



# NetballSmart

## Preparation Programme

Self-sufficient exercises to prepare you for Netball



# Preparation Programme

A resource to support all Netball players with a programme to prepare for Netball. Included is a weekly calendar to help you to plan your preparation.

## Length of programme - 4 - 6 Weeks

Grow your physical capacity, fitness and strength, core and balance so you are ready for the Netball when it starts and also to support your game play during the season. In addition exercising regularly helps with overall health and mental wellbeing.

Grow your capability, reap the rewards and enjoy your Netball.

**“A player who can cope with the physical demands can explore the game”**  
– Sandra Edge, Silver Fern #75

## Participation

This programme has been developed for the Secondary School players in mind but is a useful resource that can be used for all Netball players who want to prepare well for a season and get the most out of their Netball. It complements other Netball Programmes that have been developed by Netball New Zealand (NNZ).

# Programme Design

The programme involves the following resources:

- Body weight strengthening
- Core control and stability
- Fitness/cardio circuits
  - Netball court/field-based circuits
  - Home-based circuits
- Combined sessions

There are several ways you can approach this programme, providing variety as well as the necessary preparedness for Netball. The programme includes a ‘weekly outline’ template to assist in your planning.

**Start with:** 2 rest days, 2 fitness/cardio circuit days, 2 core control and stability days and 1 body weight strengthening.

**Progress over a few weeks to:** 1 rest day, 3 fitness/cardio circuit days, 1 body weight strengthening, 1 core control and stability day and 1 combined body weight strengthening/core control and stability day.

**OR**  
Combine cardio, body weight strengthening and core control and stability into one session and do 3-4 times a week (combined sessions).

Have fun and enjoy!



# Planning your Week

## Week 1 and 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Netball court / field-based circuit  OR Choose a running or biking session	Home based circuit	Rest	Core control and stability	Rest  Go for a walk	Netball court / field-based circuit  OR Choose a running or biking session	Core control and stability  Go for a walk or bike ride
			Do 8 exercises from the core control and stability programme			Do 6 exercises from the core control and stability programme

## Week 1 and 2 Alternative

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home based circuit  OR Choose a running or biking session	Body weight strengthening	Rest	Home based circuit	Rest  Go for a walk	Home based circuit  OR Choose a running or biking session	Core control and stability  Go for a walk or bike ride
	Do 8 exercises from the body weight strengthening programme					Do 6 exercises from the core control and stability programme

## Week 3 and 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Netball court / field-based circuit  OR Choose a running or biking session	Body weight strengthening	Rest	Core control and stability	Rest  Go for a walk	Netball court / field-based circuit  OR Choose a running or biking session	Combined body weight strengthening and core control and stability  Go for a walk or bike ride
	Do 8 exercises from the body weight strengthening programme		Do 8 exercises from the core control and stability programme			Do 6 exercises from each programme



# Planning your Week

## Week 3 and 4 Alternative

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home based circuit  OR  Choose a running or biking session	Body weight strengthening	Rest	Home based circuit  OR  Choose a running or biking session	Rest  Go for a walk	Home based circuit  OR  Choose a running or biking session	Combined body weight strengthening and core control and stability  Go for a walk or bike ride
	Do 8 exercises from the body weight strengthening programme					Do 6 exercises from each programme

## Week 5 and 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Netball court / field-based circuit  OR  Choose a running or biking session	Body weight strengthening	Netball court / field-based circuit  OR  Choose a running or biking session	Core control and stability  Do 8 exercises from the core control and stability programme	Rest  Go for a walk	Netball court / field-based circuit  OR  Choose a running or biking session	Combined body weight strengthening core control and stability  Go for a walk or bike ride
	Do 8 exercises from the body weight strengthening programme					Do 6 exercises from each programme

## Week 5 and 6 Alternative

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home based circuit  OR  Choose a running or bike session	Body weight strengthening	Home based circuit  OR  Choose a running or bike session	Home based circuit	Rest  Go for a walk	Home based circuit  OR  Choose a running or bike session	Combined body weight strengthening core control and stability  Go for a walk or bike ride
	Do 8 exercises from the body weight strengthening programme					Do 6 exercises from each programme



# Stage One: Body Weight Strengthening Programme

Netball players need to have good core strength and limb control to jump, land and change direction. Strength helps develop the fundamental movement patterns required for Netball, improving performance and reducing injury risk. This programme is designed for novice/younger Netball players and should be done 2-3 times per week. Minimal equipment is required.



## BODY WEIGHT SQUATS

Ensure good squat technique. Push back through hips. Knee in line with toes and not in front of toes.

**DO 20 REPS | DO 2 SETS**  
**Hold a ball**



## ADVANCED BODY WEIGHT SQUATS

Progress to holding weight.

**Do 20 REPS | DO 2 SETS**

Or isometric wall squats. In good squat position. Pelvis against wall. Back away from wall.

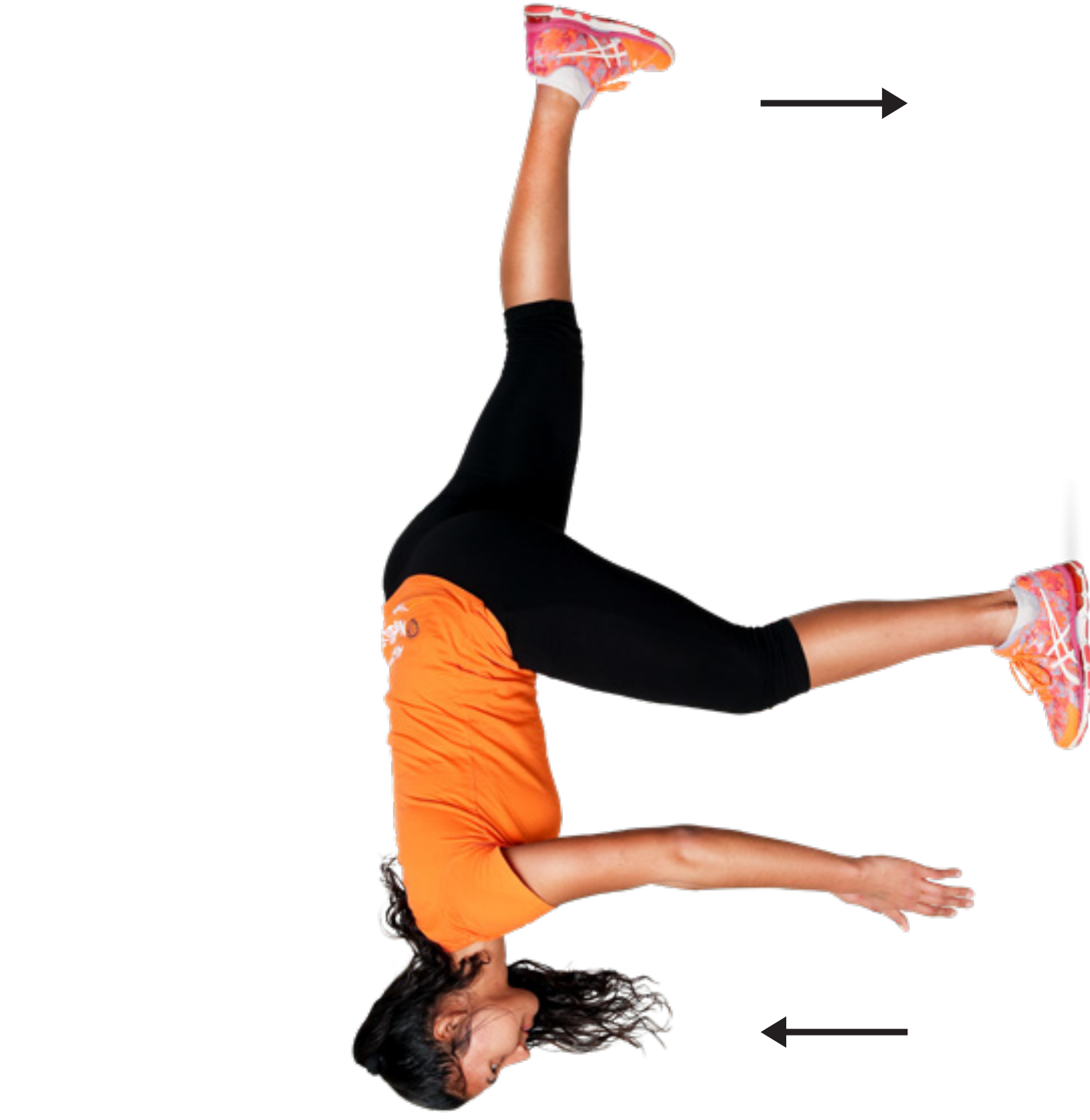
**HOLD 45 - 60 SEC | DO 6**



## SINGLE LEG BRIDGING

Extend 1 leg out. Lift pelvis off ground. Keep thighs in line with each other.

