

Fitness

Things you will need to do this at home:

1x Exercise ball

1x 5kg/10kg weight disc

1x Pair adjustable dumbbells

1x Stable Chair

1 x Medicine Ball

Cardio

Interval training is one the most effecting ways to dramatically improve sports performance to help with recovery times between races and can be done running, cycling, rowing and swimming.

Interval training is very simple you go fast and go slow; it is best done 2 to 3 times a week.

Here is an example you can use in your training:

Work Rest

2 Minutes 30 Seconds

5 Minutes 1 Minutes

3 Minutes 45 Seconds

2 Minutes 1 Minute

5 Minutes 30 Seconds

When using these intervals, you can choose to stick to the same time intervals (e.g. do 2 minutes hard and 30 seconds slow for the duration of the workout) or mix it up with different time intervals as you go through your session. This type of training can generally be done for about 20 to 30 minutes.

Depending on your fitness level the pace will need to be changed so you can make it to the end of training.

Exercises

Ball and weight exercises

1. Sit on an exercise ball and holds a 5kg to 10kg weight disc like a steering wheel
2. turning from left to right holding in the middle 10 to 20 reps per side 30 do 3 sets



Wrist exercises

Using a 3kg weight hold the dumbbell turning only at the wrists 10-20 repetitions do 3 sets.



Medicine Ball Crunches /Rotates

1. Lie on your back holding a medicine ball above your head with your feet off the floor
2. With your arms straight rises the ball over your head while brining your legs up to touch the ball.



Dumbbell Lunges

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold weights in each hand if desired and bend the knees to lower the body towards the floor.
Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back to starting position.
4. Don't lock the knees at the top of the movement.
5. Perform 3 sets of 8-16 reps.



Tricep Dips

1. Sit on a bench or chair.
2. Begin with the hands next to or slightly under the hips.
3. Lift up onto the hands and bring the hips forward.
4. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.
5. Push back up without locking the elbows and repeat for 10-16 reps.



Push Ups

1. Lying face down onto the floor place hands flat on the floor shoulder width apart
2. Keeping your feet together push yourself up looking forward to keep your back straight
3. Then lowering yourself till your arms are 90 degrees making sure you keep looking forward.
4. Perform 3 sets of 8-16 reps.



Dumbbell Curls

1. Stand straight up, with your head up and your legs straight.
2. Start with the dumbbells at arm's length with your palms facing in.
3. Curl dumbbells up at the same time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement.
4. Do NOT swing and do NOT move your elbows. They should stay in the same place during the whole movement. Keep your arms close to your side.

