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Summer Dryland Training Manual

Developed By Morgan Hunter, Manager, Health and Sport Science

June 2015

Special Olympics
British Columbia





Introduction

SOBC Performance Program

**Special
Olympics**
British Columbia



PERFORMANCE PROGRAM

The goal of the Performance Program is to elevate everyone's level of sport and performance. There are many ways to accomplish this goal but one way starts here with you. In this summer dryland training manual you will find:

- Strengthening guides for your upper body, lower body and core
- Full body stretching guide
- Aerobic fitness guide
- A list of difference exercises you can do
- Full three month calendar with suggested workout plans

The manual has been developed to help you to stay in shape even while your sport programs are not running. The work you are able to put in now to keeping your muscles, heart and lungs going will ensure that you are ready to compete next season as soon as your program starts.

If you have any questions, please ask your coach or contact us directly. Don't forget to have fun!

Have a great summer of training and let's elevate performance.

-Emma Woo; Manager, Sport (Performance)



The Calendar

The back three pages of this guide have been dedicated to monthly full-page calendars. You will notice that there is a suggested workout plan on this calendar. This is a suggestion but is also the **minimum** number of days a week that you should be physically active. **The goal is to be physically active for at least 30 minutes every day!** This calendar is **IN ADDITION** to your current sport training.

You will notice that a day of the week will say one of four things, here is the explanation of what is expected from these:

- **AEROBIC:** From the list of exercises provided (page 4), choose two or from the category labelled 'Aerobic Exercises'. Some of these don't have an explanation such as soccer, volleyball and tennis. Play these sports as you normally would. Choose one exercise from 26-30 (sprint-based) and one exercise from 31-35 (low intensity cardio). Once you have completed your exercises, write the numbers of the exercises you chose on the respective day in the calendar.
- **LOWER BODY AND STRETCHES:** From the Master List of exercises, pick three exercises from the 'Lower Body Strength' category and five from the 'Stretches' category. Aim to choose exercises that work different muscle groups. These muscle groups can be found on the exercise instructions. Record the numbers you completed on your calendar once completed
- **UPPER BODY AND CORE:** From the Master List of exercises, pick three exercises from the 'Upper Body Strength' category, and three from the 'Core Body Strength' category. Aim to choose exercises that work different muscle groups. These muscle groups can be found on the exercise instructions. Write down the numbers of the exercises you chose on the respective day in the calendar.
- **ACTIVE REST DAY:** Active rest day is a day to relax, but still be active. This could mean going for a brisk 30- minute walk, or doing your household chores (such as vacuuming, laundry, and mowing the lawn). You want to do a minimum of 30 minutes of physical movement. Do whatever activity you would like, the goal is raise your heart rate!

Exercise Master List

Lower Body Strength	Upper Body Strength	Aerobic Exercises	Stretches
1. Ball Squats	11. Pushups	26. Tuck Jumps	36. Neck Stretch
2. Lunges	12. Tricep Dips	27. Mountain Climbers	37. Shoulder Pull-Back
3. Calf Raises	13. Theraband Bicep Curls	28. Stairs	38. Arm Stretches
4. Wall Sit	14. Seated Row with Theraband	29. Burpees	39. Tricep Stretch
5. Single Leg Deadlift	15. External Shoulder Rotations	30. Sprints	40. Standing Side Stretch
6. Front Leg Scale	16. Internal Shoulder Rotations	31. Jogging	41. Quad Stretch - Heel to Butt
7. Back Leg Scale	17. Supermans	32. Biking	42. Hamstring Stretch
8. Sumo Squat	18. Inchworm	33. Soccer	43. Adductor Stretch
9. Glute Bridge	19. Dead Bug	34. Tennis	44. Ankle Rolls
10. Single Leg Balance		35. Volleyball	45. Hip/Lower Back Stretch
			46. Iliotibial Band Stretch
			47. Lower Back Stretch
			48. Child's Pose
			49. Hip Flexor Stretch
			50. Sumo Squats
			51. Soleus Stretch

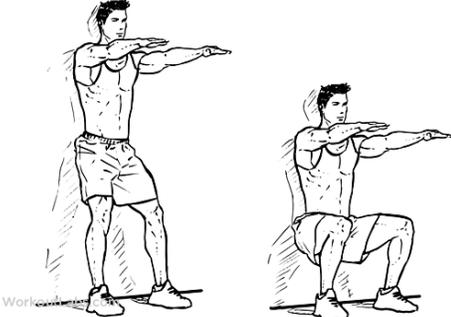
Core Body Strength:	
20. Plank	24. Flutter Kick/Over Unders
21. Side Plank	25. Ab Bicycle
22. Toe Touches	
23. Russian Twist	