**DO 10 EACH SIDE**  
**DO 2 SETS**



## RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

**DO 10 EACH LEG**  
**DO 2 SETS**

**Progression: Add weight**

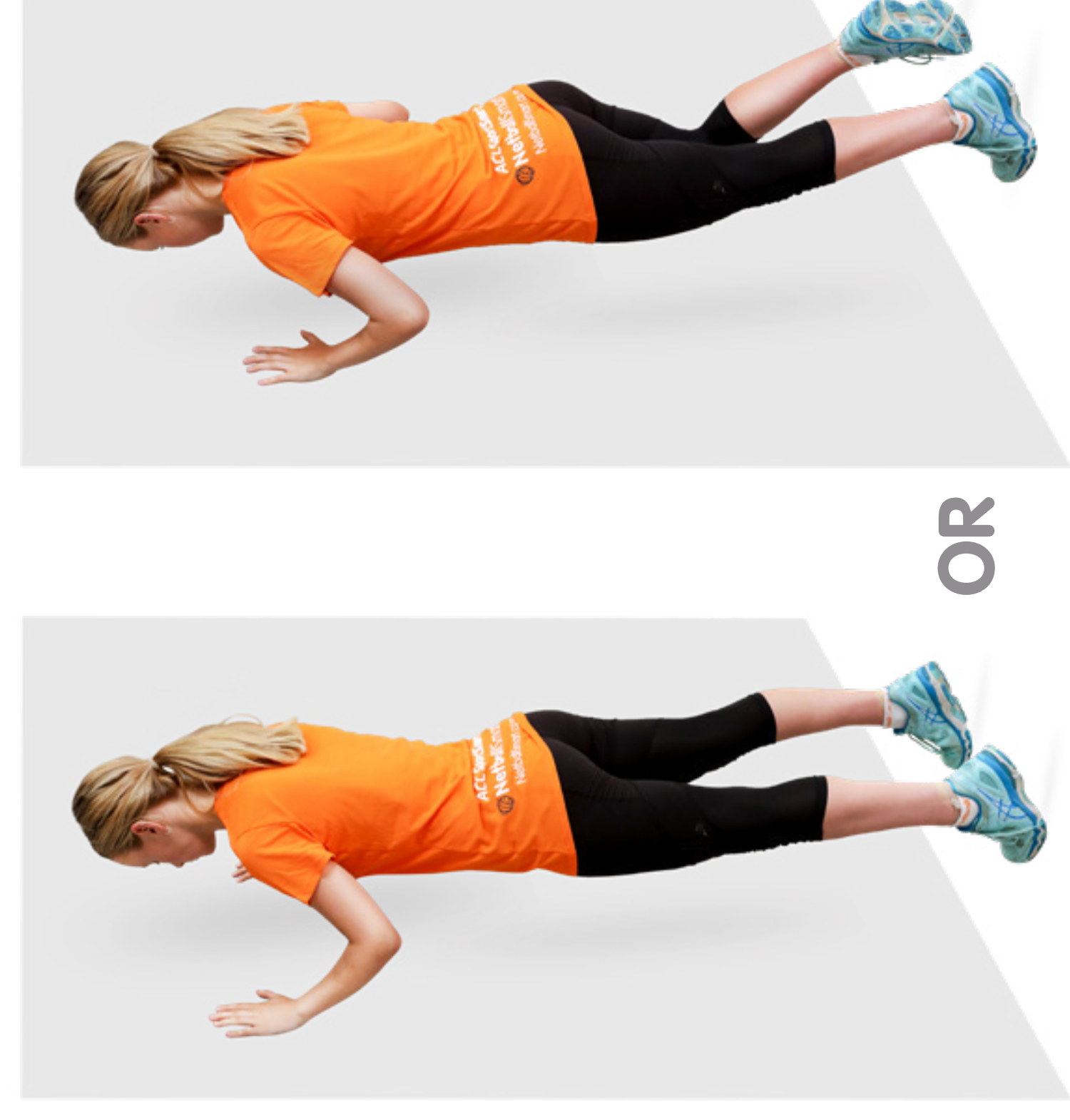


## LUNGE

Strong body and pelvis level. Keep feet shoulder width apart. Knee in line with foot. Knee not in front of foot.

**DO 10 EACH LEG**  
**DO 2 SETS**

**Progression: Use weight above head**



## CALF RAISES

Double leg calf raises.

**DO 10 - 15**  
**DO 2 SETS**

Progress to single leg raises.

**DO 12 EACH LEG**  
**DO 2 SETS**



## STEP UPS

Step up onto box. Bend knee up to 90°. Keep trunk stable.

**DO 10 EACH LEG**  
**DO 2 SETS**



## LATERAL LUNGE

Lunge out to side, strong body pelvis level. Knee in line with foot. Knee not in front of foot.

**DO 10 EACH LEG**  
**DO 2 SETS**



## Stage One: Body Weight Strengthening Programme

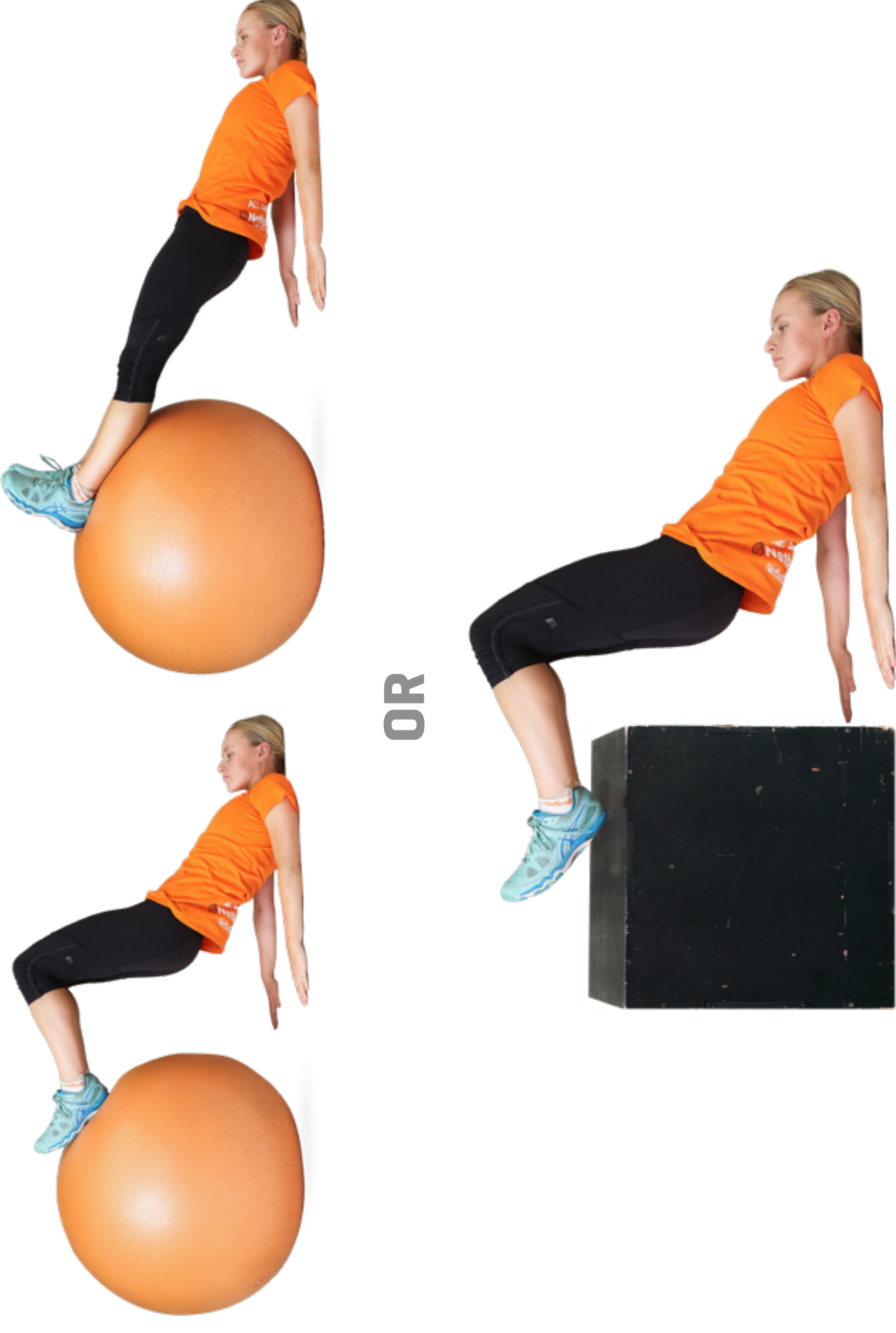


### THE BENCH

**HOLD 10 - 30 SEC | DO 6**

Or bench up to a press up and down to a bench.

**DO 5-10 TIMES**



### SWISS BALL BRIDGING OR HAMSTRING BRIDGE

With a swiss ball. Lift pelvis/hips of the ground. Roll ball in and out keeping pelvis/hips off ground.

**DO 10 ROLLS | DO 2 SETS**

Or using a box or chair, lift pelvis off ground and lower.

**DO 10 | DO 2 SETS**



### PRESS UPS

Press ups is important for core and throwing a ball.

If you can't do a full press up, do it on a bench or chair.

**DO 10 TIMES**

**DO 2 SETS**



### SINGLE LEG SQUATS

Push back through hips. Knee in line with foot and body straight and stable. Squat back onto a box/chair.

**DO 10 EACH LEG**

**DO 2 SETS**



### SINGLE BRIDGE

On a straight arm maintain this position with a strong core. Straight line.

**HOLD 10 - 30 SECS**

**DO 5 EACH SIDE**

### NETBALL/MEDBALL TWISTS

In V sit position rotate ball from left to right. Maintain a good position with a straight back.

