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Dolphins Land Training Session 1

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Basic Flexibility & Core Strength

Happy And Angry Cats



Happy And Angry Cats

- Kneel on floor in a table position
- Arch the back and tuck the head in to your chest & hold for 2 sec
- Completely reverse the position by making the back as concave as possible and extend the head up & hold for 2 sec
- Repeat 10 times each

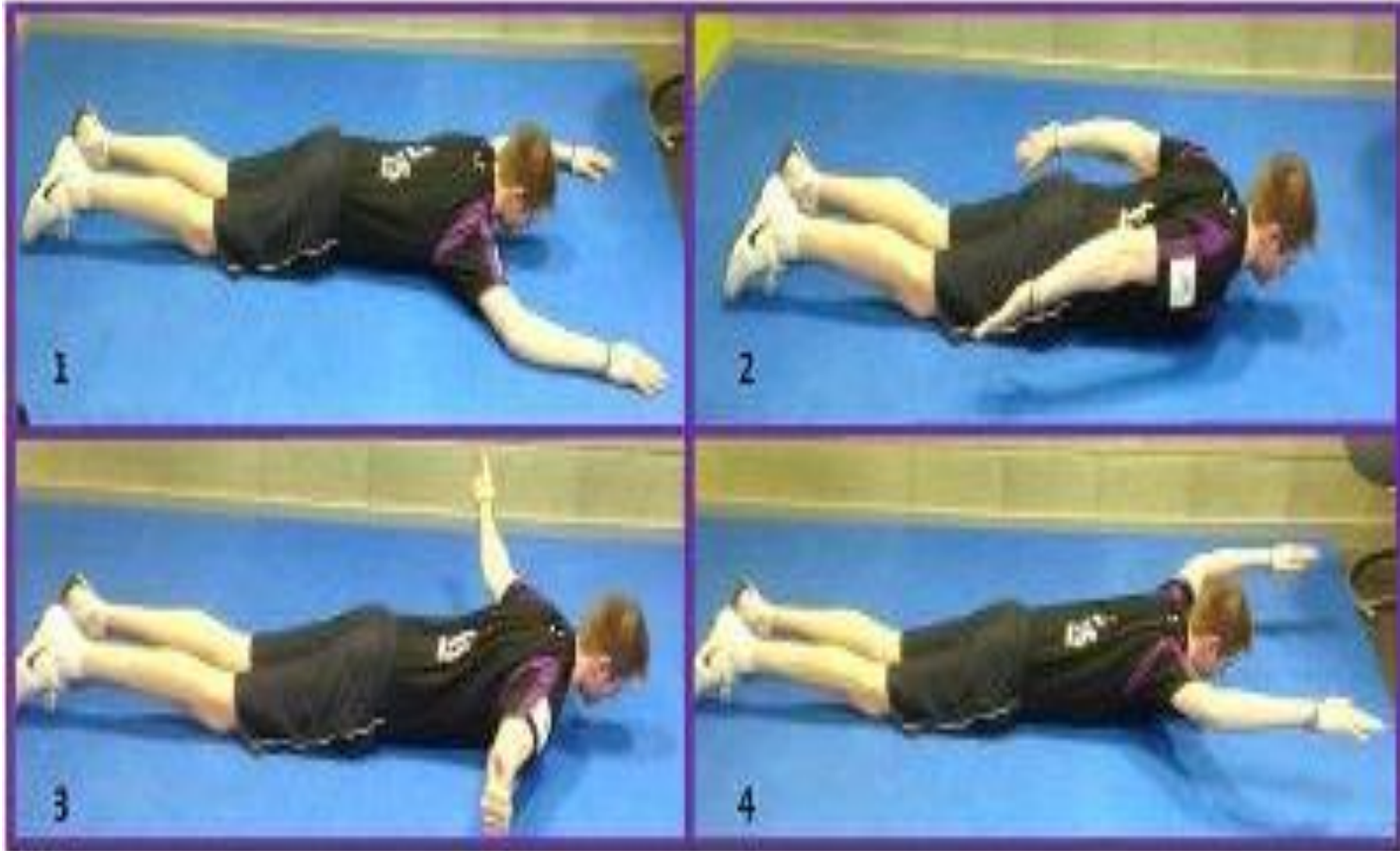
Plantar Flexion Stretch



Plantar Flexion Stretch

- Sit on the floor with your feet behind you. Ensure the heels do not stick out sideways.
- Lean back as far as you can to stretch the top of your foot. This will hurt most athletes
- Hold for 30 sec

Dynamic Blackburns



Dynamic Blackburns

- Lie face down on the floor with your hands palm up on your bum and your forehead on the floor.
- Pull the hands up the spine as far as they will go.
- Extend the hands out in a crucifix position and then turn the palms down over and pull in the shoulder blades.
- Raise the hands straight above the head with touching the floor if possible.
- Return to the start position through the reverse. Crucifix, back of the hand to spine then to the bum.
- Repeat 8 times