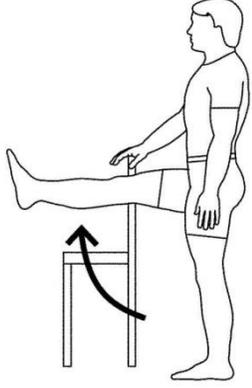


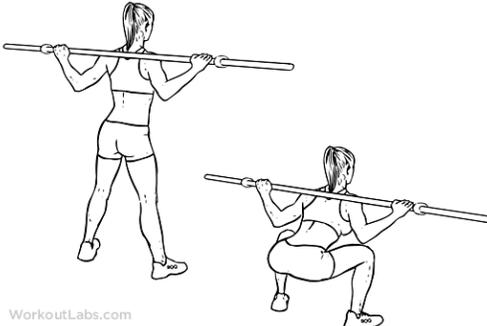
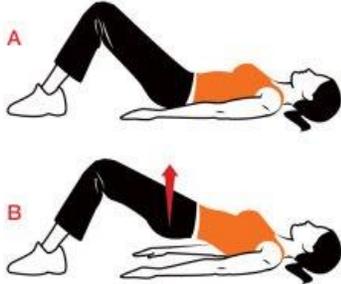
Lower Body Strength

Your lower body is your base of support to do any activity such as run, walk, skate or ski. Increasing your lower body strength can reduce your risk of injury, improve your balance, and improve your stamina! Do the exercise 12-15 times, rest for 30-60 seconds, then complete 2-3 more sets.

If there is pain with any exercise, STOP IMMEDIATELY and inform your coach.

Strengthening Exercise (muscle)	Key Points
<p>Squats (Quads, Gluts, Hamstrings)</p> 	<p>Stand with your feet shoulder-width apart and your toes pointed forward. You can place your hands behind your head, or out in front of you. Slowly lower your butt down towards the ground, without letting your chest fall towards the ground. As if you were sitting into a chair. Lower until your thighs are parallel with the ground, don't lift your heels. Push through your heels to come back to a standing position. Repeat 12-15 times. Have a chair nearby for support if needed.</p>
<p>Lunges (Quadriceps)</p> 	<p>Stand with your feet together, head up and shoulders back. Place your hands on your hips. Take a big step forward with your right leg, your left heel should be lifted off the ground. Slowly and with control, drop your hips down until your front leg is parallel with the floor and your back knee is almost touching the ground. Your front (right) leg should be at a 90 degree angle, but you should be able to see your toes. Using your front leg, push through your heel to stand back up straight. Repeat 12-15 times, and then switch legs. To make this more difficult, hold two small weights in your hands, or two big soup cans.</p>
<p>Calf Raises (Gastrocnemius)</p> 	<p>Start with a relaxed stance; feet shoulder width apart, next to a chair for balance. Slowly lift your heels off the ground until you are standing on your toes. Hold for 2 seconds, then slowly low back down. Repeat 12-15 times. To make this exercise harder, stand on a step, while holding on to the railing. Come up on to your toes, and lower all the way down until you feel a stretch in the back of your leg.</p>
<p>Wall Sit (Entire leg including quad, hamstring, gluts, and inner thigh)</p> 	<p>Start leaning against a wall with your feet shoulder width apart. You want to have your feet away from the wall. Push your weight back into the wall, and slide down until the tops of your legs are parallel with the floor. Your knees should be in line with your toes. Make sure to push your weight through your heels! You can either have your arms at your side, straight out in front of you, or resting on the wall, but NOT on your legs! Hold here for 20 seconds, rest, then repeat 2-3 more times. Build up to max 5 minutes at 5-10 second intervals.</p>