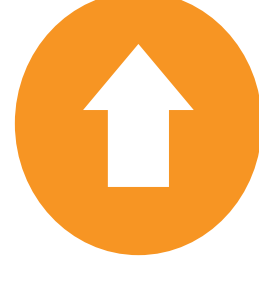
**DO 10 EACH SIDE**

**DO 2 SETS**

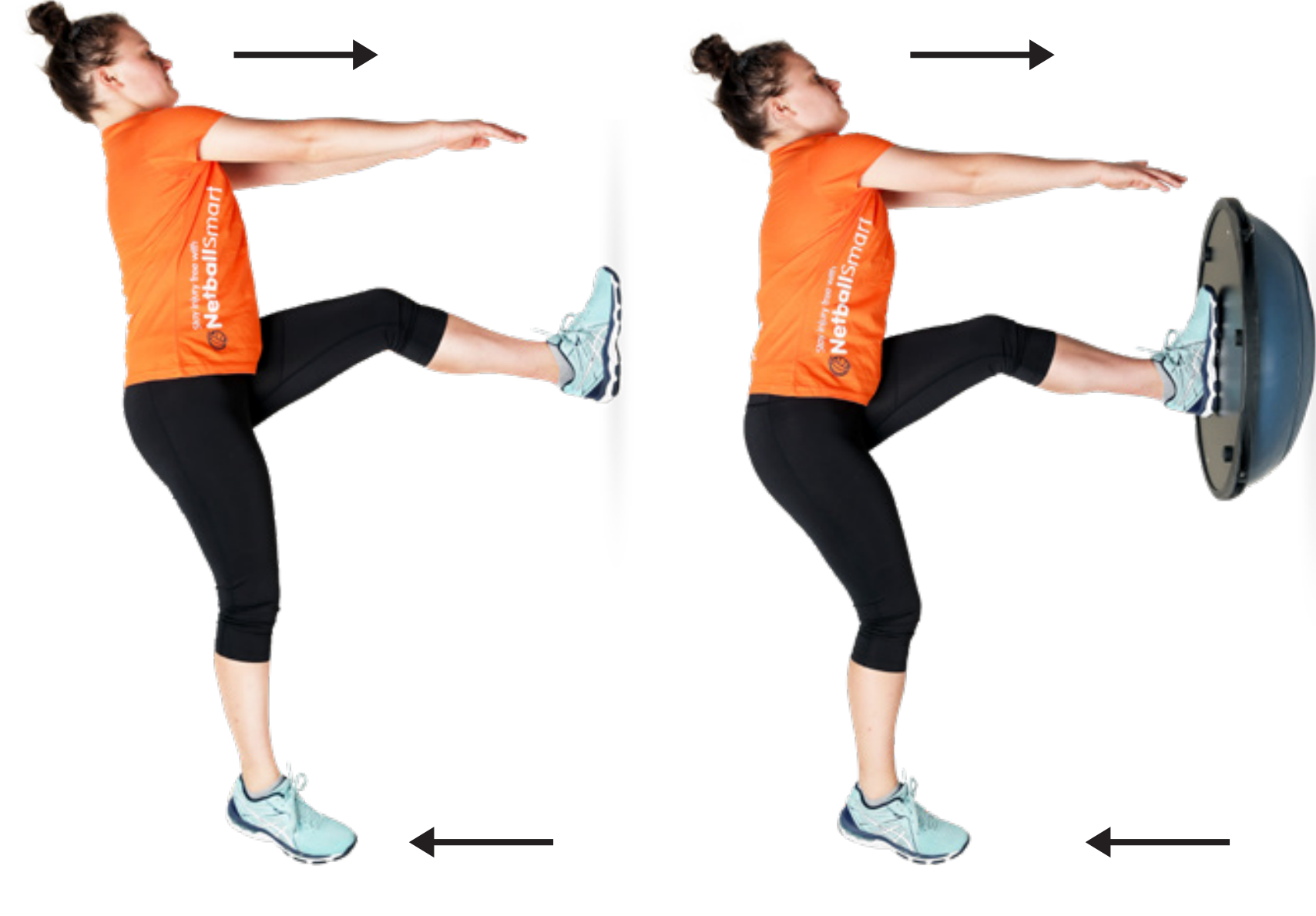


# Stage One: Core Control and Stability for Netball

Netball is a dynamic game involving extreme body movements. Controlling the core and ensuring stability on landing assists performance and helps reduce injury risk. Work on this simple programme 2-3 times a week and develop core control and stability on the court.



## SIMPLE 30 MINUTE WORKOUT



### SIDEWAYS BENCH & KNEE TO CHEST

Lift pelvis off ground. Keep pelvis stable and control rotation of the body. Bend knee to chest.

**DO 8 EACH LEG**



### BENCH AND LIFT LEG OUT TO THE SIDE

Keep pelvis stable and back stable. Control rotation of the body.

**DO 8 EACH LEG**



### MOUNTAIN CLIMBER

Press up position and bend knee to chest. Keep back completely straight.

**DO 8 EACH LEG**



### RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

**DO 8 EACH LEGS**

Make it more difficult. Do it on a bosu ball.



### ROTATE BALL OR MEDBALL AROUND HEAD

Keep trunk stable.

**DO 8 EACH DIRECTION**



### RDL AND OPEN OUT

Do RDL and then open out. Keep stable. Return to RDL position and then stand up.

**DO 8 EACH LEG**



### BALL THROW

Ball throw in pairs. Move ball around waist and throw back. Stabilise trunk.

**DO 8 EACH LEG**

Vary pass: Overhead, chest, bounce pass.



### BALANCE & ROTATE

Balance on one leg with ball at chest. Rotate leg to one side and ball to the opposite side. Repeat in other direction.

**DO 8 EACH LEG**



**NETBALL**  
NEW ZEALAND  
POI TARAWHITI AOTEAROA

**ACC SportsSmart**





# Stage One: Core Control and Stability for Netball

Simple 30 minute workout



## LUNGE AND ROTATE

Lunge forward with knee in line with foot. Trunk strong. Rotate arms to the side of the front leg. Control rotation.

**DO 8 EACH LEG**



## PRESS WITH ARM LIFT

Press up position and pull one elbow back into retraction. Keep back completely straight.

**DO 8 EACH ARM**



## LEG SWINGS

Swing leg out to side, across front of body and then out and behind the body. Keep trunk stable and maintain balance.

**DO 8 EACH LEG**

ADD BALL - HOLD BALL IN HAND



## PROP FORWARD AND LAND WITH BALL

Prop forward and land on line on court. Land with ball out to side (landing leg). Ensure trunk is strong and straight. Knee is in line with foot. Knee bent.

**DO 8 EACH LEG**



## LEG SWINGS TO LANDING

Swing leg from back to front while hopping forward. Land on one foot. Bend knee in line with foot. Keep trunk stable and maintain balance.

**DO 5-8 EACH LEG**



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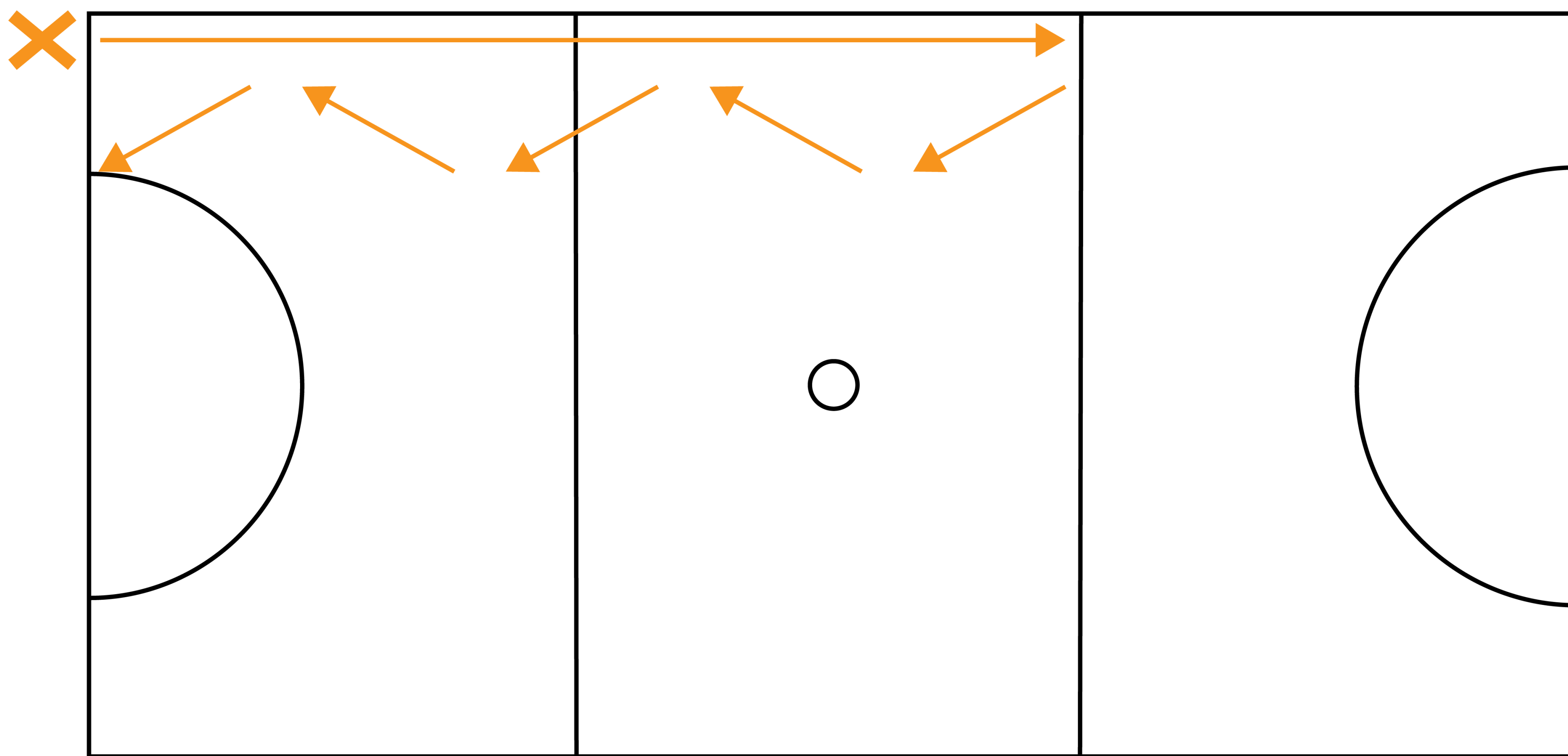


# Netball Court and Field-Based Circuit 1

## ACTIVITY ONE

1. Start at X. Facing away from court.
2. Jump and turn 180 and land well.
3. Sprint to transverse line.
4. Track backwards to goal line, changing body angles.

