

24:7

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Dolphins Land Training Session 3

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Leg & Back Strength & Flexibility

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

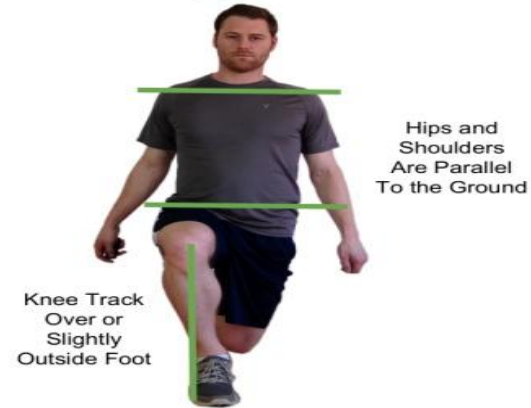
Spiderman Twist



Spiderman Twists

- Adopt the Press Up position
- Bring Right foot up to the outside of the right hand
- Lift the left hand off the floor and rotate to the vertical position
- Repeat on the other side

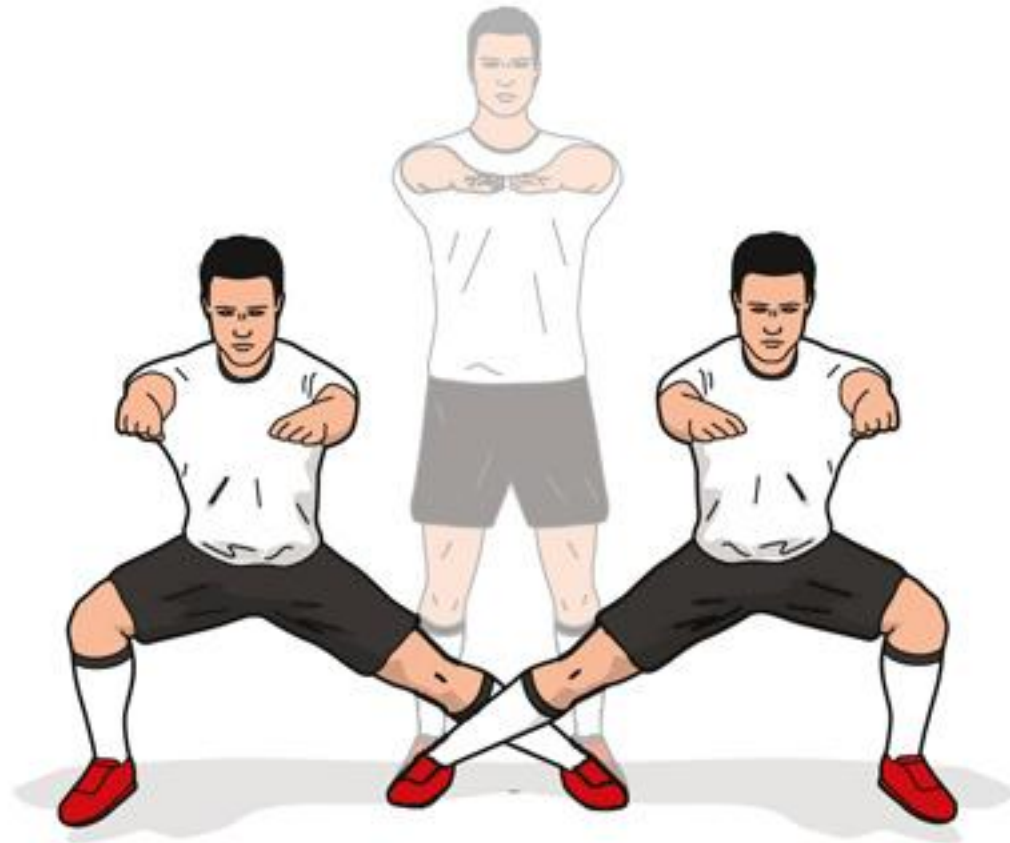
Split Squat



Split Squat

- Start with feet forwards and back of the centre
- Lower knee towards floor
- Make a 90 degree angle with both knees
- Push up through glute and back foot

Front and Lateral Lunge



Front and lateral Lunge

- Front – step in to split squat
- Lateral – Step sideways taking weight on outer leg keeping knee over foot
- Push up with outer leg

External and internal Rotation



External and Internal Rotation

- Sit on floor bending one foot in as if you were going to sit cross legged
- Put the other foot behind with foot towards the middle
- Stretch gently for 30 sec on each side
- If there is any pain, do not do this

Scorpion Stretch



Scorpion Stretch

- Lie face down on the floor with arms outstretched
- Lift one foot over the back and try to touch the opposite hand whilst lifting the knee as high as possible
- Hold for 20-30 sec on each side

Lateral Shuttle Runs



Lateral Shuttle Runs

- Move sideways only for 3 steps. No forward movement
- Touch the floor then shuttle the other way

Single leg Bridge



Single Leg Bridge

- With feet flat on the floor lift hips as high as possible
- Lift one foot to 90 degrees and hold for 30 sec

