

## Things you need to know for your safety.

### BEFORE YOU BEGIN

**It is important before you start exercising that you get a thorough check up if you haven't done so recently. Ask your doctor how he or she feels about your decision to begin exercising. Learn if there are any exercises that you need to avoid, or any accommodations you need to make because of medical conditions. Do not do anything without your doctor's approval.**

### GENERAL

- 1) About 50% of fitness can be lost after 4 - 12 weeks of inactivity and 100% lost after 10 - 30 weeks. (Five or more days off can result in large decreases in fitness).
- 2) You will need a base of aerobic conditioning with core maintenance and general muscle toning before you begin any specialized strength training (resistance training).
- 3) Know your own heart rate, both minimum and maximum, to establish your own safe and effective training levels. Training with a controlled heart rate enables you to know your own body so you know when to rest, when to train moderately and when to train harder.
- 4) The safer level of heart rate during exercise is up to 130 beats per minute. A training effect is gained if the exercise heart rate is maintained at a rate between 60 - 85% of the 'MHR' (maximum heart rate). The formula for this is ( MHR = 220 - age ) beats per minute (bpm) ie I am 40 years old, my MHR is 220 - 40 = 180 bpm. I should get my heart rate to about 60% of 180 and sustain it at that level for about 15 to 20 minutes, 3 times per week, to build my aerobic fitness. 60% of 180 = 108 beats per minute. As I get more conditioned and when it is safe enough for me to increase my fitness load I can work up to 85% of my MHR. ie. 85% of 180 = 153 beats per minute, therefore my training levels are from 108 to 153 bpm. (Very fit or elite competitors might train at higher levels).
- 5) Always **warm up** first. -Every exercise session should be preceded by a warm up. It should take about 10 to 15 minutes. A warm up is gentle exercise like brisk walking and gentle jogging and all over body movements to get the blood circulating all over, then a few gentle stretches to loosen up the muscles, which you will be using in the primary activity. The more strenuous the activity, the more flexibility you will need to work on.
- 6) Build your training by starting slowly. For the first month allow your body to adapt. Slowly build core strength, balance, coordination, flexibility and aerobic fitness. This will prevent injuries and allow you to enjoy training without any pressure to perform.
- 7) Concentrate on the correct technique while putting in the preparation and aerobic work. Then when ready and working correctly, build strength & power. During this time learn the skills required for your chosen sport or event and have fun with it too. Variety helps.
- 8) Also keep re-hydrating during training and competition as dehydration decreases the level of performance. Take sports drink immediately after an event then water after that.
- 9) Remember to first strengthen your torso before you try to strengthen your arms and legs.
- 10) To begin to **lose fat** you must work for 15 minutes to 1 hour on **aerobic** exercise breathing constantly, ie keep your heart rate constant at a level of over 60% and up to 80% of MHR (as described above). Do at least 3 times per week. Anaerobic exercise or resistance work alone will not burn fat.
- 11) The calories burnt up after 1km of power walking are the same as for 1km of running, it just takes longer, but it doesn't put the stresses on the joints and body as running does.

## RESISTANCE TRAINING

Resistance training is any training that forces the body to work against a load, which is greater to that which it is normally subjected. ie. weights, resistance bands, swimming with hand paddles, cycling up hill in hard gearing, running up sand hills etc. Resistance training is used to increase strength, improve power, add body bulk or develop aerobic conditioning.