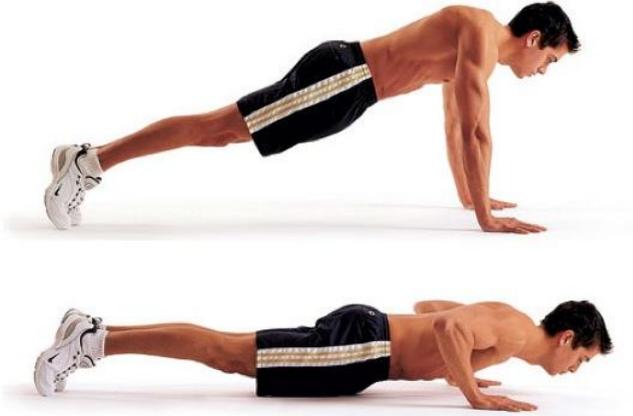
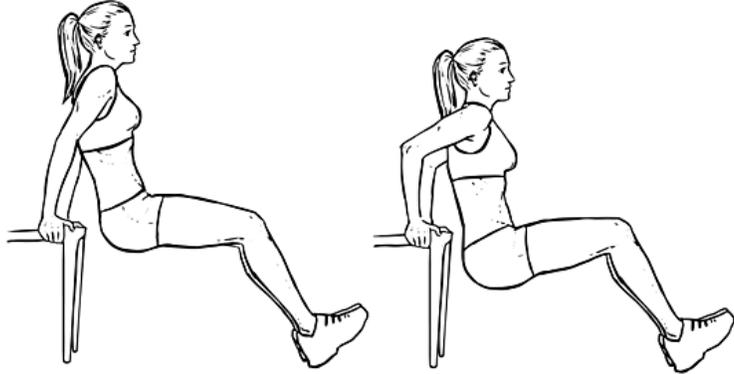
<p>Hip Abduction (Adductors)</p> 	<p>Attach a Thera-Band to a secure object at ankle level. Stand with your right leg facing away from the anchor point, and put the band around your ankle. Keeping your knee straight, and your torso upright, pull the band away, moving the leg outwards. Slowly return to the start position. You can have a chair in front of you for support. If your upper body is leaning, do a smaller movement, or try without the Thera-Band. Repeat 12-15 times then switch legs.</p>
<p>Hip Adduction (Abductors)</p> 	<p>Attach a Thera-Band to a secure object at ankle level. Stand with your right leg toward the anchor point and put the band around your ankle. Keeping your knee straight and your torso upright, pull the leg in, moving in front of your other leg. Slowly return to start position. You can have a chair in front of you for support. Repeat 12-15 times then switch legs.</p>
<p>Front Leg Scale (Quads, Hip Flexors, Balance, Posture)</p> 	<p>Start in a relaxed position with your shoulders relaxed, arms out in a 'T' position, and legs locked out (no bend). Bring your left leg out in front of you and point your foot so only your toes are touching the ground. Keeping both your legs locked; lift your left leg up. Make sure to keep your back straight, and don't bend your legs. Lift is as high as you can without leaning back, hold for 2 seconds then lower down, but don't let your foot touch the ground. You may use a chair for support. Repeat 12-15 times then switch legs. **REMEMBER: this exercise isn't about how high you go; it's about your FORM!!</p>
<p>Back Leg Scale (Hamstrings, Calves, Balance, Posture)</p> 	<p>Start in a relaxed position with your shoulders relaxed, arms out in a 'T' position, and legs locked out (no bend). Bring your left leg slightly behind you and point your foot so only your toes are touching the ground. Lift your left leg slightly off the ground, focusing on keeping a straight line from your toes up to your neck (straight back, tall chest), and not bending your legs. Hold for 2 seconds then lower down, but don't let your foot touch the ground. You may use a chair for support. Repeat 12-15 times then switch legs. **REMEMBER: this exercise isn't about how high you go; it's about your FORM!! Here's a video that demonstrates both the back and front scale: http://gmb.io/scales/</p>

<p>Sumo Squat (Inner Thigh, Hamstrings, Gluts)</p>  <p>WorkoutLabs.com</p>	<p>Start standing tall, with your feet a little wider than shoulder-width, and your toes pointed slightly outwards. Slowly drop your butt down, while keeping your chest up, dropping until your upper legs are parallel with the ground. Come back up, pushing through your heels. Repeat 12-15 times. If you are finding this too difficult, have a chair nearby for support.</p>
<p>Glute Bridge (Gluts, Core, Back)</p> 	<p>Lie on your back with your knees bent, and feet hip width apart. Place arms at your side, and lift your butt and back off the ground. Make sure to keep your head straight, and flex your gluts. Slowly lower back to the ground. Ensure that your knees stay in line and don't collapse in or splay out. If they are, squeeze a rolled up towel in between them while completing this exercise. Repeat 12-15 times.</p>
<p>Hip Internal Rotation (Gluteus medius, Gluteus minimus)</p> 	<p>Attach a Thera-Band to a secure object at ankle height. Sitting in a chair loop the elastic around the that is ankle further away from the anchor point. Pull the ankle outwards, focusing on keeping the upper leg still. Only move the lower half of the leg. Slowly return to the starting position. Repeat 12-15 times, and then switch legs.</p>
<p>Hip External Rotation (Piriformis)</p> 	<p>Attach a Thera-Band to a secure object at ankle height. Sitting in a chair, loop the Thera-Band around the ankle closer to the anchor point. Pull the ankle inwards, focusing on keeping the upper leg still. Only move the lower half of the leg. Slowly return to the starting position. Repeat 12-15 times, and then switch legs.</p>

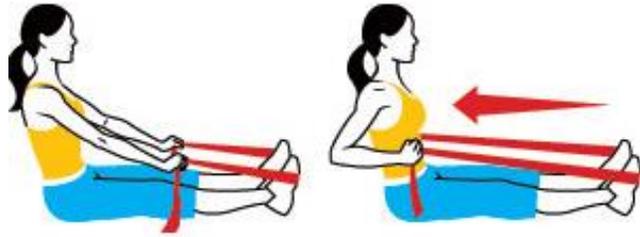
Upper Body Strength

Upper body strength is very important as it controls your ability to perform everyday activities! It can be especially important in sports such as Floor Hockey, Cross Country Skiing, and Curling. Do the exercises 12-15 times, rest for 30-60 seconds, then complete 2-3 more sets.