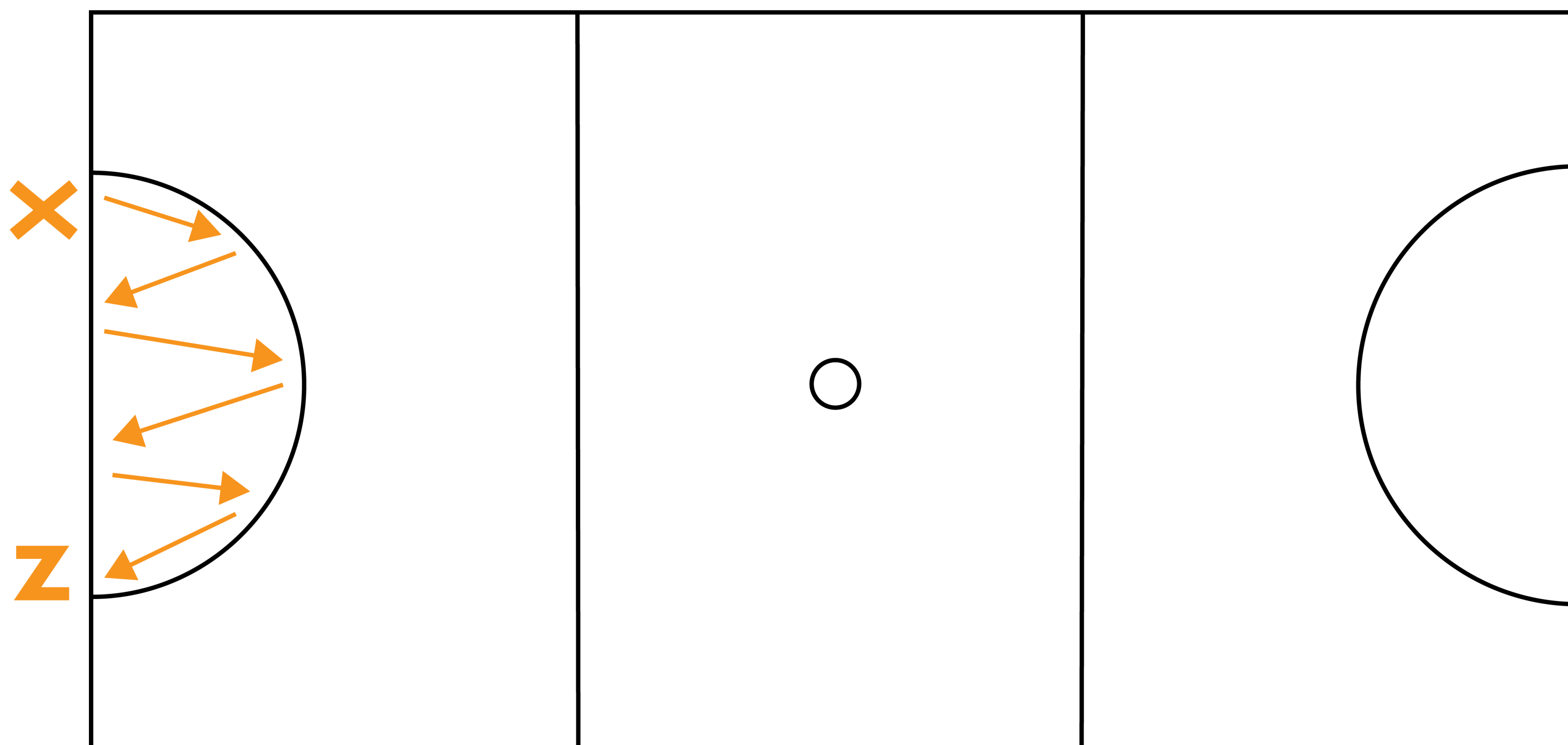
Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY TWO

1. Start at X.
2. 20 squats.
3. Run the circle as illustrated.
4. Push off strongly on your outside leg as you change direction. Finish at Z. Repeat process on way back to X.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



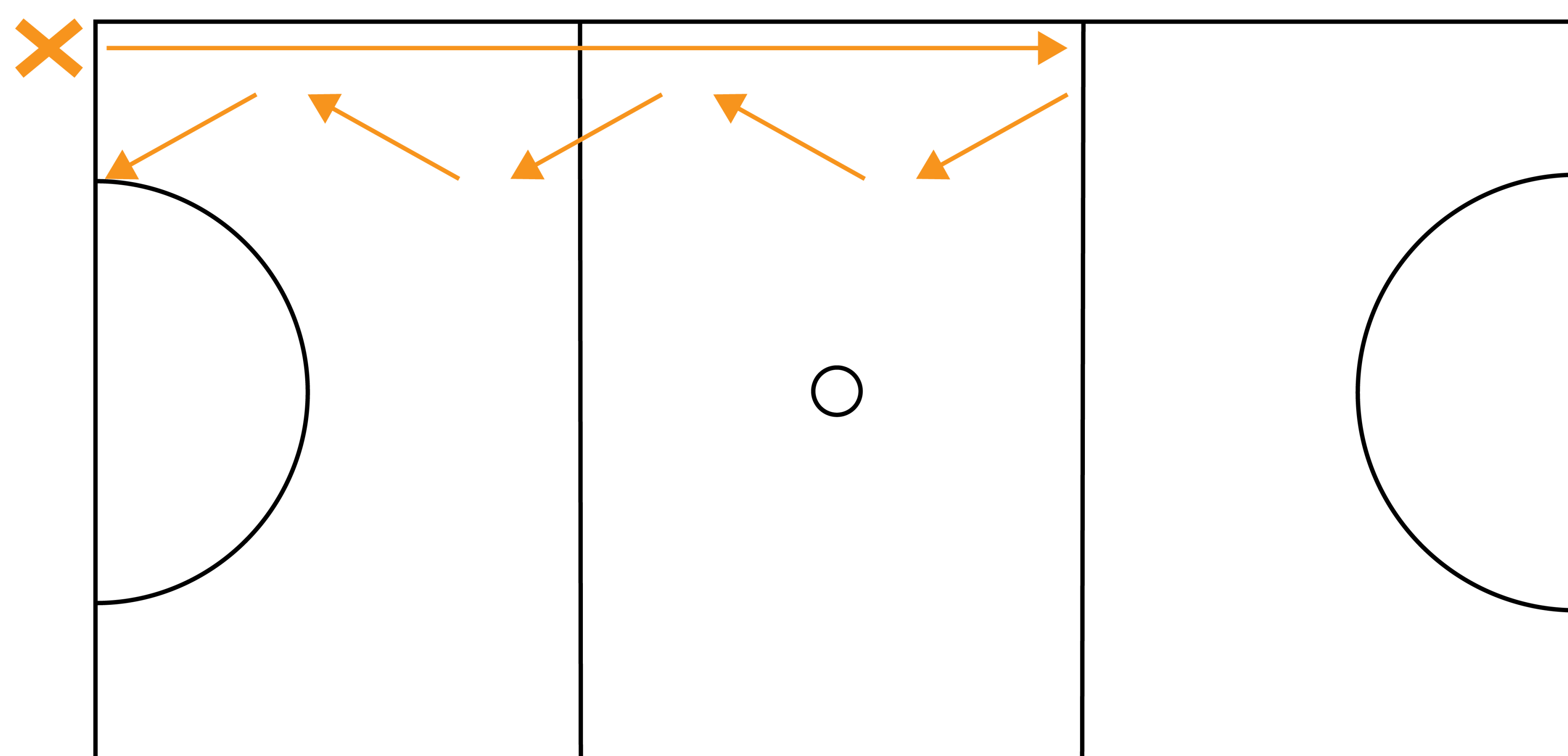


# Netball Court and Field-Based Circuit 1 Continued

## ACTIVITY THREE

1. Start at X. Lateral prop from 1 foot to the other. x5 each leg.
2. Sprint to transverse line, stop, jump 180° and land well.
3. Run back to the goal line changing direction.