- 1) **Heavy resistances should not be used until lifting techniques are perfected.**  
Read the exercise descriptions and correct techniques. Have a qualified person demonstrate the exercise to you and check your technique.
- 2) Exhalation should occur on the lifting of the weight and inhalation on the lowering of that weight. Take a break, slow down or decrease intensity if struggling for breath.
- 3) Do not hold your breath. Holding weights causes you to hold your breath, which raises your blood pressure, which can be dangerous, so remember to breathe.
- 4) Avoid bouncy jerky movements.
- 5) Children should not be in the locality of weight training equipment.
- 6) If weight loss is an objective then some aerobic activity should also be added.
- 7) Late developers and those U/15 should not do weights, but can do light resistance work i.e. with rubber strips or their own body weight.
- 8) Work from larger muscles to smaller ones.
- 9) Work the muscles on the front of an area followed by those on the opposite side. Don't work the same muscle 2 days in a row. It requires a days rest to repair & grow.
- 10) Alternate between upper and lower body exercises.
- 11) Always work your abdominal muscles.
- 12) Don't neglect strengthening your back.
- 13) Check exercise descriptions for safer beginner levels. Try progressions when ready.
- 14) Stretch often and carefully. Do not 'bounce' stretches. (See Flexibility Charts).
- 15) Finish with a cool down. (See description below)
- 16) Get to know your body and your recuperative powers. This takes experience. Do pulse measurements and record them.
- 17) Big muscles take longer to recover than smaller ones ie chest muscles take 3-4 days to recover while triceps take 2-3 days. Therefore do not over train an area compared to its opposite area. Balance the training of the front and back of each area. Injuries can result if a muscle group becomes stronger than its opposite group.
- 18) Fast twitch muscle fibres, (ie those that you use to get your speed) take longer to recover than slow twitch muscle fibres.
- 19) Men recover faster than women.
- 20) You recover faster from slow movements than from fast.
- 21) You recover faster from low intensity training than from high intensity.
- 22) Never work to the point of **pain**. Pain means injury. Goal is to tire out the muscle.

## SPRINT TRAINING

Sprint training is extremely high intensity workloads for a short time followed by a complete recovery period. ie. Maximum effort in approx. 20 seconds time plus 2 to 5 minutes complete recovery time. -- **This type of work must only be performed after a sound aerobic base has been firmly established** and then only sparingly as it places a huge stress on the body's skeletal - muscular system and can promote injury.

## COOL DOWN

A cool down period is vital after an exercise session. It helps the muscles return blood to the heart so that it doesn't pool in the muscles. It should consist of gentle exercise ie walking, also stretching then relaxing exercises. (see Flexibility Guidelines and Stretches Chart)

**NOTE \*\*\*\*** - **SKILLS TRAINING IS IN ALL PHASES**

## **Phase 1 - Anatomical Adaptation.**

- Conditioning of the muscles, either starting from scratch or back from long rest. Strengthen connective tissue (ligaments and tendons) develop the stabilizer muscles (core) which include lower back and stomach.
- Lose fat. Improve aerobic fitness.
- Low impact aerobic conditioning. Getting heart rate up and maintaining for minimum of 30 minutes.
- Concentrate on weaknesses. Correct bad techniques.
- Repair injuries.
- Resistance training = 12 to 15 exercises to work all the major muscle groups Low weight or resistance, high reps (12-30), performed fast, minimal rest. This should be done 3 to 4 times a week on a day on day off basis.

## **Phase 2 - Hypertrophy.**

- Increasing muscle mass (if your chosen sport or event requires this).
- Life Saving carnival events do not require much time spent in this phase.
- Resistance training = Heavy weights (70-90% RM), 6-12 reps, 3-10 sets, performed slowly, unlimited rests between sets.  
(RM =Repetition Maximum i.e. max number of reps you can do at that weight).

## **Phase 3 - Maximum Strength.**

- Maximum strength is required for sprinting and explosive type sports like Flags and events where sudden acceleration etc is required from particular muscles. Long distance type endurance sports need it less.
- Resistance training = Very heavy weights (90-100% RM), 1-5 reps, 3-5 sets, performed slow / medium speed, with 30 secs - 2 minutes rests between sets.

## **Phase 4 - Convert to: Power(Speed Strength) or Strength Endurance.**

- Convert maximal strength into power in areas applicable to your activity. 6-8 more specific exercises that duplicate event movements ie step ups, squats, push ups, rowing, chin ups etc. More time spent on increasing the intensity of your swimming, running and paddling. Only spend 2 sessions a week on weight training.
- More time is spent in this phase if you need to build up strength endurance.
- Be careful not to turn power training in to slower endurance as our sport is relatively short distances requiring explosive power and speed. Some events require a level of endurance, but do not fall for long drawn out distance training where you allow yourself to train slowly, as this does not match your race requirements.
- Resistance training = Heavy weights (80-90% RM), 2-6 reps, 3-5 sets, performed fast, with 30 secs - 2 minute rests between sets.