If there pain with any exercise, STOP IMMEDIATELY and inform your coach.

Strengthening Exercise (muscle)	Key Points
<p>Pushups (deltoids, pectoralis, and more)</p> 	<p>Start in a plank position on with your hands below your shoulders, and your feet out behind you. Make sure to suck in your stomach, and not let your butt sag towards the ground. Lower yourself slowly until your nose almost touches the ground, and then push back up. Repeat 12-15 times.</p> <p>This exercise can be made easier by dropping the knees to the floor. It can also be made more difficult by placing the feet on a step, slightly elevating the lower half of the body.</p>
<p>Tricep Dips (Triceps, pectoralis)</p>  <p>WorkoutLabs.com</p>	<p>Sit on the floor with the knees slightly bent, and a step or bench behind you. Grab the edge of the bench with both hands and push up, straightening the arms. Bend the arms back to a 90 degree angle, and straighten again while pushing the heels into the floor. Repeat 12-15 times.</p> <p>**NOTE: Make sure that the step or bench is secure, and will not tip or fall over!</p>
<p>Thera-Band® Bicep Curl (Biceps brachii)</p> 	<p>Take hold of both ends of the Thera-Band in your left hand, and put your foot through the loop that is made. Make sure that you have a good stance on the Thera-Band, that your hips are even, and your core is engaged. Start with your palm facing out; then slowly bring your left fist to your shoulder. Try to move your shoulder, and upper arm as little as possible. Slowly bring your fist back down to the starting position. Repeat 12-15 times, then switch sides.</p>

Seated Row with Thera-Band® (erector spinae, middle and lower trapezius)



Sit upright with your legs straight out in front of you. Place the Thera-Band around the bottom of both feet, and take an end in each hand, with arms extended straight out. Make sure to keep a tall back through this entire movement. Pull the Thera-Band back towards your waist, while keeping your elbows tucked close to your sides. Make sure to keep your back straight and your shoulders back. Repeat 12-15 times.

External Shoulder Rotation (Infraspinatus)



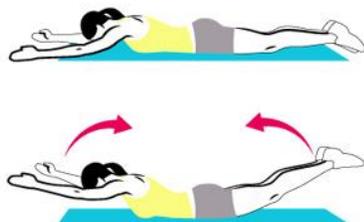
Secure the Thera-Band to a closed door knob. Grab the Thera-Band with the arm that is further from the door. Keeping your elbow by your side, pull the Thera-Band away from the door. Make sure you keep your forearm parallel with the floor and your wrist straight. Slowly return to starting position. Repeat 12-15 times then switch arms.

Internal Shoulder Rotation (Subscapularis)



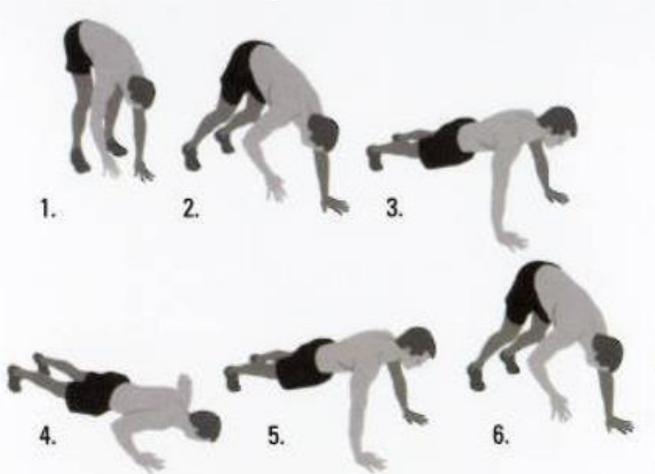
Secure the Thera-Band to a closed door knob. Grab the Thera-Band with the arm that is closer to the door. Keeping your elbow by your side, pull the Thera-Band away from the door, towards your torso. Keeping your elbow at your side the whole time, and your forearm parallel with the floor. Slowly return to starting position. Repeat 12-15 times then switch arms.

Supermans
(Lower Back)



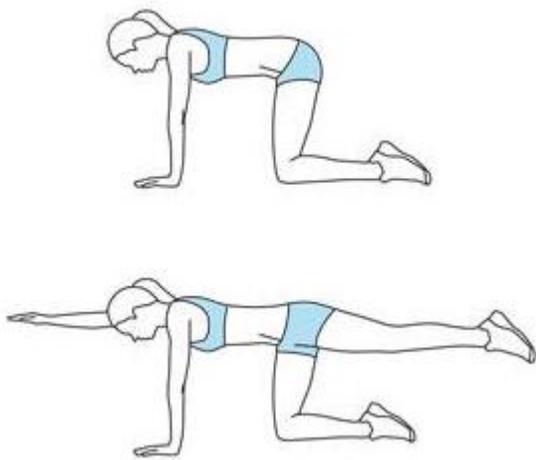
Lie face down with arms and legs extended out. Keeping the torso as still as possible, raise both the arms and legs off the ground. Hold for 3 seconds then slowly lower back down. Repeat 12-15 times.

