



Dry land Training Guide

Warm up

Warm up: Warm up is a very important part of any workout. Warming up can help you to reduce injury and get your muscles ready to work. Warm up should be **five to ten minutes long**. Your warm up should be short but tough. Here are sample warm ups:

Sample warm up 1:

Run around a gym, field or run on the spot for three minutes

Do 15 jumping jacks

Run on the spot for 30 seconds

15 High Knees

Run on the spot for 30 seconds

Arm circles forwards (small to large) for two minutes

Arm circles backwards (small to large) for two minutes

Sample warm up 2:

20 jumping jacks

10 High knees

10 lunges right leg

10 lunges left leg

10 squats

Arm circles (forwards and backwards)

Sample warm up 3:

Shuffle (stay low to the ground and shuffle from one end of the gym, room or field and back X 5)

Walking lunges

Jump squats (touch the ground while you squat and then jump up)

Run on the spot (run as fast as you possibly can for 20 seconds, jog on the spot slowly for 20 seconds, repeat 3 times)

Arm circles (forwards and backwards) 1 minute

Sample warm up 4:

Start with a run around the block/room or run on the spot for 2 minutes

Jumping jacks with floor touch (x20)

Skipping rope on the spot (note: you do not need a skipping rope- just perform the same action without the rope) 2 minutes

Squats x 10

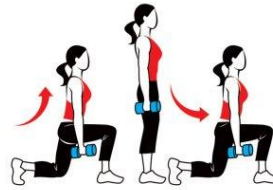
High knees x20

Explanation of warm up moves

High Knees



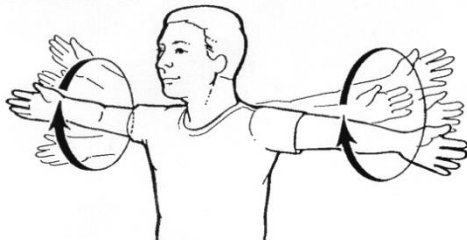
Walking lunges



Jumping squats



Arm Circles



Jumping Jacks



Shuffling



Workouts

Day # 1 (this should be your first workout of the week)

- **Warm up (see page 3)**

- 1) 12-15 regular or modified pushups
- 2) 12-15 tricep dips
- 3) 12-15 theraband bicep curls
- 4) 12-15 theraband shoulder rotations on each side
- 5) 12-15 Seated row with theraband
- 6) Plank (30 seconds- build up to 60 seconds

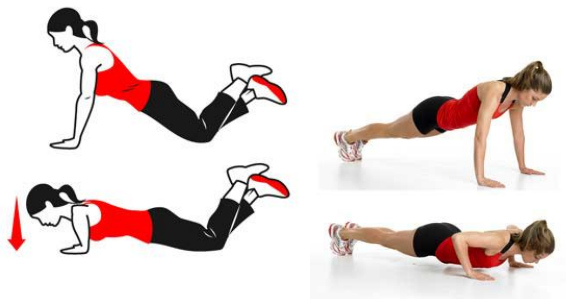
can do 3 sets of 10-20 seconds)

Repeat #1-6 x3 (three times)

- **Cool down (see page 11)**
- **Perform corrective exercises in your booklet**

Breakdown of exercises

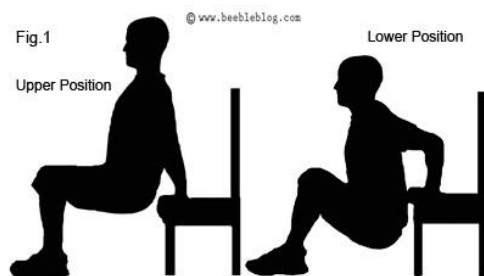
1) Push-up (regular or modified)



- ✓ **Start lying flat on the ground- or on knees if push up is modified**

- ✓ Hands should be a couple inches away from your shoulders pointing forward
- ✓ Keep your back straight when coming up into the push up
- ✓ Lift shoulders and bum at the same time
- ✓ Elbows start at 90 degrees and stop when elbows are straight