## **Phase 5 - Convert to Pure Speed (& Competition Maintenance phase )**

- Skills & Drills for faster speed, over shorter than race distance, full rests.
- Little if any weights. The last weight session no later than midweek.
- Carnivals on weekends or fun practice sessions in surf.

## **Phase 6 - Active Rest ( & mental rest ).**

- Active rest from Lifesaving. Play other sport or swim during off season.

It's a long season, so to avoid boredom and enthusiasm burn out, you must make your training enjoyable. Your road to success will be long and hard so mix is critical. You need to include components of aerobic and anaerobic activity, strength training and flexibility. Cardiovascular (aerobic) activity will help your heart and lungs improve and will aid weight loss. Strength training helps with body shape, boosts your metabolic rate, helps to improve your posture and helps to keep your bones strong and healthy. Stretching helps reduce the risk of injury, increases agility & balance, aids relaxation and helps stress release. It stimulates both the production of muscle tissue lubricants, and the circulation of oxygenated blood. How you train, what you eat and how you sleep is the basis of a successful season.

**If just starting out, during the first 8 weeks follow this basic plan:**

1. Drink more water.
2. Begin to increase activity.
3. Watch food intake.
4. Add exercise – Regular – Gentle to prepare joints and body.
5. Include stretching exercises.
6. Increase aerobic intensity.
7. Add some resistance.
8. Increase time spent i.e. volume.
9. Increase intensity / resistance.
10. Get good sleep.

**To help to keep you motivated keep a training diary:**

Write down your objectives.

Set attainable short, medium and long-term goals.

Log all progressions. Even the tiniest ones. eg.(if your clothes aren't as tight).

Build your training by starting slowly. For the first month allow your body to **adapt**. Slowly build **core strength**, balance, coordination, **flexibility** and aerobic **fitness**. Concentrate on the correct technique while putting in the preparation and aerobic work.

Then once your body is conditioned and you are working correctly, build **strength & power**. During this time learn the **skills** required for your chosen sport. Once skill training commences include practice sessions where you have fun with your chosen sport. Don't lose touch with the reasons why you do the sport. Keep your training enjoyable and you will be more likely to stick with it and reach your goals. Join other like-minded people who will help you stay motivated.

You **can't** train 'HEAVY' all the time. You have to balance high intensity training with periods of low intensity. To reduce the chances of injury, have no more than one really intense repetition in a set, **or** if you do a MHR (Maximum Heart Rate) workout then make sure you don't do another MHR workout for at least another 4 days. In the days between, work on technique etc. If training at high intensity then lower the volume.

The last stage to work on is **speed**. This is after everything else has been prepared. It is high intensity and requires plenty of rest between efforts. Little if any, weights. If you are still using weights then use only a small number of core exercises to emphasize your weaknesses, low reps higher resistance, big rests. Decrease the number of sessions to 1-2 per week with the last one no later than midweek so as not to fatigue before comps on the weekend.

When introducing an unprepared body to a new activity, due to fatigue, performance may initially drop a little. Injuries can happen at this time if not careful. Introduce slowly.

# HOW TO DESIGN YOUR OWN PROGRAM

Only makes sense if you work through these instructions, one step at a time with the other pages in front of you.