Inchworm (Hamstrings)(Deltoids)(Pectoralis)



Start standing with your feet close together. Keeping your legs as straight as possible, put your hands down on the floor in front of you. Start to slowly walk your hands forward, bending at the hips and keeping your legs as straight as possible. Keep going until your body is straight, in a push-up position. Start walking your feet up to meet your hands, again bending at the waist and keep your legs as straight as possible. Take small steps up until your feet meet your hands again. Repeat 12-15 times.

Dead Bug (Full Body)

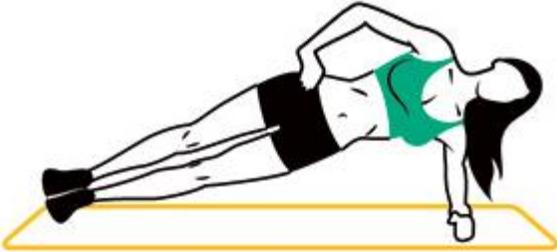
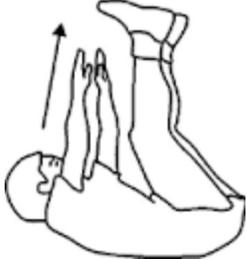
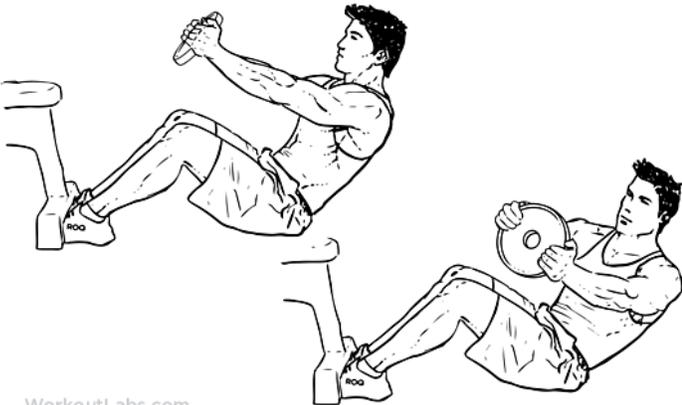


Start on all fours, with your hands underneath your shoulders, and your knees under your hips. Reach your right arm forward, and at the same time, reach your left leg back. Ensure that your torso stays parallel with the ground. Hold for 5 seconds, then release slowly. Repeat with your left arm and right leg. Repeat 12-15 times on each side. If you are having trouble holding for the 5 seconds, start by doing arms and legs separately. It may be useful to have a partner, who can look at

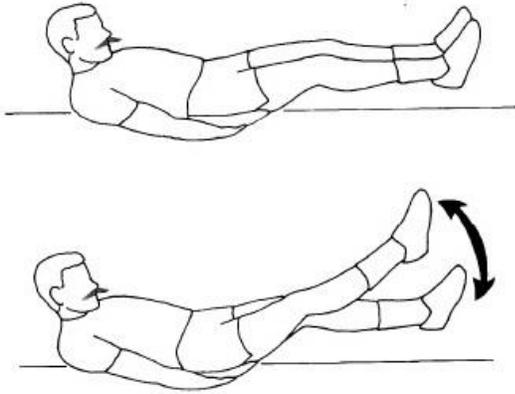
Core Body Strength

Core body strength is extremely important in everyday life! Your core supports your entire upper body, and protects your spine. Improving your core strength will also improve your balance, and protect you from injuring your back. Complete each exercise for the recommended time or 12-15 times, rest for 30-60 seconds, then complete 2-3 more sets.

If there is any pain with an exercise, STOP IMMEDIATELY and inform your coach.