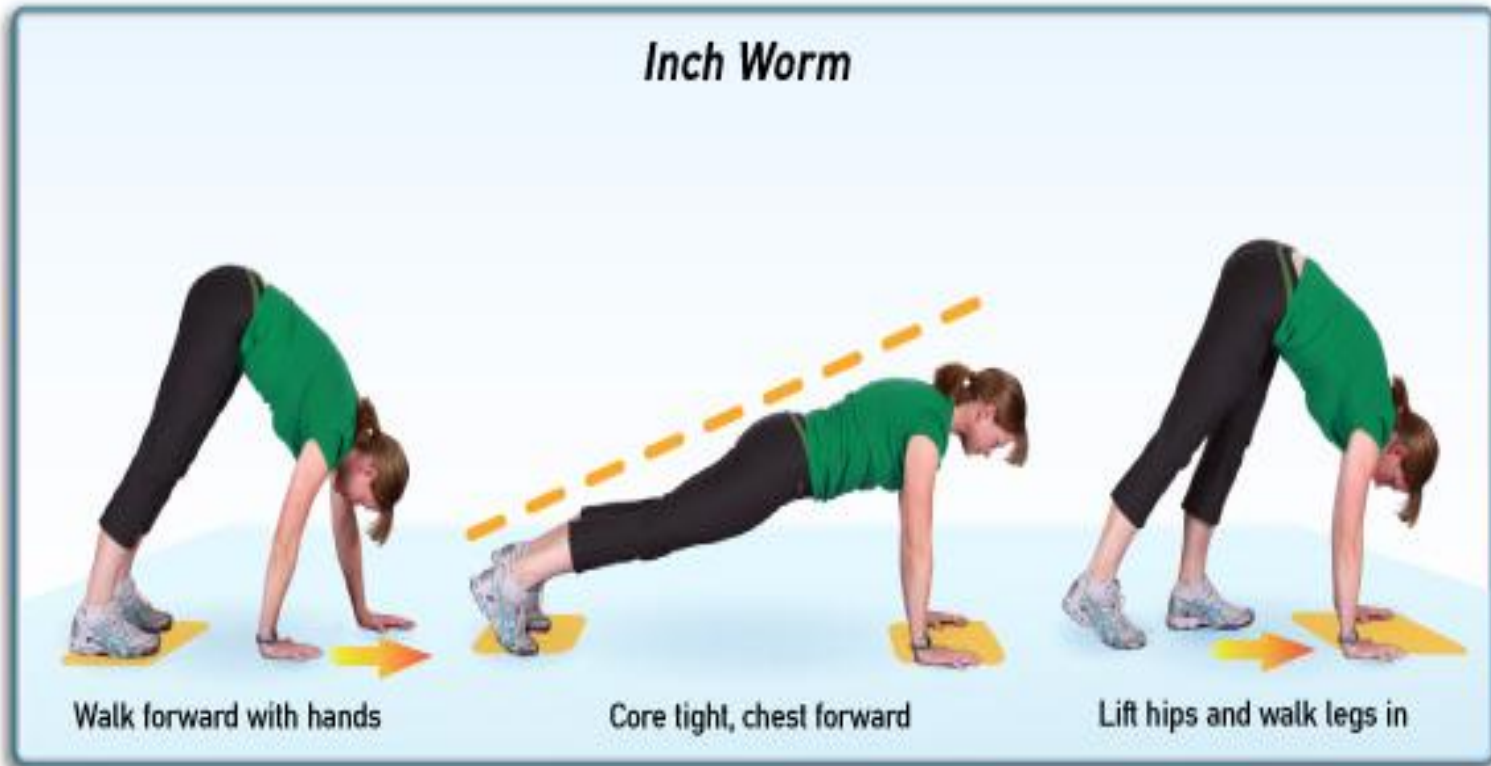
Wall/Floor Angels



Wall/ Floor Angels

- Lie on the floor on your back with knees raised and feet flat on the floor
- Ensuring the spine stays on the floor place your arms out to the side in an L position.
- Keeping the elbows and fingers on the floor, raise the hands as far as possible.
- If this is easy, adopt the same position against a wall. Bend the knees to get the spine on the wall.
- Repeat 8 times

Inch Worm



Inch Worm

- Bend over with straight legs until the fingers are on the floor.
- Keeping the heels on the floor, walk the hands out until you have a straight back (in a press up position)
- Walk your feet up towards your hands pressing the heels down each step.
- Stand up.
- Repeat 5 times.

Mountain Climbers



Mountain Climbers

- Start in a press up position.