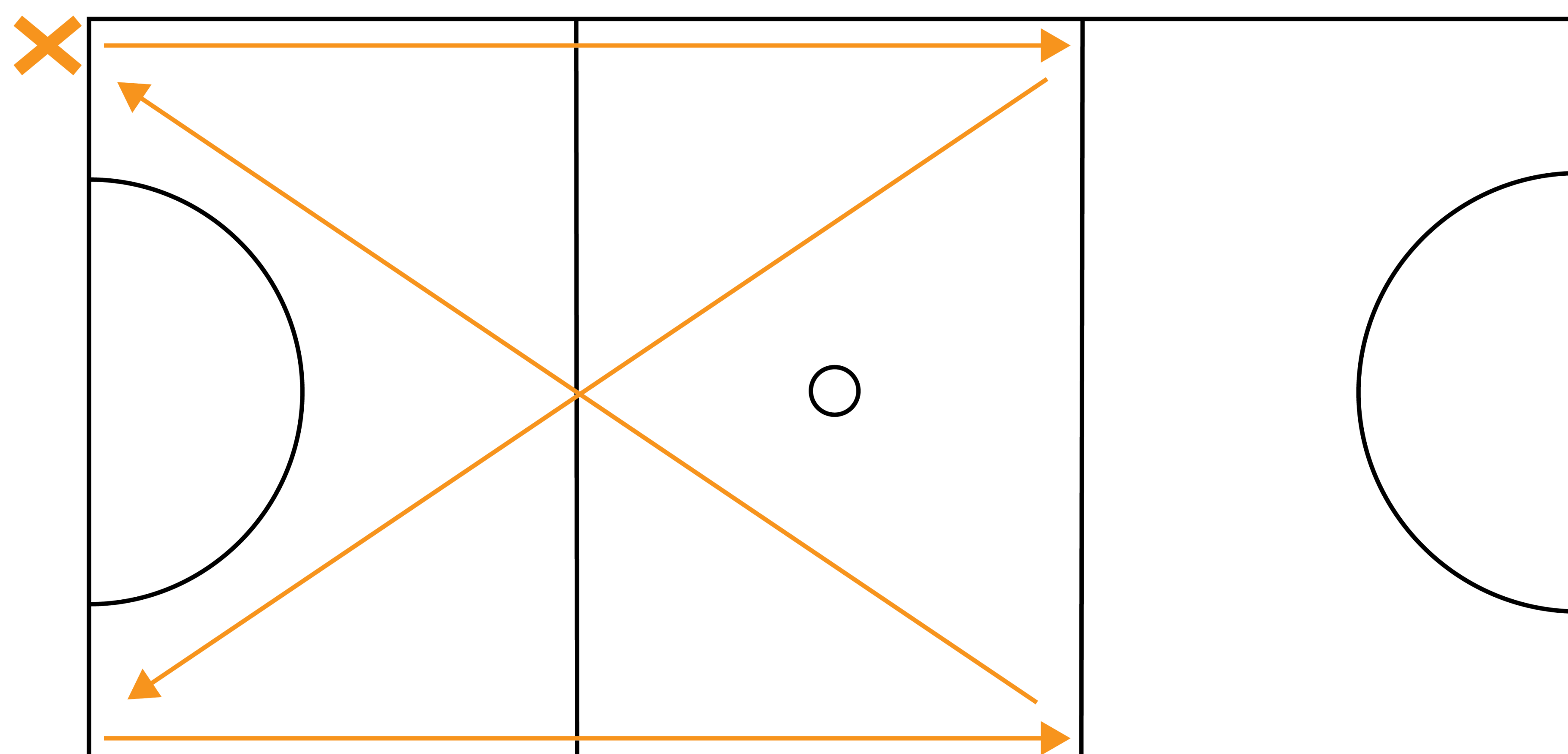
Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY FOUR

1. Ball between pairs or ball on wall.
2. 10 passes each or ten passes to the wall
3. Start at X. Court sprints as outlined.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!





# Netball Court and Field-Based Circuit 1 Continued

## ACTIVITY FIVE

1. Single leg squat holding a ball or med ball above head. x10 each leg.
2. Burpee with a jump x10.
3. Lateral prop from 1 foot to the other, x10 each leg.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



**SINGLE LEG SQUAT**  
x10 each leg



**BURPEE WITH JUMP**  
x10



**LATERAL PROP**  
x10 each leg

## ACTIVITY SIX

1. Start on goal line.
2. RDL and lunge x4 each leg down court.
3. Squat jump and 90° turn x10.
4. Sprint to end of court and repeat.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



**RDL TO LUNGE**  
x4 each leg



**SQUAT JUMP 90° TURN**  
x10

**TOTAL WORK TIME = 30 MINS.**

Week 3 and 4: Repeat one activity so you are working for 35 mins.

Week 5 and 6: Repeat two of the activities so you are working for 40 mins.

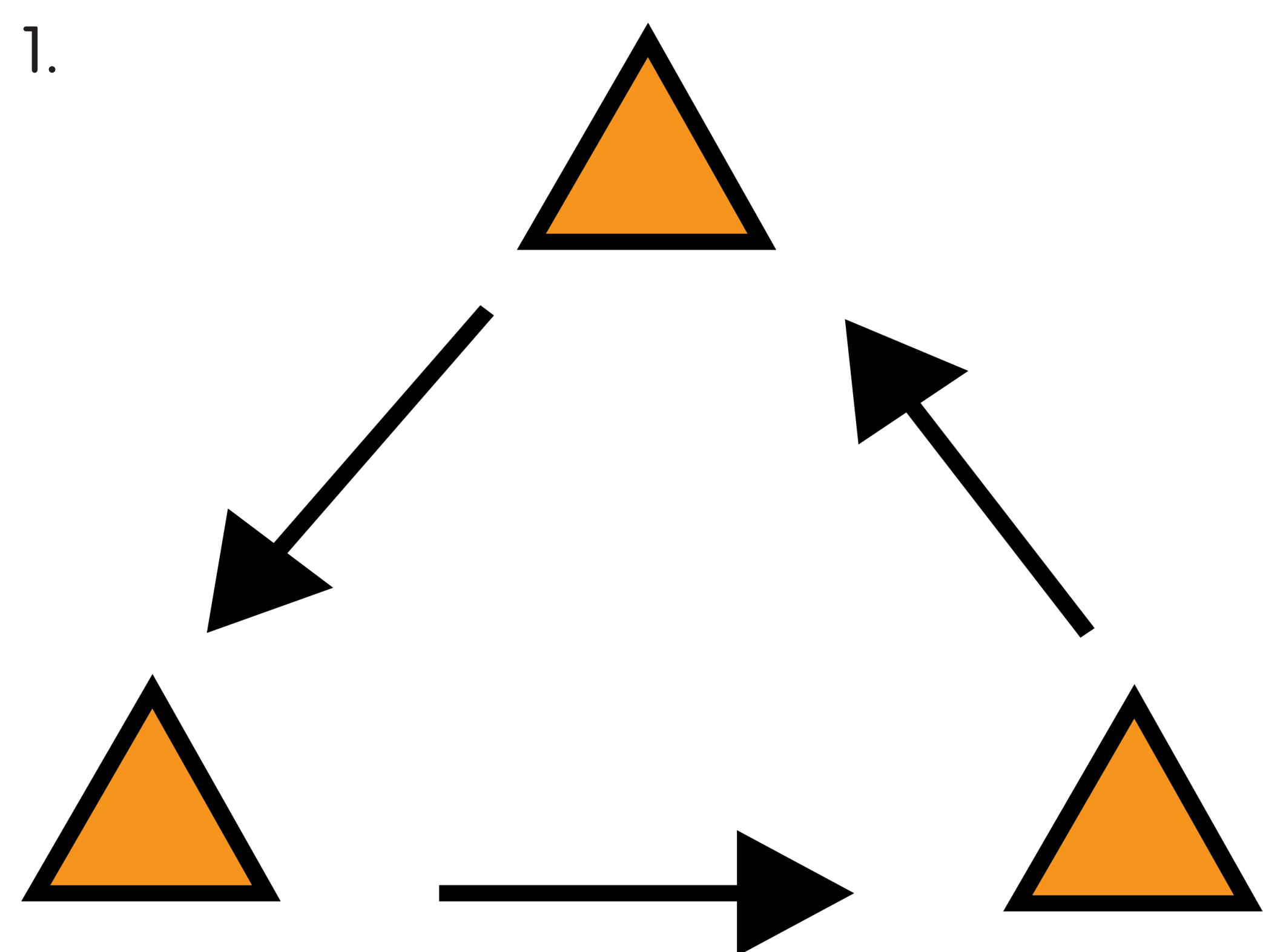


# Netball Court and Field-Based Circuit 2

## ACTIVITY ONE

1. Moving from cone to cone changing direction sharply.  
Work for 20 sec.
2. Sprint out to touch cone/ water bottle and back 5m.  
Or roll ball out and chase it, pick it up, and sprint back.  
Work for 20 sec.