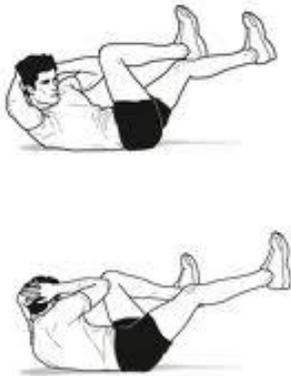
<p>Plank</p> 	<p>Lie on a mat, on your elbows and toes. Your elbows should be under your shoulders, with your forearms resting on the mat and your legs together straight out behind you. Suck in your tummy, and aim to have you back as flat as possible. Make sure that your hips and back are all level. Do this next to a mirror for a clearer idea.</p> <p>Hold for 15 seconds, then rest. Repeat 3 more times. Build up to 5 minutes max in 10 second increments. For an easier version, place your knees on the mat.</p>
<p>Side Plank</p> 	<p>Lie on your left side, with your forearm on the mat and your elbow underneath your shoulder. Your legs should be straight out, making one line from your feet to your shoulders, with your feet placed on top of each other.</p> <p>Hold this position for 15 seconds, then rest. Repeat 3 more times and then switch sides. Build up to 3 minutes in 10 second increments. For an easier version, bend your lower leg at 90 degree angle and place on the mat. For a more difficult version, extend your right arm straight out, to form a 'T'.</p>
<p>Toe Touches</p> 	<p>Lie on your back with your feet flat on the floor. Tighten your abdominal muscles and slowly lift both feet off the floor until your thighs are vertical, and raise your feet.</p> <p>Reach your hands up to touch your toes, this should cause your head and shoulders to lift off the mat. Aim to get your entire shoulder blade off the mat. Slowly lower back down to the starting position. Repeat 10-12 times, then rest.</p>
<p>Russian Twist</p>  <p>WorkoutLabs.com</p>	<p>Lie down on a mat, placing your feet underneath something that won't move, or have a partner hold them. Your legs should be bent at the knees. Raise your upper body so you create an imaginary 'V' with your thighs, with your arms fully extended out in front of you with your hands clasped together. Twist your torso to the right until your arms are parallel with the floor. Hold here for two seconds then move back to the starting position. Now move the left side using the same technique. Focus on moving the whole torso and not just the arms.</p> <p>Repeat this 12-15 times then rest. To make this more difficult, try holding a soup can or small weight.</p>

Flutter Kick



Lay down on your back, with your feet straight out in front of you. Place both of your hands underneath your sit bones so your hips are slightly lifted off the ground. Keeping your legs straight, raise your feet 2-3 inches off the ground. You may lift your head, but keep it in a straight line with your spine. Holding here, raise your left foot slightly while lowering your right foot. Slowly switch so your right foot is higher and your left foot is lower. This is one repetition. Repeat this 12-15 times then rest. To make this more difficult, try wrapping a weight around your ankles.

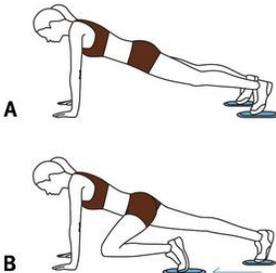
Ab Bicycle



Lie flat on the floor, with your lower back pressed into the ground. Put your hands beside your head, being careful not to pull on the neck or ears. Lift your shoulders slightly off the ground, into a crunch position. Lift your feet off the ground so your upper legs are straight up, and your lower leg is parallel with the ground. This is your starting position. Slowly, extend out your right leg, and bring your left leg in towards your chest. Bring your right elbow close to your left knee, by crunching to the side. Focus on moving the whole shoulder girdle and not just your arm. Slowly return to your start position. Repeat on the other side by extending out your left leg, bringing your right leg close and your left elbow in to your right leg. Repeat for 15-20 seconds, and aim to build up to 3 minutes in 5 second increments.

Aerobic Exercises

No matter your athletic ability, age, gender, or weight, aerobic activity is really good for you! It may be difficult at first, but the more often you do it, the easier it will get, and the stronger you will become! REMEMBER: the aim of aerobic exercise is to get your heart rate up.

Aerobic Exercise (Muscle Group, if any)	Key Points
<p>Tuck Jumps (Hamstrings)</p> 	<p>Start in a comfortable standing position with your knees slightly bent. Hold your hands in front of you at chest height, with your palms facing down. Quickly sink down into a mini squat and immediately explode upwards. Drive the knees up, aiming to touch the palms of your hands. Jump as high as you can, and land softly, absorbing the impact by bending your knees, and jump again. Repeat in quick succession, for 25 seconds. Rest, and then repeat 2-3 more times. Aim to build up to 1 minute.</p>
<p>Mountain Climbers (Full Body)</p> 	<p>Start in push-up position, with your arms directly under your shoulders. Your body should form a straight line from your shoulders to your ankles. Lift your right foot, and bring your knee to your chest. Return to the starting position and then repeat on your left leg. Repeat in quick succession, for 25 seconds. Rest, and then repeat 2-3 more times. Aim to build up to 1-2 minutes</p>
<p>Stairs (glutes, quads)</p> 	<p>Using a set of stairs that is quite long (at least 25 steps), travel up and down at a fast pace. Change it up by going up sideways, or down backwards! Always make sure to have a handle there for stability. Try: Going up two steps at a time, or jumping up them.</p>
<p>Burpees</p> 	<p>Start standing up tall with shoulders back and feet shoulder-width apart. Squat down, and place your hands on the floor in front of you. Kick, or step your feet back to a push up position. Complete a small push up, then immediately return your feet to the squat position. Leap up as high as possible, returning to a standing position with your feet shoulder-width apart.</p>