- Without lifting the bum, slowly bring the right knee up towards the left elbow and return to the start position.
- Repeat with the Left knee.
- Complete 10 times on each side.

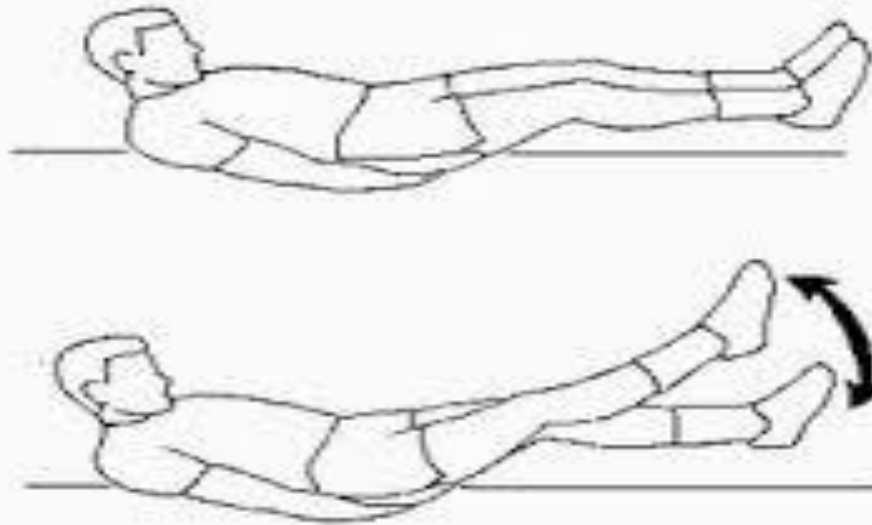
Deep Toe Squat



Deep Toe Squat

- Stand with feet slightly wider than shoulder width apart.
- Keeping heels on the floor, squat down so your bum almost touches your ankles.
- With your arms inside your knees, place your fingers firmly under your toes.
- Straighten your legs by lifting bum.
- Return to squat position.
- Repeat 10 times.

Leg Flutters



Leg Flutters

- Lie on your back on the floor.
- Place your hands in a triangle under your bum.
- Pull in core and raise the legs in to the start position.
- Raise each leg in turn in quick succession.
- Repeat for 1 min.

