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Dolphins Land Training Session 2

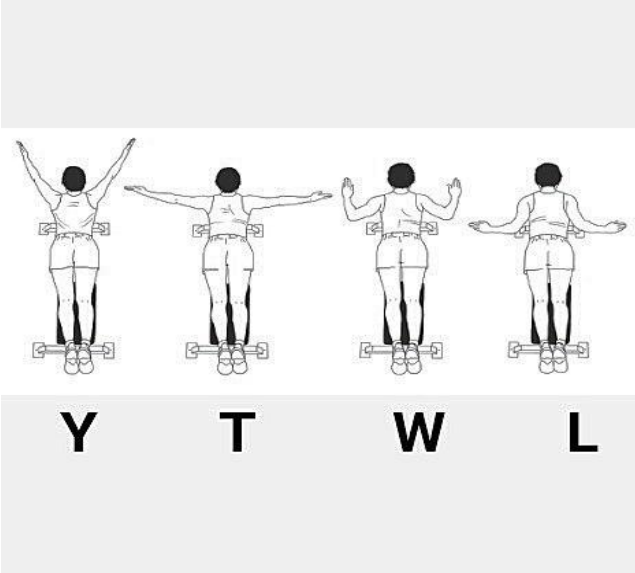
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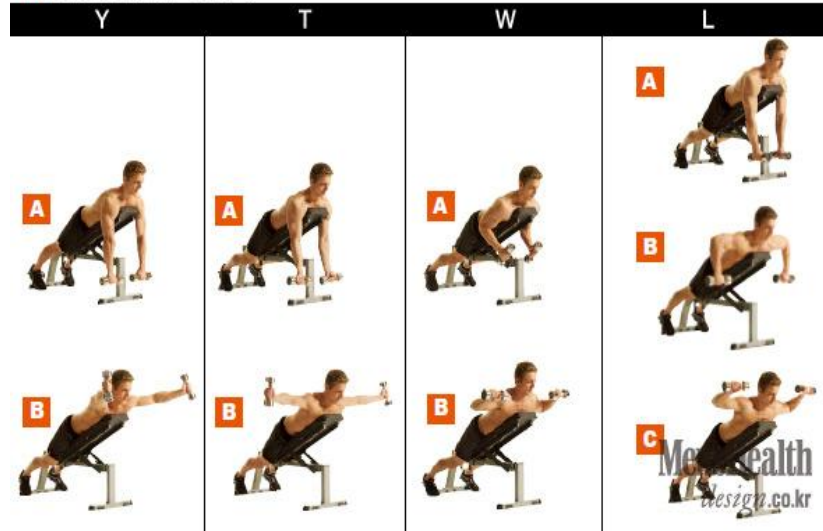
Arm & Shoulder Strength & Flexibility

All these exercises can be done with weights for strength or as body weight only for flexibility and rehabilitation.

Y T W L



2 A YTWL 덤벨 레이즈 시리즈



YTWL

- Stand making the Y, T or W shape.
- Push the shoulder blades back and down in each position by pressing the hands backwards 10 times.
- In the L position push back as above.
- In the L position rotate arm so hand is pointing down to the horizontal position.

Coaching point:- 2 versions. Dependant on shoulder stability. Do not let the shoulders round.

Can be done as WTWLL

Retract, Rotate, Slide



Retract, Rotate, Slide

- Stand against the wall, bend knees slightly so spine is against the wall and the arms straight out in front of you.
- Push the shoulder blades back and down.
- Pull the elbows on to the wall and rotate so hand touches the wall.
- Slide hands above the head until the fingers touch together.
- Return to the starting point.

Coaching point:- Some will find this easy, others will not be able to touch the wall with their elbows or hands. Work on getting closer to the correct position.