Romanian Deadlift



Romanian Deadlift

- Stand on one foot holding the kettle bell in opposite hand
- Lean forwards until you feel a stretch in hamstring
- Do not let your hips lift at the back
- Do 5 each side without touching your foot to the floor

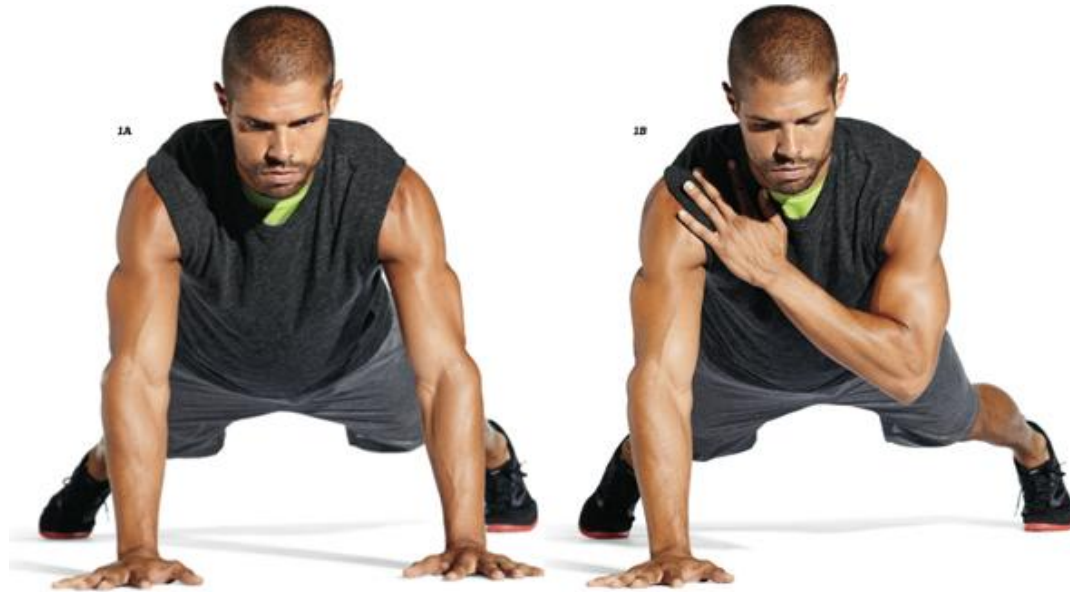
Single leg bridge from Crab



Single leg Bridge form Crab

- Adopt the crab position
- Lift up on foot to straight out without dropping the tummy
- Repeat on both sides 10 times

Shoulder Tap



Shoulder tap

- Adopt the Press Up position but with slightly wider feet
- Touch hand to opposite shoulder without hips dropping or moving
- Repeat slowly 5 times on each side

Plank to Press



Plank to Press

- Adopt the Press Up position
- Lower yourself in to the plank position and back up again without moving hips
- Repeat slowly 5 times on each side

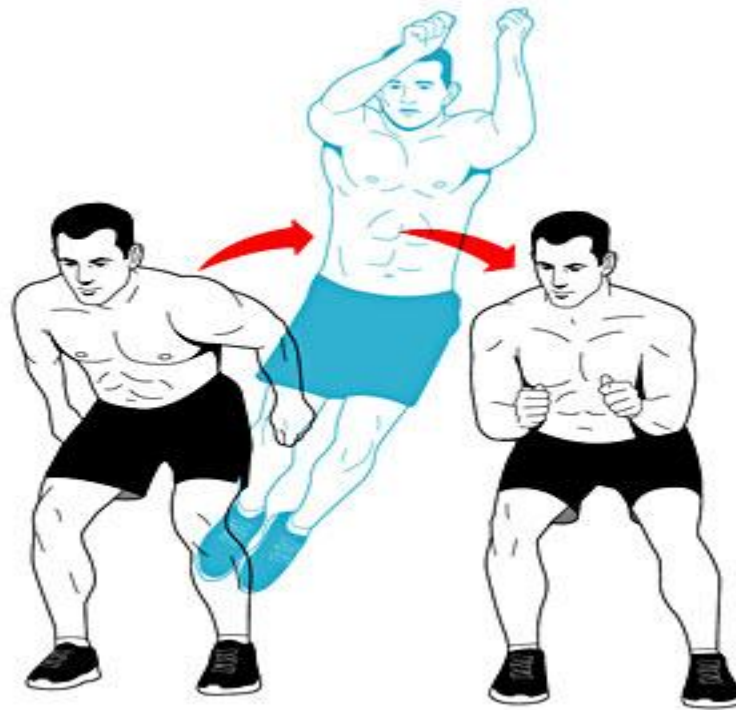
Lateral Broad Jump - Conditioning



Lateral Broad Jump - Conditioning

- Start in a half squat position
- Dip in to a full squat and explode up in to a jump raising arms above head
- Repeat for 30 sec

Lateral Bounds



Lateral Bounds

- Jump explosively from side to side for 30 sec
- Maintain upright body

Halo Rotations



Halo Rotations

- Lift the kettle bell in front of your chin
- Rotate it round your head keeping it as close to the head as possible
- 5 times in each direction