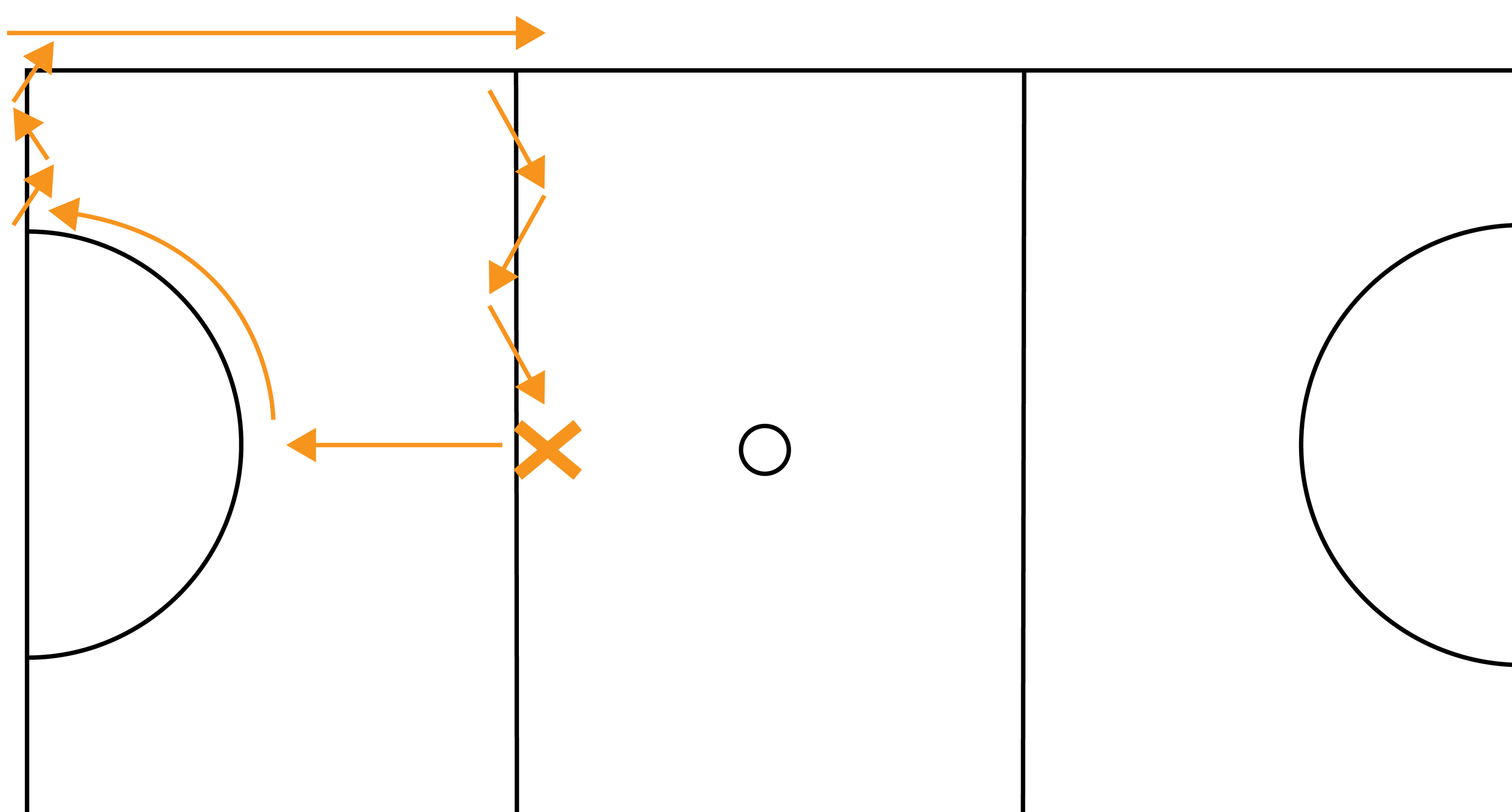
Work for 20 sec.  
Rest for 20 sec.  
Repeat each activity 3 times (Total 6).  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY TWO

1. Start at X. Sprint to the top of the circle.
2. Slide slip around the circle edge.
3. Prop, prop stick along goal line.
4. Sprint back to the transverse line.
5. Change direction back to start

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



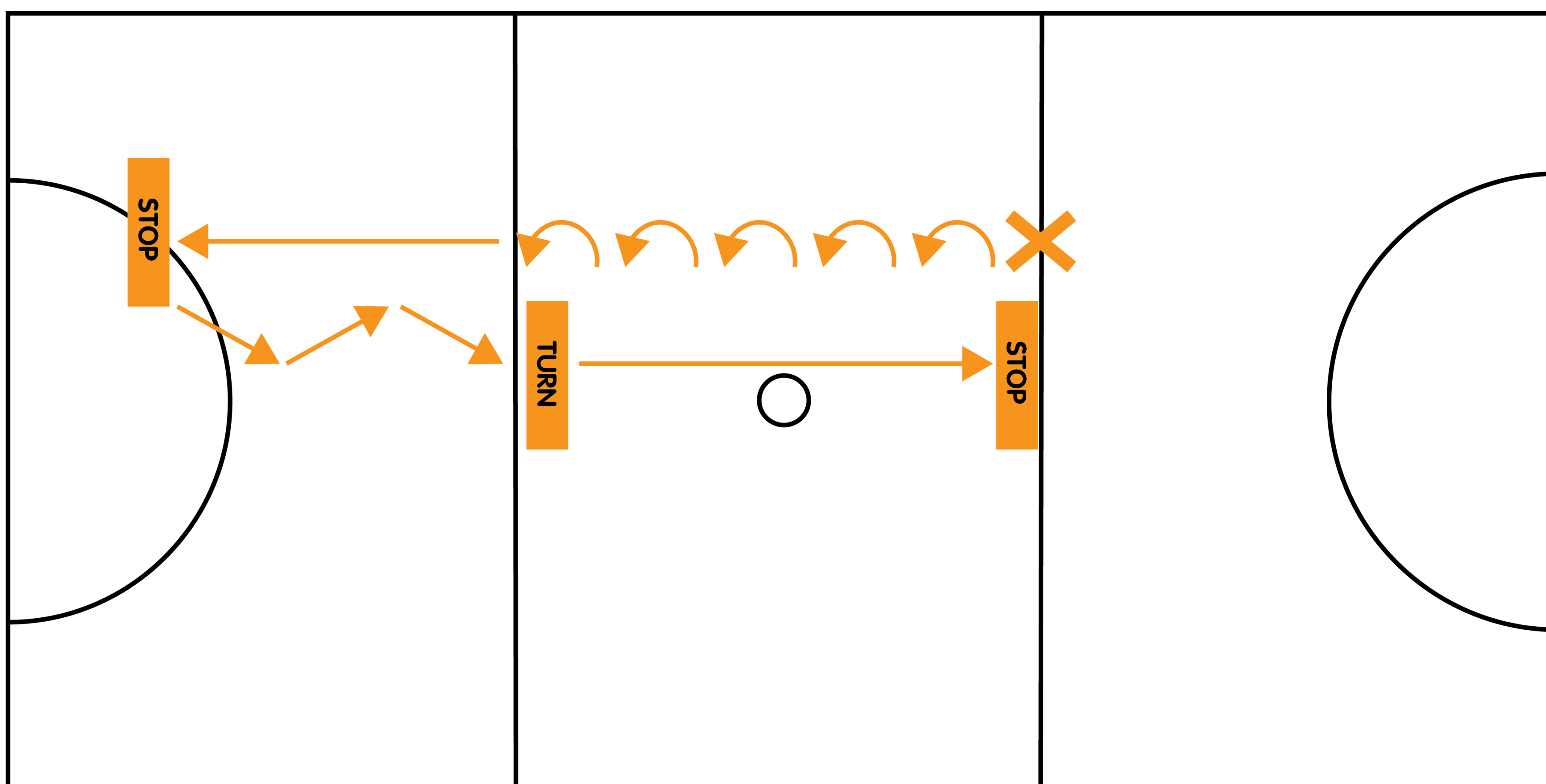


# Netball Court and Field-Based Circuit 2 Continued

## ACTIVITY THREE

1. Start at X. Broad jump x5 down court.
2. Sprint to top of circle and stop.
3. Track back changing angles to transverse.
4. Turn and sprint to next transverse, stop.
5. Side slip to start, stop and jump 180° turn and start again.

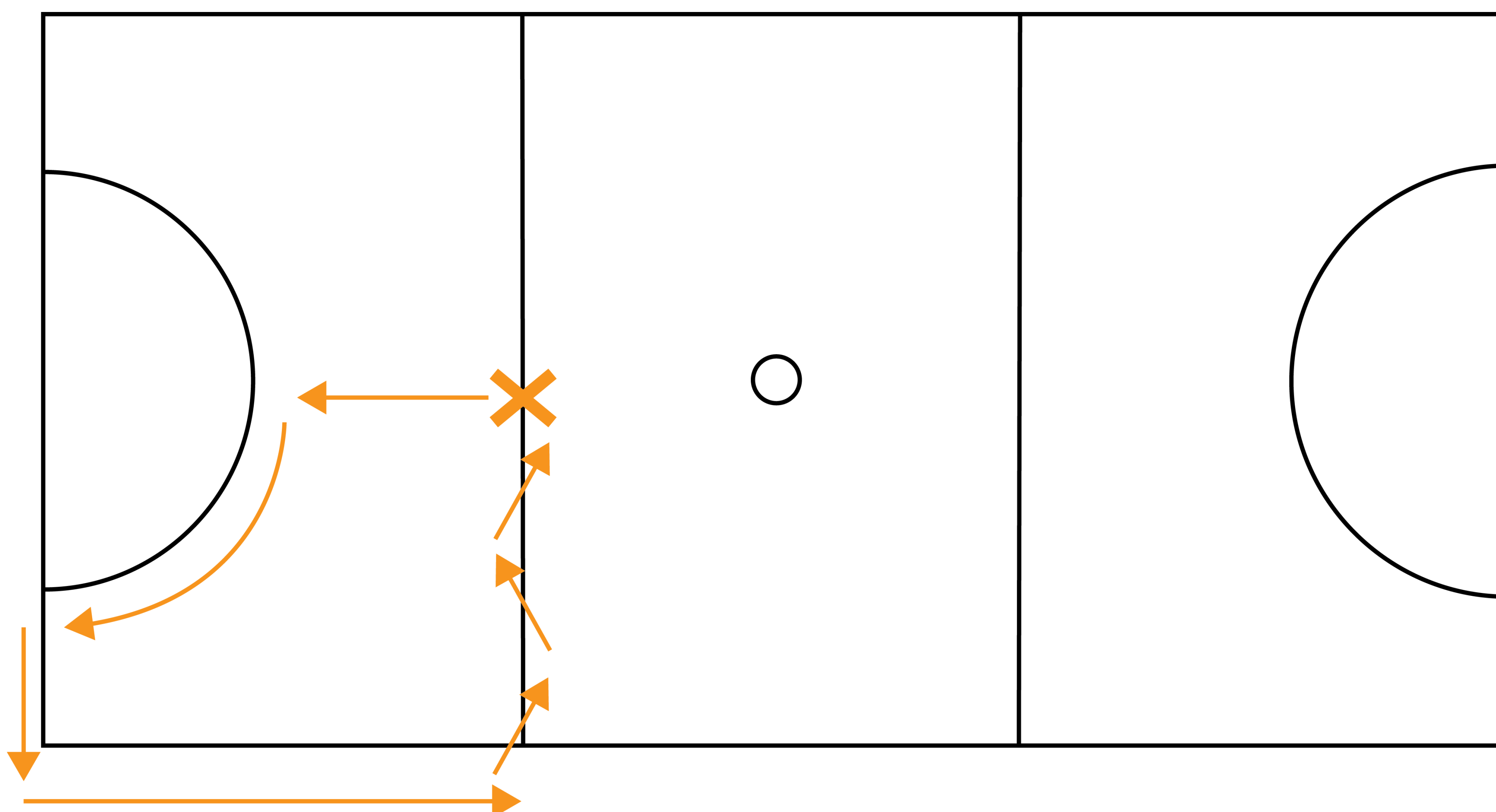
Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY FOUR

