

Warm Up Routine

Exercise	Time Spent	Advice
<p>Open Gate & Close Gate</p> 	<p>x2 - 8 reps per leg</p> <p>x2 - 8 reps per leg</p> <p>Targets: Inside (Adductor muscle), outside (Abductor muscle) and hip flexors</p>	<p>Stand with narrow stance, hands and arms in a relaxed position and lift knee high and rotate backwards to 'close' the gate and inwards to 'open' the gate. Return back to standing position when performed the desired set and rep range.</p>
<p>Dynamic Alternate Leg Raises</p> 	<p>x2 - 8 reps per leg</p> <p>Targets: Hamstrings, Hip Flexors and Glutes</p>	<p>Stand face on with feet shoulders width apart. With one leg and foot fixed to the ground, 'swing' opposite leg and stretch foot to opposite hand. Repeat on opposing side for desired number of reps and sets.</p>
<p>Body Weight Squats</p> 	<p>x2 - 10 reps</p> <p>Targets: All major lower body muscles</p>	<p>Keep back straight, bend from the hips and push through the heels. Perform this exercise slowly and controlled.</p>
<p>Alternate Lunges</p> 	<p>x2 - 8 reps per leg</p> <p>Targets: Lower back, Quadriceps and Hamstrings</p>	<p>Focus on posture, keep upright, hands by the waist and make stride small and controlled and use thigh (quadricep) muscles to initiate the movement.</p>
<p>Sprint on the Spot</p> 	<p>x1 - 5 second sprint</p> <p>Builds aerobic airways and immediately prepares the body for activity</p>	<p>Start by jogging slowly, build the speed up and create momentum through arms and shoulders. Be as upright as possible throughout the movement.</p>

Top Tips

- ✓ The purpose of a warm up is to prepare the body effectively for exercise – to prevent the body against injury and create greater blood flow to working muscles.
- ✓ Dynamic stretches are more beneficial in a warm up as they replicate the movements you'll be undertaking in the main activity. For instance, performing dynamic leg raises is beneficial prior to a run because this replicates the dynamics of running.
- ✓ In a warm up we need to perform exercises which raises the heart rate and stimulates the brain and body pathways.



Cool Down Routine

Exercise	Time Spent	Advice
Standing Quadriceps Stretch 	x2 - 8 second hold per leg Targets: Quadricep Muscles, IT Band, Hip Flexors, Hamstrings and Glutes	Stand in an upright position, with back straight, flex one leg and stretch backwards. Keep foot in hand for the desired time and keep looking ahead for focus and balance.
Pigeon Stretch 	x2 - 20 second hold Targets: Hip Flexors, IT Band, Quadriceps and Glutes	Kneel into prone position, take one leg and stretch across the opposing knee, then extend back leg backwards to perform the stretch. Hold for the desired sets and time range.
Child Pose 	x2 - 20 second hold Targets: Quadriceps, Latissimus Dorsi, Glutes and Hip Flexors	Kneel into prone position, and bend forwards extending the back and spine and hands out straight in front. Engage the hips and perform for the desired sets and time range.
Active Leg Raise 	x2 - 8 reps per leg Targets: Hamstrings, Glutes, Hip Flexors and Lower Back	Lie on back with both arms and hands relaxed by the side of the body. Extend one leg upwards whilst keeping the other leg flat on the ground. Perform for desired time and set ranges.
Back Extensions 	x2 - 8 reps Targets: Lower Back, Glutes and Hamstrings	Lie on front (torso) and arms relaxed by the side of the body. Then place hands by the side of the head, and extend lower back upwards and slowly downwards. Engage the hips and create movement from lower back.

Top Tips

- ✓ The purpose of a cool down is to aid recovery and allow for gradual reduction in activity back to resting state.
- ✓ An effective cool down is carried out to reduce the likelihood of injuries, improve performance and help de-stress the mind and body.
- ✓ For greater stretch depth in the Pigeon Stretch, when performing this tilt the side of the bent knee one way and then the opposing side of the body the other to gain a greater stretch reflex.



Stretch and Mobility Exercises

Exercise	Sets/ Reps Rest Periods	Advice
Tread the Needle Stretch 	3x 8 reps per side (10 second rest between each set)	Kneel down, create gap with hands, and use opposing hands and arm to 'thread the needle' and make equal stretches per side of the body.
Downward Facing Dog Pose 	3x 20 second position holds (10 second rest between each set)	Get onto hands and knees, push up from knees into 'L-Shape' and push back with hands and hips until stretch is created in the lower back.
Hip Flexor Stretch – With Reach 	3x 10 reps per leg (10 second rest between each set)	Make lunge movement with lower body, and whilst maintaining balance extend arm and hand high to create upper body stretch.
Seated Hip Flexor Stretch (Hurdle Stretch) 	3x 10 reps per leg (10 second rest between each set)	Sit with glutes fixed on the ground, flex one leg at right angles and stretch down opposing leg as far as possible. Perform for desired set and rep range.
Lent Forward Foot Hold 	3x 20 second position holds (10 second rest between each set)	Sit with legs and knees flexed towards the body, push down with arms and hands on the knees to create 'v-position'. Gradually create tension and release.

Finisher Exercise: x2 30 second Walking Calf Raises (10 second rest)

Top Tips

- ✓ It is important to mention that all these exercises and stretches should be performed to points of discomfort. If you feel any discomfort stop and reset. Remember to control the breathing rate.
- ✓ How can you benefit from these exercises?
 - One plus is greater range of motion.
 - Greater flexibility means greater strength and greater power production.
 - Increased functional and daily movement activity.
- ✓ To make walking calf raises more 'home-based' perform x2 20 reps of static calf raises on the first step of your stairs or other household platform.
- ✓ Always focus on repetition quality and the slower the movements are performed the greater the long- term benefits.