Plank



Plank

- Balance on your toes and elbows.
- Squeeze shoulder blades. Tighten core, glutes (bum) and quads (thighs).
- Look down at your hands.
- Maintain for 1 min.

Pointer Dog



Pointer Dog

- Start in the kneeling table position.
- Lift right arm and left leg. Push straight out as hard as possible.
- Return to start position.
- Repeat with other arm and leg.
- Repeat 10 times on each side.

Single Leg Bridge



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Single Leg Bridge

- Lie on the floor, knees up and feet flat on the floor.
- Balance on the shoulder blades and one foot with the other foot extended out in front.
- Raise the bum up, hold for 2 sec and return almost to the ground.
- Repeat 10 times on each side.

Kettle Bell Squats



Kettle Bell Squat - Conditioning

- Hold the kettle bell close in to your chest.
- Without leaning forwards, push the bum out in to a sitting position.
- Return to the start position.
- If athlete cannot squat without knees going in front of the toes, do this exercise facing the wall with toes 10 cm from the wall.
- Repeat.

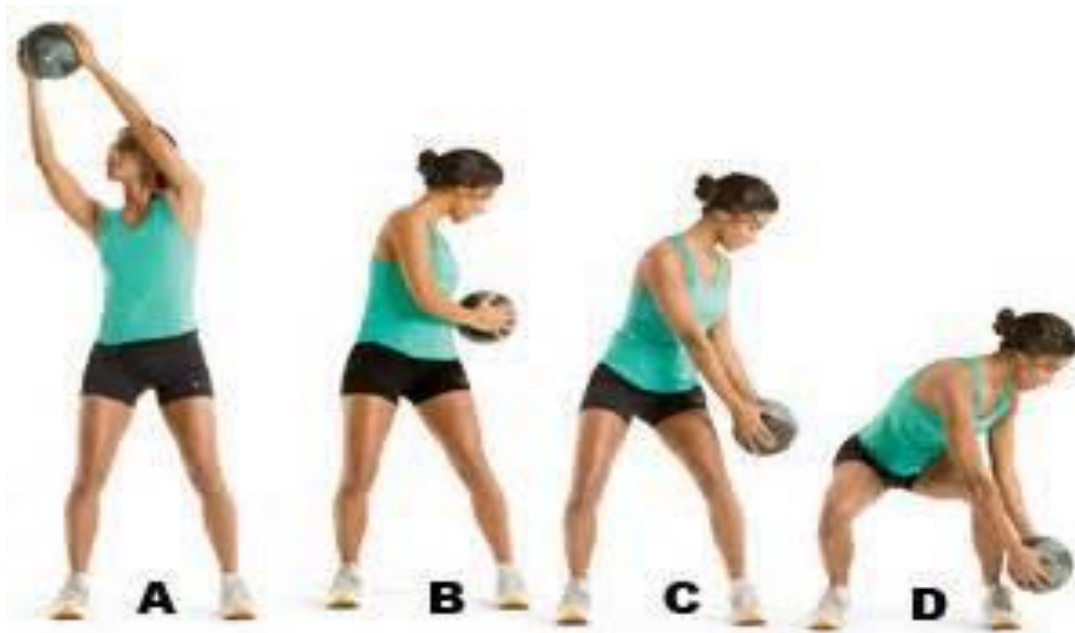
Burpee - Conditioning



Burpee - Conditioning

- Start in a standing position.
- Crouch down with hands on the floor
- Push feet out until in the press up position.
- Bounce back to crouch position.
- Explode up and jump as high as you can.

Kettle Bell Twist - Conditioning



Kettle Bell Twist - Conditioning

- Hold the kettle bell two handed to the right of your right hip (c)
- Rotate left and diagonally up above the head.
- Return past the start position and squat slightly until the kettle bell is beside the right knee.
- Repeat.