

# PERFORM



## PERFORMANCE | STRENGTH · BALANCE · POWER

Perform at Training or Home - 5 minutes (Complete all Exercises 2 to 3x/week)

### LEVEL 1



#### THE BENCH STATIC

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets.

### LEVEL 2



#### THE BENCH ALTERNATE LEGS

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets.

### LEVEL 3



#### THE BENCH ONE LEG LIFT AND HOLD

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. 3 sets.



#### SIDWAYS BENCH STATIC

**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.  
**Exercise:** Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.



#### SIDWAYS BENCH RAISE & LOWER HIP

**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.  
**Exercise:** Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.



#### SIDWAYS BENCH ONE LEG LIFT

**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.  
**Exercise:** Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.



#### SINGLE-LEG STANCE HOLD THE BALL

**Starting position:** Stand on one leg.  
**Exercise:** Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. 2 sets.



#### SINGLE-LEG STANCE THROW BALL TO PARTNER

**Starting position:** Stand 2-3 m apart from your partner, with each of you standing on one leg.  
**Exercise:** Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. 2 sets.



#### SINGLE-LEG STANCE TEST YOUR PARTNER

**Starting position:** Stand on one leg opposite your partner and at arms length apart.  
**Exercise:** Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. 2 sets.



#### JUMPING VERTICAL JUMPS

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips if you like.  
**Exercise:** Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets.



#### JUMPING LATERAL JUMPS

**Starting position:** Stand on one leg with your upper body held in, throw the ball slightly from the waist, with knees and hips slightly bent.  
**Exercise:** Jump approx. 1m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. 2 sets.



#### JUMPING BOX JUMPS

**Starting position:** Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it.  
**Exercise:** Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. 2 sets.

## COOLDOWN | PERFORMANCE · RESILIENCE

Perform at the End of Training or Home - 5 minutes (Complete all Exercises 2 to 3x/week)

### LEVEL 1



#### HAMSTRINGS BEGINNER

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Start with 1 set of 3-5 reps. Progress to 1 set of 8-10 reps with good technique. When comfortable you can progress to the next level.



#### HAMSTRINGS INTERMEDIATE

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Perform 2 sets of 6-8.



#### HAMSTRINGS ADVANCED

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Progress to performing 3 sets of 8-10 reps with good technique.



#### QUADRICEPS WITH TOE RAISE

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips if you like.  
**Exercise:** Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. 2 sets.



#### QUADRICEPS WALKING LUNGES

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips if you like.  
**Exercise:** Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. 2 sets.



#### QUADRICEPS ONE-LEGGED SQUATS

**Starting position:** Stand on one leg, loosely holding onto your partner.  
**Exercise:** Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. 2 sets.



#### GROIN/ADDUCTORS LEVEL 1

**Starting position:** Lie on your side with the bottom leg straight and the top leg flexed to 90 degrees at the hip and knee.  
**Exercise:** Lift your bottom leg straight up and hold it for 4-5 secs. Start with 1 set of 3-5 reps. Progress to 1 set of 8-10 reps with good technique. When comfortable you can progress to the next level.



#### GROIN/ADDUCTORS LEVEL 2

**Starting position:** Lie on your side with one forearm as a support on the floor and your other arm placed along the body. Have your partner kneel and place your top leg on their thigh.  
**Exercise:** Raise your body from the floor and lift your bottom leg to the top leg so your feet touches your partners thigh. Repeat while keeping your body elevated. Start with 1 set of 3-5 reps. Progress to 1 set of 7-10 reps. When comfortable you can progress to the next level.



#### GROIN/ADDUCTORS LEVEL 3

**Starting position:** The same set up position as level 2. This level includes an eccentric lower component for the upper leg.  
**Exercise:** Your bottom leg is still lifted upwards and then the body is lowered halfway to the ground while the foot of your bottom leg is lowered so that it just touches the floor without using it for support. This should be done slowly for a duration of 3-4 secs. Start with 1 set of 3-5 reps. Progress to 1 set of 12-15 reps.