- Step A:** Read the **'Training Safety' Sheets . . . Sheet Nos. 1 & 2**  
( Refer back to these and the planning sheets # 5 & 6 often, as a checklist ).
- Step B:** **Decide your personal goals, short term and long term.**  
( List them on your **GOALS** Sheet ). Make them specific, measurable, attainable, reviewable.
- Step C:** **Count how many weeks 'til your main target goal or competition.**  
Use a calendar. Mark the goal on the calendar eg Vic Titles, Count how many weeks away it is.
- Step D:** **Read the 'Training Phases' info sheet . . . Sheet No. 3**  
(See if & where your goals fit in with these training phases and write the phase number on the goals sheet at the right of each goal eg. goal to build up legs, happens in phase 2, to get fitter is in phase 1, lose fat phase 1 etc ).
- Step E:** **Decide which stage in the training phases you are at now.**  
Write this phase & your starting date at **week 1** on goals sheet.
- Step F:** **Decide which phases you need to progress through to reach your final goal.** Some phases will need more weeks, some less, to suit all of your goals, eg more weeks getting fit or more building strength or speed, less building bulk etc?
- Step G:** **Spread those phases over the total number of weeks that you counted on your calendar (to suit step F)** Fill in those phases, weeks, & dates on to the goals sheet eg phase 1 for 8 weeks, phase 2 for 3 weeks, phase 3 for 8 (see example sheet 6)
- Step H:** **Now get your 'Program Plan' sheet and write your starting phase at the top LH corner and the dates for that phase at the top RH corner.**  
(Do a separate plan for each phase of your time frame matching how you have divided your weeks into phases on your goals sheet. Revise each program plan as you progress).
- Step J:** **Fill in your name, and work out your training heart rate levels.**  
(See Training **Safety** Sheet 1. point 4. for MHR formulas).
- Step K:** **Decide the goals for each zone of your body, (or skill goals) that fit in with this particular phase.** ( List the **specific muscles or body parts** within each body zone **on to each of the Phase Program Plans**. Look at your **goals** sheet to see which goals fit in with that particular phase of your training.  
List those **specific goals** relevant to each separate muscle or body part, on to your plan.
- Step L:** **Now look at the 'Resistance Training Regime' Sheet No. 4.**  
**Select the purpose that applies to each of your specific goals.** With that information, then choose the exercises, weights, reps, sets speed, rests, and stretches etc, which best fulfill each conditioning purpose. (See the exercise descriptions, pictures, correct techniques, progressions etc in the folder in the gym).
- Step M:** **Check against the safety sheets 1 & 2 to put your exercises into a workout order etc based on the rules of resistance training.**  
Write the exercises, in this order + any other activities, onto a training session record.  
This final sheet is where you will follow your program and record each session's workout.
- Step N:** **Work out which days of each week you can train.** Read all the **safety** and **program planning** sheets then structure your own weekly cycle to suit all the rules of training.

First decide what you need before you plan your training program. ie:

- Do You-
- a: Need to improve your fitness or body weight?  
( Then you need to plan for more aerobic exercise ).
  - b: Have muscle or joint stiffness or limited range of motion?  
( Then you need more flexibility exercises ).
  - c: Have low muscle strength, or want to improve muscle tone, or bulk?  
( Then you need more strength work (resistance exercises )).
  - d: Don't have enough skill.  
( Then spend more time with a coach learning specific skills and doing drills ).
  - e: Don't have enough Speed.  
(Then you may need more power and also to spend more time on speed drills ).

When progressing through your resistance training, only change one thing at a time. eg: increase reps one week then increase sets next time then finally increase the weight and go back to the original number of reps and sets.

## OUR LIFESAVING YEAR

| OFF SEASON<br>April. May. June. July.   | PRE – SEASON<br>Aug. Sept. Oct. Nov.  | COMPETITION SEASON<br>Dec. Jan. Feb. March.  |
|---|---|--|
| <p><u>Maintain</u> physical gains but also rest, recover, &amp; repair.</p> <p><u>Improve</u> aerobic fitness &amp; general muscle condition. Should exercise at least 3 times per week. High volume, low intensity, light resistance. Swim / cycle / run or walk for minimum 30 min sessions. Work on correcting all techniques.</p> | <p><u>Maintain</u> aerobic fitness. Perfect all techniques.</p> <p><u>Improve</u> strength, flexibility, specific endurance, speed &amp; power. More specific event skills, drills &amp; intensity.</p> <p>Swimming Pool - 1-3 x wk. (or more)<br/>Weights 3x wk.<br/>Skills / Drills sessions &amp; fun practice in surf.<br/>Theory training and tests.</p> | <p>Lower volume, high intensity, more specific skills &amp; drills.</p> <p><u>Maintain</u> fitness &amp; power.</p> <p><u>Improve</u> pure speed. Competition experience. Improve mental skills.</p> <p>High intensity early in week. Skills &amp; practice later in week. Rest or fun day before carnivals.</p> |