1. Start at X. Lateral lunge x5 each leg.
2. Jump in air and land well.
3. Sprint to circle edge, stop, side slip round circle to goal line.
4. Turn and run backwards along goal line.
5. Turn and sprint forwards to transverse line.
6. Prop across the transverse line back to X.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



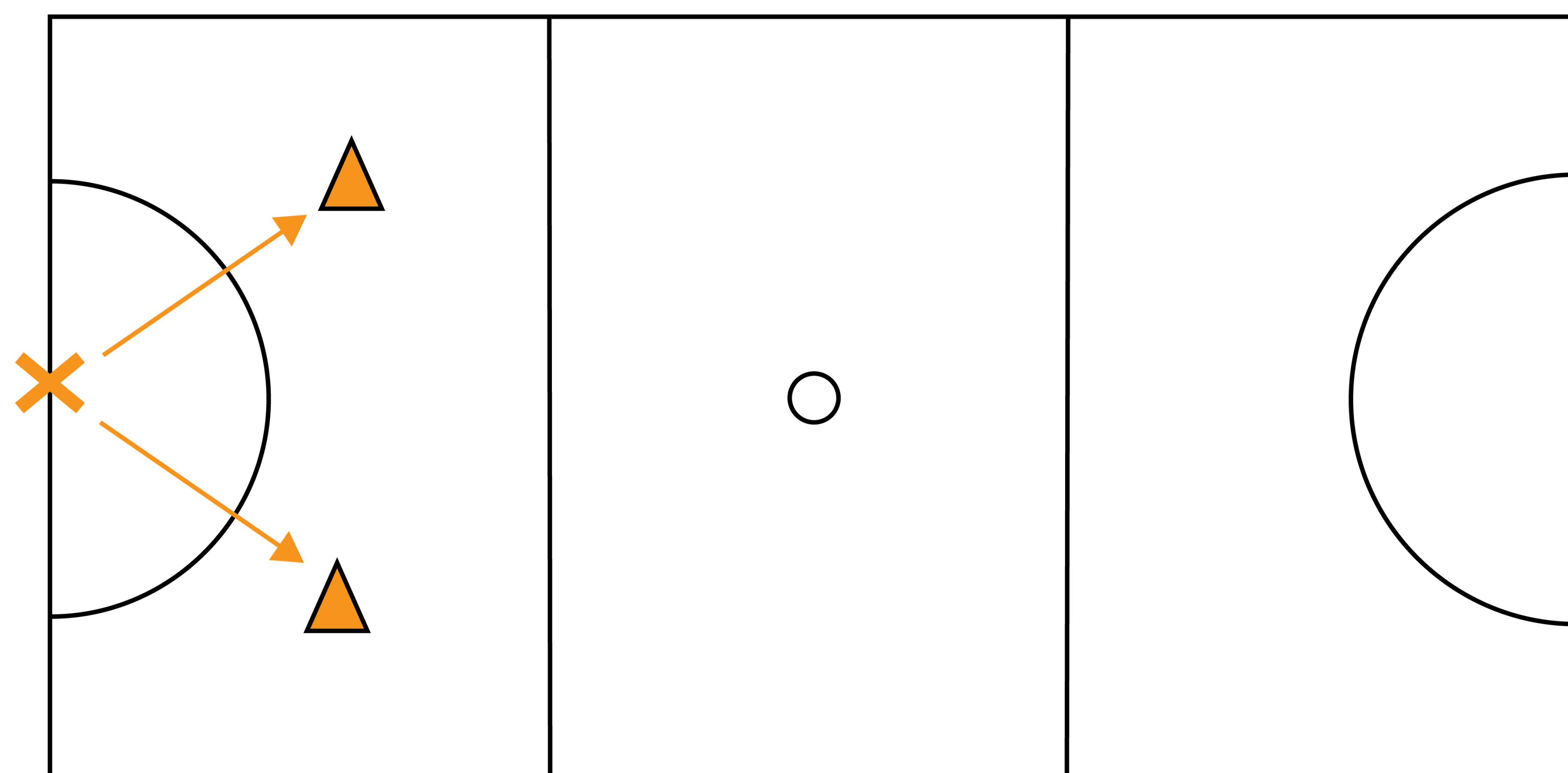


# Netball Court and Field-Based Circuit 2 Continued

## ACTIVITY FIVE

1. Start at the goal post.
2. Sprint out on a 45-degree angle to the cone then back to touch the post.
3. Repeat on the other side.

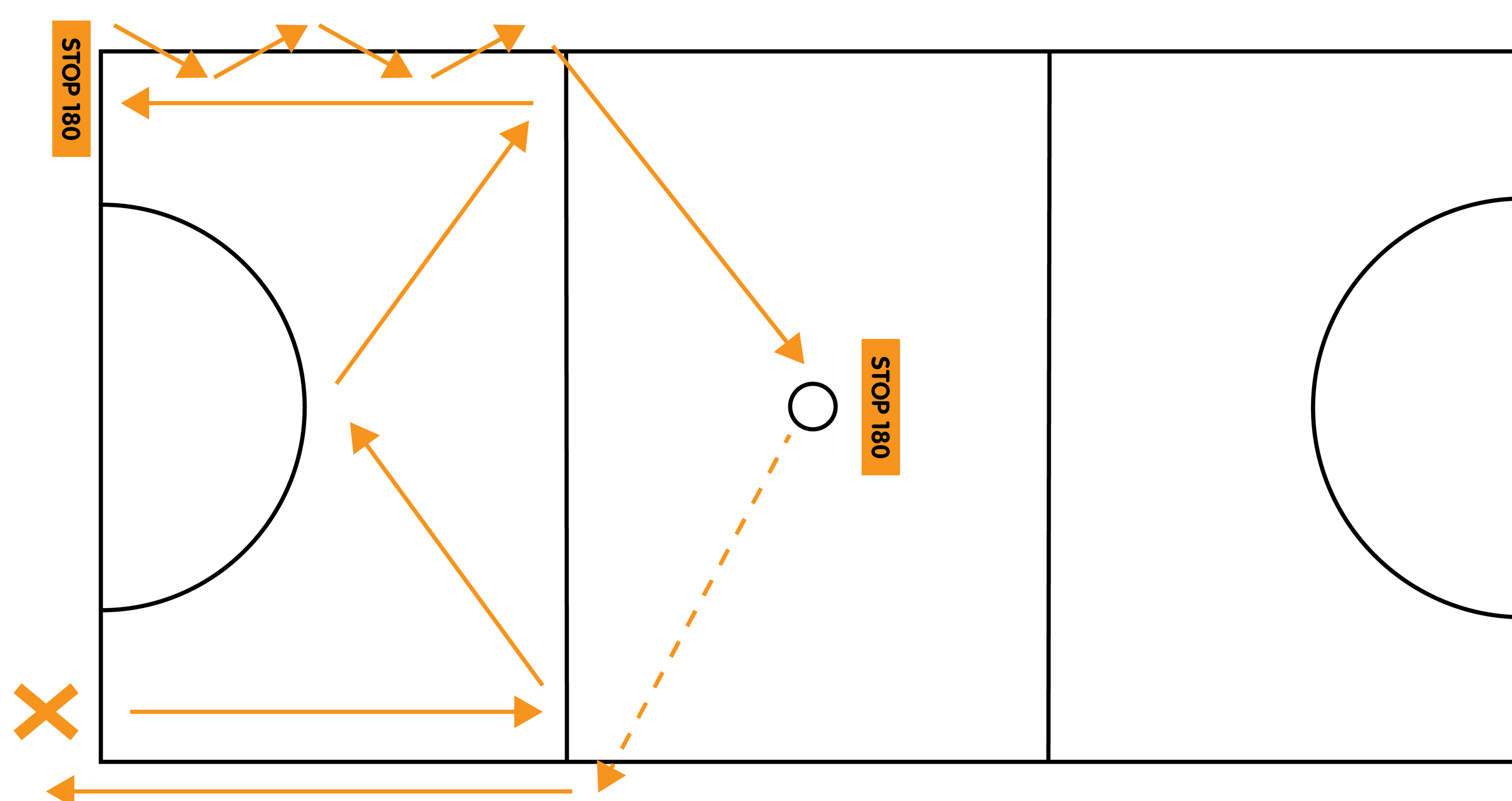
Work for 20 sec.  
Rest for 20 sec.  
Repeat 6 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY SIX

1. Start at X. Sprint to transverse, angle to top of circle, back to transverse and goal line.
2. Stop and do a 180 jump and land well.
3. Change direction up to transverse line.
4. Sprint to center circle.
5. Stop and do a 180 jump and land well.
6. Prop, prop stick to transverse and sprint to goal line.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



**TOTAL WORK TIME = 30 MINS.**

Week 3 and 4: Repeat one activity so you are working for 35 mins.