Sprints



Start with a short warm up, then from a light jog, start to pick up speed to about 70% of your maximum capacity. This translates to pretty hard work! Sprint for 20-30 seconds, then slow back to down to a jog for 2-3 minutes. Repeat this 8-10 times. Remember to keep running in between sprints!! If you develop a stitch in your side, slow down your jog, and jog for a longer period of time

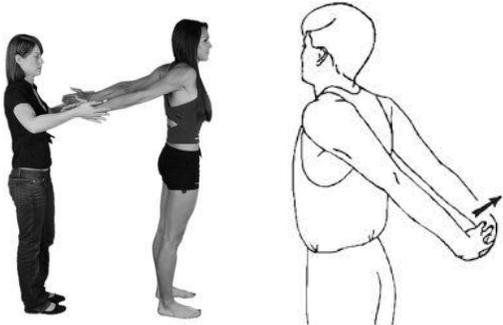
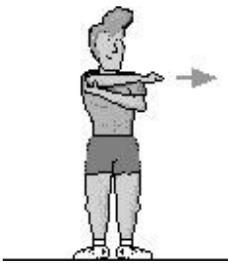
Jogging

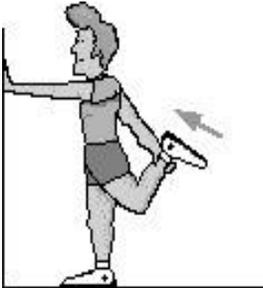
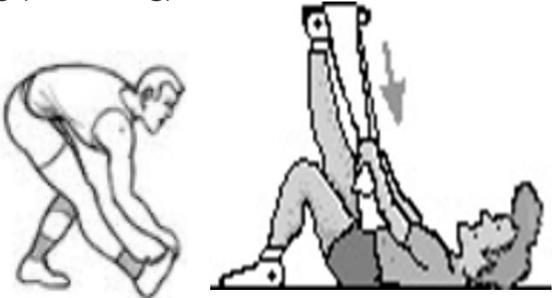


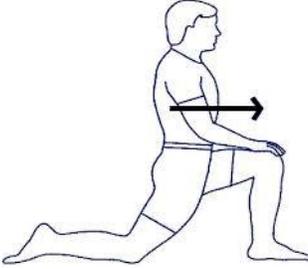
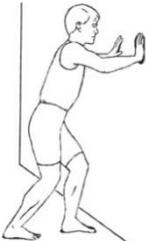
Make sure to do a light stretch before you start jogging. Run at a leisurely pace that makes you breathe harder, but still allows you to hold a conversation. Work at keeping your upper body relaxed, and hold your arms at a 90 degree angle. Try to run tall, avoid hunching over. Run for at least 30-45 minutes, then do a light stretch after.

Stretching Instructions

These stretches are done while the body is at rest or without active movement. These are best to do after you finish practicing or competition. They are very important to reduce injury and speed up recovery! **If doing these without any activity prior, go for a short brisk walk. NEVER STRETCH COLD (INACTIVE) MUSCLES! IF YOU FEEL ANY BURNING OR TINGLING WITH A STRETCH, BACK OFF. Aim to hold all stretches for at least 20 seconds.**

Static Stretches (<i>muscle stretched</i>)	Key Points
<p>Neck Stretch (Sternocleidomastoid)</p> 	<p>Drop your head to the right side, by bringing your ear down towards your shoulder. Keep your shoulders relaxed. Hold for 20 seconds. You can increase the stretch by placing the right hand on top of the head. Role head around the front and over to the left side and hold again for 20 seconds. Repeat again on each side.</p>
<p>Partner Shoulder Pull-Back (Rear Deltoid)</p> 	<p>With a partner behind you, have them gently pull your arms as far back as possible keeping your arms and back straight through the entire motion. Pause for 20 seconds and slowly return arms to resting position. This one can be done by yourself by clasp your hands together behind your back and raising them up until you feel a stretch.</p>
<p>Arm Stretches (Deltoid)</p> 	<p>Grab your elbow with the opposite hand and gently push the elbow up and across your body. Feeling a stretch in your triceps and shoulders. Stretch both arms for 20 seconds, and then switch sides.</p>
<p>Triceps Stretches (Triceps)</p> 	<p>Place your elbow behind your head, so your hand is trying to reach down your back. You should feel a stretch along your upper arm. Hold for 20 seconds then switch arms.</p>