Lying Kettlebell Lift



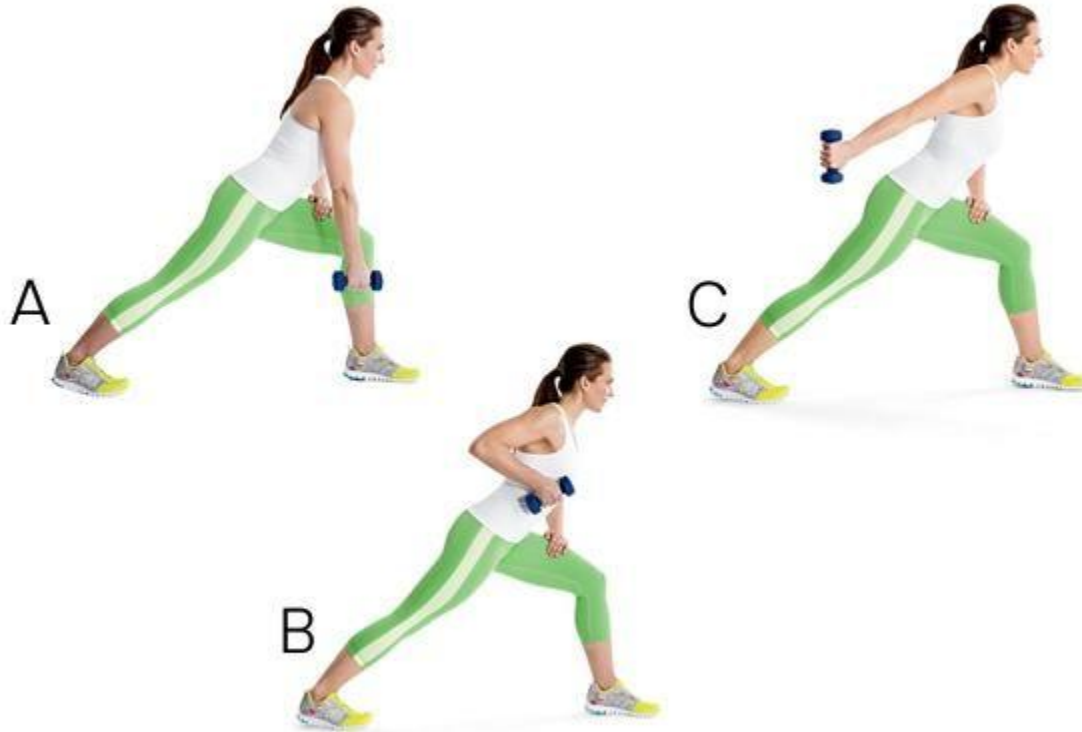
Lying Kettlebell Lift

- Start lying on the mat.
- Lift knees and put ankles together
- Hold the kettlebell above the head.
- Lower the kettlebell towards the floor and lift back up.

Coaching point:- Ensure kettlebell is not lowered beyond the comfortable range of movement.

Regression. Place feet on floor with knees raised.

Kettlebell Kick Back



Kettlebell Kick Back

- Stand with one foot in front of the other and lean forwards slightly with kettlebell hanging straight down (A).
- Lift elbow straight up (B).
- Lift the hand backwards until arm is straight (C).
- Return to start.

Close Grip Push Up



Close Grip Push Up

- Start in the classic push up position.
- Narrow the hands until fingers and thumbs are touching
- Lower body in a straight line without letting the elbows come out to the side.
- Push back up keeping body straight.

Regression. Do the press up on knees.

Kettlebell Tate Lift



Kettlebell Tate Lift

- Start lying on the mat with feet flat on floor and spine on floor.
- Hold the kettlebell close to the chest
- Push kettlebell straight up from the chest and lower back to the chest.

Curl & Press



Curl & Press

- Stand with the arms down and fingers facing out over.
- Without moving the elbows, curl hands up to shoulders.
- Turn the hands 90 degrees and push straight up above the head.
- Return to the start position moving backwards through the movement.