## An Example : of a years cycle plan in phases.

**Phase 1 = Anatomical Adaptation .... Phase 2 = Hypertrophy .... Phase 3 = Maximum Strength**  
**Phase 4 = Convert to Power or Strength Endurance... Phase 5 = Convert to Pure Speed .. Phase 6 = Rest**

| Phase                | 1       | 2       | 3       | 4                        | 5                            | 6                     |             |             |                |             |     |     |
|----------------------|---------|---------|---------|--------------------------|------------------------------|-----------------------|-------------|-------------|----------------|-------------|-----|-----|
|                      | 8wks    | 3wk     | 8 ½ wks | 8 ½ wks                  | 15 weeks                     | 9 weeks               |             |             |                |             |     |     |
| 52 Weeks of the year | 1 2 3 4 | 5 6 7 8 | 9 10 11 | 12 13, 14 15 16 17 18 19 | 20 21 22, 23 24 25 26, 27 28 | 29 30 31, 32 33 34 35 | 36 37 38 39 | 40 41 42 43 | 44 45 46 47 48 | 49 50 51 52 |     |     |
|                      | June    | July    | Aug     | Sep                      | Oct                          | Nov                   | Dec         | Jan         | Feb            | Mar         | Apr | May |

The phases are spread over training blocks called 'macrocycles', (blocks of weeks/months). ie. 8 weeks, 3 weeks, 8½ weeks etc. Break these down in to microcycles. i.e. (weekly cycles). In this example the main training days are blue. Then plan sessions.

i.e. Each Week - Monday  
 or Tuesday Wednesday Thursday Friday Saturday Sunday

Only one really intense resistance session early in the week with less volume, one lighter more aerobic resistance session with greater volume and one specific skills practice session with a pool session. Other aerobic activities & swimming on other days.

Flexibility training should be regular ie 3-4 times a week.

Noticeable increases in flexibility with training can be achieved within 2-3 weeks. Decreases can occur almost as quickly.

- 1: Never hold your breath. Breathe slowly deeply and evenly.**
- 2: Never stretch until after a good warm up (brisk walking or light jogging). Start stretches with controlled arm / leg swinging movements with a small range of motion then gradually increase until muscles warm to the task.**
- 3: Stretch the muscles to the point at which you feel tension but not pain. Stretch gently and slowly.**
- 4: Hold the stretch for min' 15 seconds & up to 30 seconds.**
- 5: Don't bounce your stretches.**
- 6: Stretch the muscle on either side of your joint capsule**
- 7: Complete each stretch twice and try to relax all other body parts. On the 2<sup>nd</sup>, breathe out and stretch a little further.**
- 8: Stretch regularly during the day if you need to improve overall flexibility and to relieve stress.**

**Warm and loosen up muscles often during a carnival to keep muscle performance high and keep re-hydrating. (Particularly after each event).**

**PNF** stretching is when you contract a muscle while it is in the stretched position against an immovable resistance ie. the ground, a bench, a partner or other muscle groups. Hold these type of stretches for only 6 seconds in contraction then relax the muscle then stretch it a little further then contract it again. PNF stretches lengthen a muscle even further than static stretches.

# GOALS

Name. . . . .

Personal Goals: \_\_\_\_\_ Phase ( )

\_\_\_\_\_ Phase ( )

\_\_\_\_\_ Phase ( )

\_\_\_\_\_ Phase ( )

\_\_\_\_\_ Phase ( )

**Main Goal & date** # of weeks until main goal

..... Phase ( )

Important competition dates: \_\_\_\_\_

Important Life Dates: \_\_\_\_\_

## Season 200 ... / 200... Training Plan

Training days of the week: .....

Start date: **Week 1** ...../...../..... (day.....)

What phase I am starting in: **Starting Phase** .....

How many weeks in this phase:# of weeks ..... End of this phase ...../...../.....

Next phase: Goal in this phase .....

Phase ..... # of weeks ..... date from ...../...../..... to ...../...../.....

Next phase: Goal in this phase .....

Phase ..... # of weeks ..... date from ...../...../..... to ...../...../.....

Next phase: Goal in this phase .....

Phase ..... # of weeks ..... date from ...../...../..... to ...../...../.....

