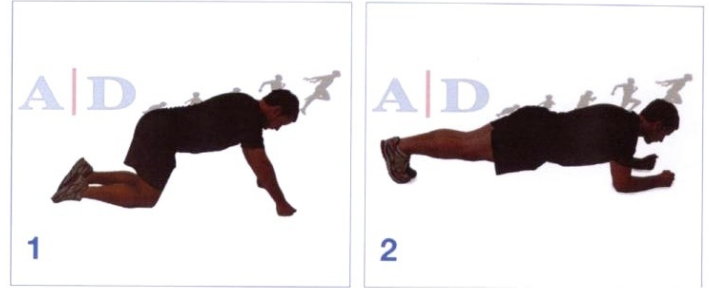
- Perform slowly in a smooth, controlled manner
- Maintain tight abdominal (tummy) muscles
- Straight line from knees through hips to chest
- Keep hips and buttocks elevated

### Common Errors:

- Performed quickly
- Lowering hips and buttocks to the ground
- Jerky movement
- Failure to achieve and maintain a straight line knees through hips to chest

**BRIDGE RAISE x 10, HOLD FOR 3 SECONDS**

## PLANK



### Guidelines:

Begin on all fours.

The elbows should be positioned directly below the shoulders.

Extend arms and legs so that the feet and forearms are supporting the body.

Raise the body achieving a straightened, "Plank" position where an imaginary line can be drawn from the heels, through the ankles, knees, hips, torso and shoulders.

Athletes must tighten their abdominal (tummy) muscles to achieve and maintain this position.

### Key Points:

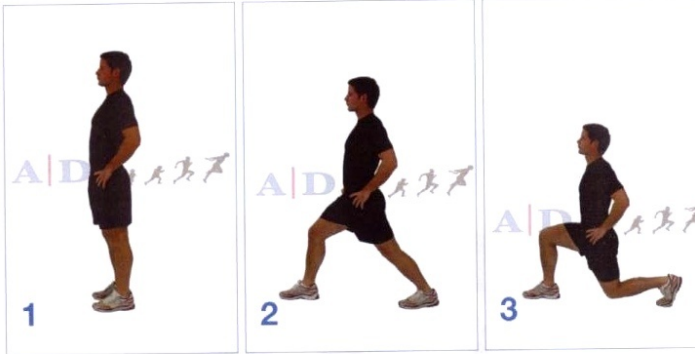
- Keep head up throughout (as pictured)
- Maintain straight line plank position
- Maintain tight abdominal (tummy) muscles

### Common Errors:

- Failure to achieve and/or maintain the straight line plank position
- Rounding shoulders
- Lowering hips and buttocks
- Holding breath

**PLANK, HOLD FOR 20 SECS**

## LUNGE



### Guidelines:

Step one foot forward (approximately 1 metre).

Dip back of knee towards the ground, while front knee bends to about 90°.

Return to starting position by pushing off front foot and alternate legs after each lunge.

The front knee should remain over the front foot; if the front knee does travel beyond the toes, the forward step taken is too small.

If the knee cannot be bent to 90°, i.e. the front leg is relatively straight, the forward step taken is too big.

Why: Quadriceps play crucial role in jumping and spr

### Key Points:

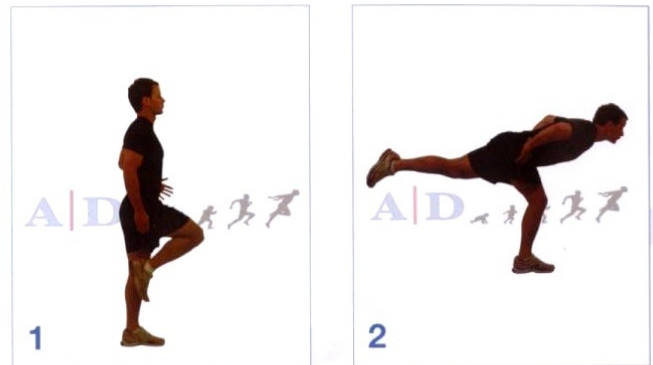
- Feet/Toes pointing forwards
- Back knee dips to height just above ground
- Front knee remains above toes/ankle
- Upright posture with tight abdominal (tummy) r
- Alternate legs after each rep

### Common Errors:

- Feet/Toes pointing at an angle
- Back knee touches the ground
- Front knee moves forward past toes/ankle
- Upper body bends forward

**LUNGE x 10 (alternate each foot)**

## SEE SAW



### Guidelines:

Begin standing on one foot.

Slowly lean upper body forward in a controlled manner, until horizontal to the ground.

At the same time extend non-standing leg to the rear, achieving a horizontal position.

When upper body and rear leg are horizontal pause for 3 seconds before returning to starting position.

### Key Points:

- Perform slowly in a smooth, controlled manner
- Keep head up throughout
- Maintain tight abdominal (tummy) muscles
- Maintain balance with minimal swaying

### Common Errors:

- Performed quickly
- Lowering head
- Swaying, stumbling and falling
- Jerky movement

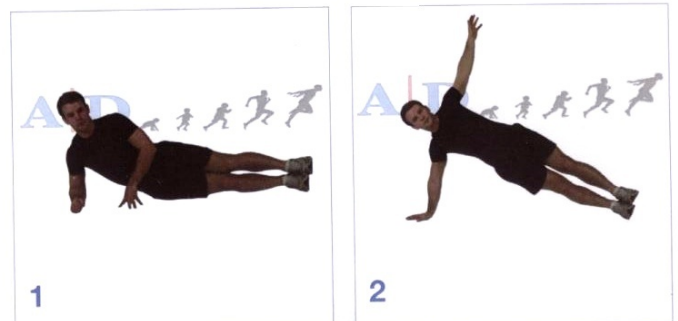
**SEE SAW x 10 (alternate each foot)**

**Press ups**

**Start with 10, work up to 20.**

**Start from knees, work up to straight leg.**

## SIDE PLANK



### Guidelines:

Begin lying on side.

Push up so that the foot and hand are supporting the body as shown above.

Raise the body achieving the "Side Plank" position where an imaginary straight line can be drawn from the feet, through the ankles, knees, hips, torso and shoulders.

Athletes must tighten their abdominal (tummy) muscles to achieve and maintain this position.

### Key Points:

- Keep head up throughout (as pictured)
- Maintain straight line side plank position
- Maintain tight abdominal (tummy) muscles

### Common Errors:

- Failure to achieve and/or maintain the straight line side plank position
- Lowering/rounding shoulders
- Lowering hips and buttocks
- Holding breath

**SIDE PLANK, HOLD FOR 15 SECS**