<p>Standing Side Stretch (Intercostal Muscles/Oblique)</p> 	<p>Keeping your hips fairly level, reach an arm overhead, feeling a stretch on the side of torso. Hold for 20 seconds and switch sides.</p>
<p>Heel to Buttock (Quadriceps)</p> 	<p>Stand on your right foot, with the left hand on a wall or chair for balance. Hold the left foot to your opposite hand, the right in this case, and raise to touch your buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Hold for 20 seconds then change legs.</p>
<p>Leg (Hamstring)</p> 	<p>Place your right foot out in front of you, so your heel is on the ground and your toes are pointing straight up. Bend your left leg, and while keeping the right leg straight, try to touch your toes. You should be feeling a stretch behind knee/leg. Hold for 20 seconds. This can also be done lying down with one leg straight up in the air, the other bent with foot flat on the ground. Loop a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot. Stretch both legs for 20 seconds.</p>
<p>Leg (Adductor)</p> 	<p>Place your feet wider than shoulder-width apart. Lean slightly to the left, and bend your knee so all your weight is on the left side. Keep your right leg straight. You should be feeling a stretch in the inner thigh. Hold for 20 seconds and switch legs.</p>
<p>Ankle Rolls (Ankle Mobility)</p> 	<p>Roll ankle in a circular motion for 20 seconds, switching direction of the circle after 10 seconds. Repeat on the other ankle.</p>
<p>Hip and Lower Back Stretch (Gluteus Maximus and Gluteus Minimus)</p> 	<p>Sit on the ground with your legs straight out in front of you. Lift your right leg and cross it over your left. Hug the right leg to your chest. Bend the left leg in so it rests on the ground. Twist the trunk of your body to look over your right shoulder. Hold for 20 seconds, then switch legs</p>

<p>Iliotibial Band Stretch (Hip Abductor)</p> 	<p>Lie on your side with both legs bent in running position. Bring the bottom leg toward your chest and then bring the top one back toward your buttocks, so that the running position of your legs is exaggerated as possible. Hold for 30 seconds then flip sides and repeat.</p>
<p>Lower back stretch</p> 	<p>Lie down on your back, with your right hand out beside you. Bend your right knee towards your chest, grabbing it with your left hand. Keeping your shoulder blades square, and on the mat, use your left hand to guide your right knee across your body and towards the floor on your left side. Hold for 20 seconds, and then repeat on opposite side. Don't force your knee to the floor if your flexibility does not allow it.</p>
<p>Child's Pose</p> 	<p>Sitting on your knees, with your feet underneath you, slowly lean your torso down, placing your hands out in front of you. Aim to keep your buttocks touching your feet. You should be feeling a stretch in the hips, quadriceps and ankles. Hold for 20 seconds while breathing deeply.</p>
<p>Hip Flexor stretch</p> 	<p>To perform this stretch kneel with one knee on the ground (you can use a towel for a cushion). Your other knee should be out in front of you at a right (90 degree) angle with the floor. Keep your chest up and your back straight. Aim to keep both hips at the same level. This may involve pulling your back foot up a bit. To protect your knees, don't let your knee go past your toes. Do deepen this stretch, walk your front foot forward. Hold for 20 seconds then switch legs.</p>
<p>Sumo Squats (Gluteus Maximus)</p> 	<p>Start with feet slightly wider than shoulder-width apart, with your toes angled out at 45 degrees. Bend forward at the waist, and squat so knees are bent and thighs are close to parallel with the floor. Place elbows between knees and press palms together. Drop hips to the ground, keeping chest lifted. Try to maintain a flat back as you push your hips back, while keeping your heels on the floor. You should feel this stretch in your hamstrings and groin. Hold for 20 seconds then rest for 20 seconds and repeat.</p>
<p>Wall Stretch (Soleus)</p> 	<p>Stand with hands against the wall and feet staggered forward and back. Bend the back knee and lean towards the wall until a gentle stretch is felt at the back of the heel. This stretch is very light! Your feet should remain pointed forward and heels on the ground. Hold for 20 seconds then switch sides.</p>

JUNE 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic	
7	8	9	10	11	12	13
Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches
14	15	16	17	18	19	20
Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches	Active Rest Day
21	22	23	24	25	26	27
Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches	Active Rest Day	Upper Body & Core
28	29	30				
Active Rest Day	Aerobic					

JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day
5	6	7	8	9	10	11
Aerobic		Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic
12	13	14	15	16	17	18
	Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic	
19	20	21	22	23	24	25
Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches
26	27	28	29	30	31	AUG 1
Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches	Active Rest Day

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
Upper Body & Core	Active Rest Day	Aerobic		Lower Body & Stretches	Active Rest Day	Upper Body & Core
9	10	11	12	13	14	15
Active Rest Day	Aerobic		Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day
16	17	18	19	20	21	22
Aerobic		Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic
23	24	25	26	27	28	29
	Lower Body & Stretches	Active Rest Day	Upper Body & Core	Active Rest Day	Aerobic	
30	31					
Lower Body & Stretches	Active Rest Day					