Next phase: Goal in this phase .....

Phase ..... # of weeks ..... date from ...../...../..... to ...../...../.....

Next phase: Goal in this phase .....

Phase ..... # of weeks ..... date from ...../...../..... to ...../...../.....

**Examples of typical weights program exercises**

**DO ONE FROM EACH BOX**

|   |   |   |
|---|---|---|
| <b>QUADS</b>  | <b>HAMSTRINGS</b>   | <b>INNER THIGH</b>  |
| <b>1</b><br>Squats (front & wide)<br>Step Ups<br>Leg Press<br>Lunges<br>Leg Extension   | <b>2</b><br>Leg Curls (cable or band)<br>Leg Pull In (gym machine)  | <b>4</b><br>On side - lift lower leg<br>Adductors (Cable, ball or band)                       |
|   | <b>CALF</b>   | <b>OUTER THIGH / HIP</b>  |
|   | <b>3</b><br>Toe Raises- toe out or straight   | <b>5</b><br>Abductors (cable or band)<br>On side - top leg raises                             |
| <b>CHEST</b>  | <b>MID &amp; UPPER BACK</b>   | <b>SHOULDER (top &amp; front)</b>   |
| <b>6</b><br>Push Ups<br>Chest Press<br>Chest Flys<br>Pec Dec Machine butterfly  | <b>7</b><br>Seated Row<br>Bent Over Row<br>Pull Ups (reverse of push up)<br>Prone Flys<br>Reverse grip bent row | <b>8</b><br>Shoulder Press<br>Upright Row<br>Shoulder Shrug<br>Lateral Raise<br>Front Raise   |
| <b>SHOULDER (back of )<br/>&amp; Upper Back</b>   | <b>BICEPS</b>   | <b>TRICEPS</b>  |
| <b>9</b><br>Lat Pull Downs<br>Chin ups (front / back)<br>Pullovers (woodchop)<br>Bent Over Lat Raises<br>Reverse Overhead Lat Raise | <b>10</b><br>Bicep Curls<br>Preacher Curls<br>Hammer Curls<br>Reverse Grip Curls<br>Lying flat-bench curls      | <b>11</b><br>Tricep Kickbacks<br>Tricep sides<br>Dips<br>Tricep Extensions<br>Malibu Paddling |
| <b>UPPER ABS</b>  | <b>LOWER ABS</b>  | <b>GLUTES</b>   |
| <b>12</b><br>Curls / Crunch   | <b>14</b><br>Reverse Curls  | <b>16</b><br>Butt Lifter<br>Advanced Glutes<br>Prone Leg Lift<br>Standing Butt Squeeze        |
| <b>OBLIQUE ABS</b>  | <b>LOWER BACK</b>   |   |
| <b>13</b><br>Oblique crunches<br>Lying Trunk Rotation Curls<br>Side Lying Planks  | <b>15</b><br>Back Extensions<br>Opposite Arm / Leg Ext.   |   |