2) Triceps dip



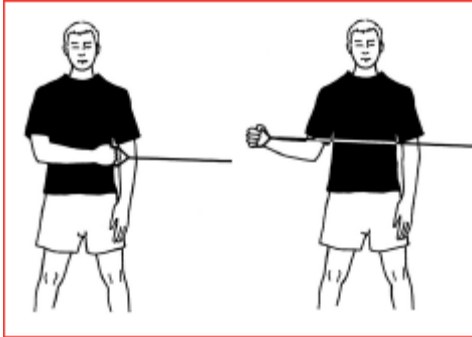
- ✓ Position your hands shoulder width apart on a secured bench or stable chair.
- ✓ Move your bum in front of the bench with your legs bent and feet placed about hip width apart on the floor.
- ✓ Straighten out your arms and keep a little bend in your elbows
- ✓ Now slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle. Be sure to keep your back close to the bench.
- ✓ Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position- repeat

3) Theraband bicep curls



- ✓ Stand in the middle of the theraband with feet hip width apart
- ✓ Hold the ends of the theraband in each hand- palms face forward
- ✓ Keep abs tight, chest lifted, shoulder blades back
- ✓ Use biceps to bend your elbows and bring your wrists in toward your shoulders
- ✓ Return to start and repeat
- ✓ Make sure you keep your body in a straight line

4) Shoulder rotations with theraband



- ✓ **Shoulder external rotation:** Stand with elbows bent at 90 degrees and placed along the side of your body
- ✓ **Hold the band in each hand in front of your body OR anchor one end of the bend to a post or door knob**
- ✓ **Slowly pull one hand outward away from the body while maintaining a 90 degree bend to the elbow**
- ✓ **Do not allow the elbow to move away from the side of the trunk**
- ✓ **Hold 3-5 seconds and return your hand to start position- switch arms**

5) Seated row with theraband



- ✓ **Start with theraband around your feet and your arms stretched out**
- ✓ **Pull the theraband back all the way until your elbows are 90 degrees**
- ✓ **Keep your elbows very close to your body- so that they touch the side of your body**
- ✓ **Pause and repeat**
- ✓ **Don't bend your knees and keep your back straight**

4) Plank



- ✓ Get in the pushup position, only put your forearms on the ground instead of your hands.
- ✓ Your elbows should line up directly underneath your shoulders. Toes on the ground.
- ✓ Squeeze your glutes (bum muscles) and tighten your abdominals (stomach muscles)
- ✓ Keep a neutral neck and spine.
- ✓ Create a straight, strong line from head to toes

Day # 2 (this should be the second day of your workout during the week)

- **Warm up (see page 3)**

- 1) 12-15 Squats
- 2) 12-15 Lunges right side
- 3) 12-15 lunges left side
- 4) 12-15 Calf Raises
- 5) Superman- 5-10 raises right side, 5-10 raises left side
- 6) Plank (30 seconds- build up to 60 seconds)

Repeat 1-6 x3 (three times)

- **Cool down (see page 11)**

- **Perform corrective exercises in your book**

Breakdown of exercises

1) Squats



- ✓ Stand with feet shoulder width apart
- ✓ Raise straight arms in front of body to shoulder level
- ✓ Feet may be slightly pointed out with knees aligned over feet
- ✓ Come into a squatting position by bending at the hips and knees and lowering your body
- ✓ Pretend you are sitting back into a chair
- ✓ Do not go farther than your legs at 90 degrees- shift body weight back onto your heels and rise back up- repeat

2) Lunges



- ✓ Stand with feet placed shoulder width apart- take a large step forward with one foot
- ✓ The step should be large enough that the back heel comes off the ground slightly
- ✓ Slowly descend dropping the back knee straight down towards the ground
- ✓ The front knee should bend to approximately 90 degrees and should NOT travel forwards
- ✓ Do not lean forward, keep head and chest up
- ✓ Travel back up to the starting position- repeat

3) Calf raises



- ✓ Stand up straight- grasping a chair or wall for balance
- ✓ Position your feet hip width apart
- ✓ Slowly raise your heels until you're on tiptoes (balance your body weight on the balls of your feet)
- ✓ Pause for 3-5 seconds, lower and repeat