Forwards & Lateral Deltoid Lift

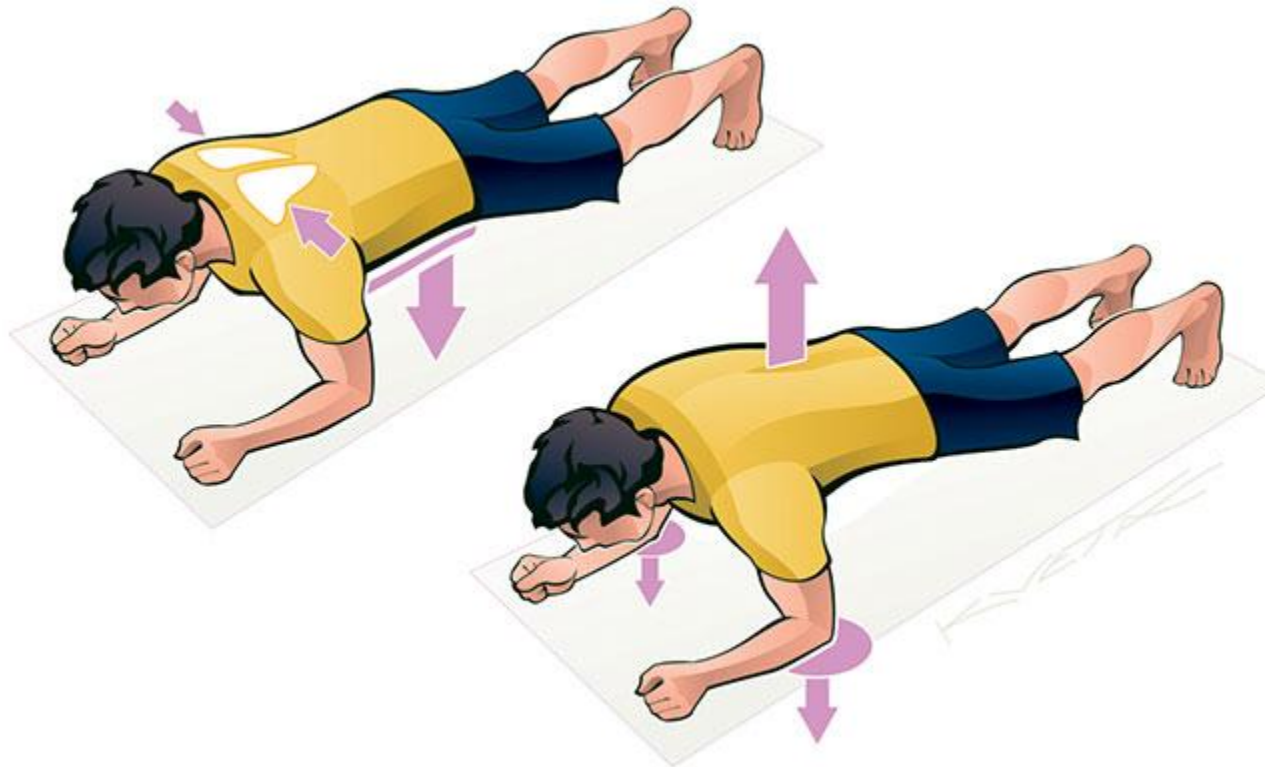


Forwards & Lateral Deltoid Lift

- Start Standing with the hands by the side.
- Lift the right hand out to the side and lift the left hand out to the front.
- Return to the start position.
- Repeat with left arm out to side and right arm to the front.

Coaching point:- Keep shoulder blades back and down at all times.

Plank Shoulder Press



Plank Shoulder Press

- Start in the plank position. Core tight and glutes (bum cheeks) pulled in.
- Drop the chest towards the floor and pull the shoulder blades in towards each other.
- Lift the chest back up by pressing through the elbows.

Crab Walk



Crab Walk

- Start lying on the mat and make a table with your body.
- Walk forwards and backwards 10 steps.

Coaching point:- Keep glutes tight and tummy up.

Plyometric Push Up



Plyometric Push Up (Clapping Press Up)

- Start lying in the classic push up position but on your knees.
- Explosively push up so your hands come off the floor and clap your hands together.
- Complete the downward portion of the press up as normal.

Hollow Hold - Conditioning



Hollow Hold - Conditioning

- Sit on the floor and lean back.
- Lift feet off the floor and balance for 20 seconds.

Coaching point:- Don't let the shoulders round

Windscreen Wiper - Conditioning



Windscreen Wiper - Conditioning

- Start lying on the mat with arms stretched out sideways and bring your knees up towards the body.
- Without lifting the shoulders from the floor lean the knees to one side, trying to touch the floor with them.
- Bring the knees back to the centre and lean to the other side.
- Continue to do this for 20 sec.

Coaching point:- The closer the knees are to the torso, the easier the exercise is.

One Legged Stance with arm Swings - Conditioning



One Legged Stance with arm Swings - Conditioning

- Stand on one leg with the knee at 90 degrees.
- Hold your arms as if you were running and swing them backwards and forwards.
- Hold this for 20 sec. For each round, swap legs.

Coaching point:- Ensure toes are in line with the knees