**Circuit Routine Examples - combined with some aerobic fillers to keep heart rate up**

|   |  |  |
|---|--|--|
| <b>Fit Ball with weights or band</b>  | <b>MultiGym - Cables - Free Weights</b>  | <b>Own Body Weight or with band</b>  |
| <b>Warm up</b><br>Squats / Lunges - Ball above head<br>Leg Curls - Prone on ball, foot weights<br>Toe raises - Hold ball or weights<br>Adductors - Squeeze ball with legs<br>Abductors - On side, lift ball in legs<br>Aerobic - front, back step bounces x 10<br>Chest Flys - On back hand weights<br>Prone Flys - On ball, hand weights<br>Shoulder Press - Seated - with wts<br>Reverse overhead lat raises - wts<br>Aerobic - squat & leg lifts to ball x 10<br>Bicep curls & Reverse grip curls<br>Tricep kickbacks - Ball support<br>Ab curls on ball<br>Reverse curls lift ball with legs<br>Oblique curls on ball<br>Aerobic -side step hop step holdball x10<br>Back Extensions over ball<br>Butt lift over ball with leg lift<br><b>Cool Down &amp; Stretches</b> | <b>Warm up</b><br>Leg Press or Leg Extension<br>Curl machine or leg cable pull back<br>Toe Raises with weights<br>Adductor machine or side cable pull<br>Abductor machine or side cable pull<br>Running machine or exercise bike<br>Chest Press or Pec Deck Butterfly<br>Seated Row, bent over row, pull ups<br>Shoulder Press, shrug, upright row<br>Lat Pull Downs or pullovers<br>Running, exercise bike, mini tramp<br>Preacher Curls - flat bench curls<br>Tricep Extensions<br>Ab Curls<br>Vertical Leg Lifts on wall support<br>Lying with trunk rotated, curls<br>Running, exercise bike, mini tramp<br>Back Extensions or op arm / leg ext<br>Advanced glutes<br><b>Cool Down &amp; Stretches</b> | <b>Warm up</b><br>Step ups or lunges<br>Pull backs or leg curls with band<br>Toe Raises<br>On side - lift lower leg<br>On side - lift top leg<br>10 x Shuttle Runs (over 10 m)<br>Push Ups<br>Pull Ups (reverse of push up)<br>Lat, front raises or upright band rows<br>Chin Ups or bent over lat raise w/band<br>10 x Lateral Shuttle Runs (10 m)<br>Bicep & hammer curls w / band<br>Dips or Mal paddling<br>Ab Crunches or legs on chair curls<br>Reverse curls, leg raises<br>Side lying planks<br>10 x Fwd / Backwd Shuttles (10 m)<br>Back Extensions<br>Prone leg lift<br><b>Cool Down &amp; Stretches</b> |

## RECORDING YOUR PERSONAL FITNESS - TESTS etc

|                                    |  |  |  |  |  |  |  |  |  |  |
|------------------------------------|--|--|--|--|--|--|--|--|--|--|
| <b>Date</b>                        |  |  |  |  |  |  |  |  |  |  |
| <b>Resting Heart Rate</b>          |  |  |  |  |  |  |  |  |  |  |
| <b>Post-Exercise Heart Rate</b>    |  |  |  |  |  |  |  |  |  |  |
| <b>Recovery Heart Rate</b>         |  |  |  |  |  |  |  |  |  |  |
| <b>Ab Strength</b>                 |  |  |  |  |  |  |  |  |  |  |
| <b>Push Ups 1 minute</b>           |  |  |  |  |  |  |  |  |  |  |
| <b>Ab Curls Endurance</b>          |  |  |  |  |  |  |  |  |  |  |
| <b>Rate of PE</b>                  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility Sit &amp; Reach</b> |  |  |  |  |  |  |  |  |  |  |
| <b>Time to Recovery</b>            |  |  |  |  |  |  |  |  |  |  |

- Resting Heart Rate -** Before exercise – Ideally first thing in the morning while at your most relaxed.
- Post-exercise Heart rate-** Taken immediately after your Fitness Test. (Number of step ups in 1 minute).
- Recovery Heart rate -** Taken 1 minute after end of fitness test.
- Strength Tests -**
  - 7 Stage Abdominal Strength Test - Lying, legs 90°, how far slide hands up thighs (in sit ups tests feet or buttocks must not lift off the floor).
  - How many push-ups in 1 minute.
  - How many Abdominal Curls in 1 minute - (Partner may hold feet). (stage 4 level)
- Rate of Perceived Exertion -** The exertion level of the effort – See Chart – Scale for Rate of PE
- Flexibility Test -** Sit & Reach. (Buttocks against wall, reach hands down legs, how far?) No bounce
- Time to Reach Recovery-** Time it takes until your pulse and breathing return to normal after exercise.

### Other Tests to Come Later In Program After Conditioning Phase

- Multi Stage Beep Test – Aerobic or Endurance Fitness Test.
- Anthropometry - Skinfold Assessment
- Vertical Jump – Beach Test
- Standing Long Jump – Beach Test
- Flag Acceleration Test
- Sprint Split Tests – 10m, 30m, 60m, 90m.
- Craft Tests – Dist / Time – Stroke Rates etc.
- Swim tests – Dist /Time – Stroke Rates etc.
- VO2-max etc.