4) Superman



- ✓ Start on hands and knees
- ✓ Shoulders should be directly over hands and hips over knees
- ✓ Lift one hand and the opposite knee off the ground a couple inches
- ✓ Keep your knee and elbow close to the side of the body
- ✓ Repeat 5-10 times on each side

5) Plank



- ✓ Get in the pushup position, only put your forearms on the ground instead of your hands.
- ✓ Your elbows should line up directly underneath your shoulders. Toes on the ground.
- ✓ Squeeze your glutes (bum muscles) and tighten your abdominals (stomach muscles)
- ✓ Keep a neutral neck and spine.
- ✓ Create a straight, strong line from head to toes
- ✓ Hold that position for 30 seconds-60 seconds

Cool Down and Stretching

Cool down and stretching are extremely important parts of your workout. Cool down and stretching can prevent injury, return your heart rate back to normal and can reduce soreness and help recovery after working out. You should spend approximately **10-15** minutes for cool down.

If you are still out of breath after your last exercise, try and cool down by doing a slow jog around the track/gym or on the spot. If possible, walk a bit after this to get your heart rate down (2-3 minutes)

Day # 1 stretches



Shoulder mobility stretch

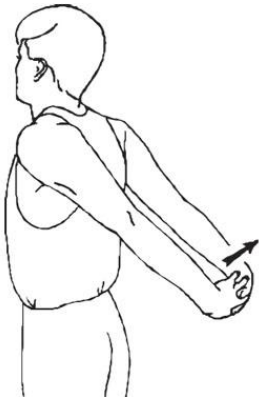
- ✓ **Make two fists and reach one arm over your shoulder (like you are scratching your back)**
- ✓ **Other fist arm comes behind your back and bends flat against your back**
- ✓ **Reach your two fists together as your shoulders allow and hold for 20 seconds-switch arms**



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Triceps stretch

- ✓ **Reach up with your right arm.**
- ✓ **Bend your right elbow and put your forearm down behind your head and between your shoulder blades.**
- ✓ **Reach up and grab your right elbow with your opposite arm.**
- ✓ **Pull your elbow toward your head- hold for twenty seconds, switch arms**



Chest stretch

- ✓ **Sit or stand up tall and bring your arms behind you, clasping one hand inside the other.**
- ✓ **Lift your chest and raise your arms slightly**
- ✓ **Hold for twenty seconds**



Back stretch

- ✓ **Start with both legs straight in front of you**
- ✓ **Lift one leg and cross it over your opposite thigh**
- ✓ **Twist in the direction of the crossed leg and hold for twenty seconds**
- ✓ **Switch legs and repeat**

Day # 2 Stretches



Hamstring stretch

- ✓ Sit on a flat surface, extend your legs in front of your body
- ✓ Toes point up and feet slightly apart
- ✓ Place one hand on top of the other and reach forward slowly
- ✓ Reach as far as you can and hold for 20 seconds



Quadriceps stretch

- ✓ Stand near a wall or a piece of sturdy exercise equipment for support.
- ✓ Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- ✓ Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together.
- ✓ Hold for about 20 seconds.
- ✓ Switch legs and repeat.



Calf stretch

- ✓ Stand at arm's length from a wall or a piece of sturdy exercise equipment.
- ✓ Place your right foot behind your left foot.
- ✓ Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor.
- ✓ Hold your back straight and your hips forward. Don't rotate your feet inward or outward.
- ✓ Hold for about 20 seconds.
- ✓ Switch legs and repeat



Hip flexor stretch

- ✓ Start lying on your back, put both hands just below your knee
- ✓ Bring knee up and slightly to the side as far as is comfortable-slowly
- ✓ Hold for 20 seconds, switch legs

Making sure your workout is challenging

It's important to continue to build on your workout. When you think that you are need a new challenge try the following tips

- Increase the number of reps from 12 to 15
- Perform the workout more than twice a week, try doing the workout three times a week
- Do the entire workout twice or three times per week (Day 1 and Day 2 together)
- Add an extra day of strength training exercises that you need the most- if you need to work on lower body strength add a day of squats, lunges and calf raises. If you need more work on upper body, add push ups, tricep dips, row's, bicep curls and shoulder work. If you need more core work- do an extra day of superman and plank