Week 5 and 6: Repeat two of the activities so you are working for 40 mins.



# Netball Court and Field-Based Circuit 3

## ACTIVITY ONE

1. Squat with a ball push x10.
2. Lateral jump from 1 foot to the other, holding a ball x5 each side.
3. x10 ball passes to wall or partner.

Work for 20 sec.  
Rest for 20 sec.  
Repeat 6 times.  
Rest for 1 min. Be ready for the next activity!



**SQUAT WITH BALL PUSH**  
x10

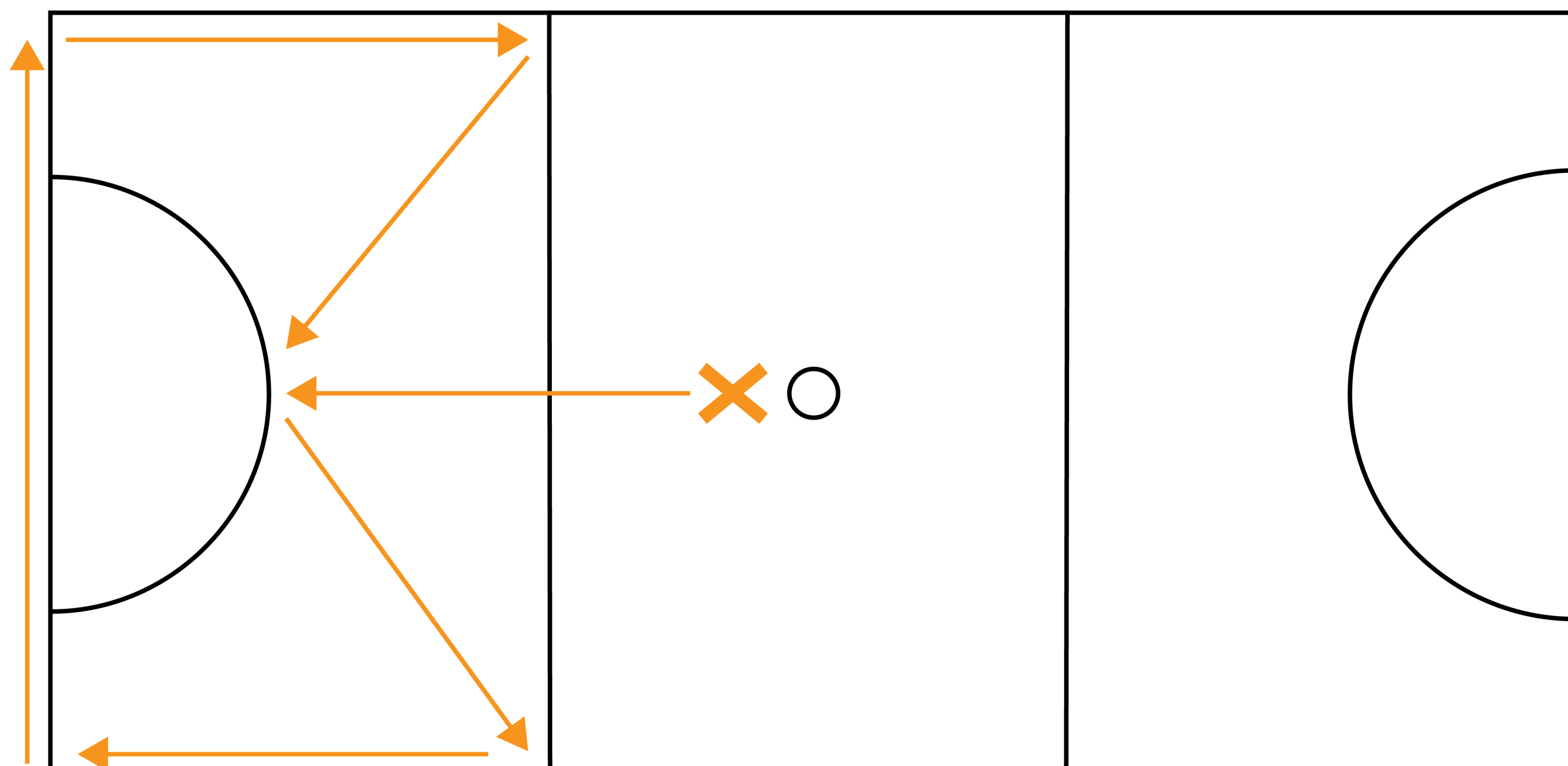


**LATERAL JUMP**  
x5 each leg

## ACTIVITY TWO

1. Starting at X, follow the arrows.
2. Aim to cover equal distance in each 20 sec round.

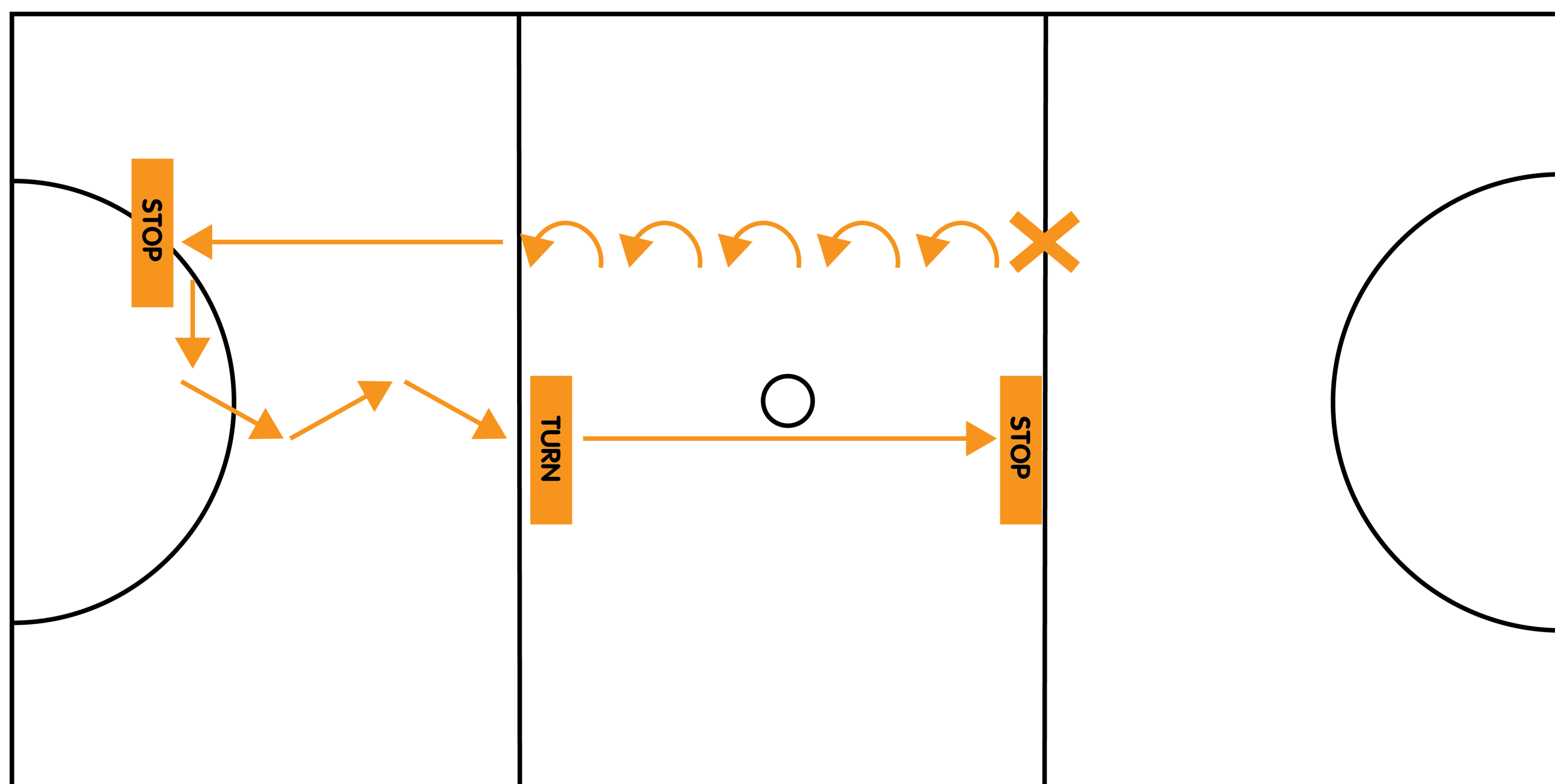
Sprint for 20 sec.  
Walk for 20 sec.  
Repeat 6 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY THREE

1. Start at X. Broad jump 5x.
2. Sprint to top of circle and stop, 180° turn and land.
3. Slide slip 3x to the right.
4. Change of direction to transverse, stop.
5. Side slip to X, stop, jump 180°, land and repeat.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



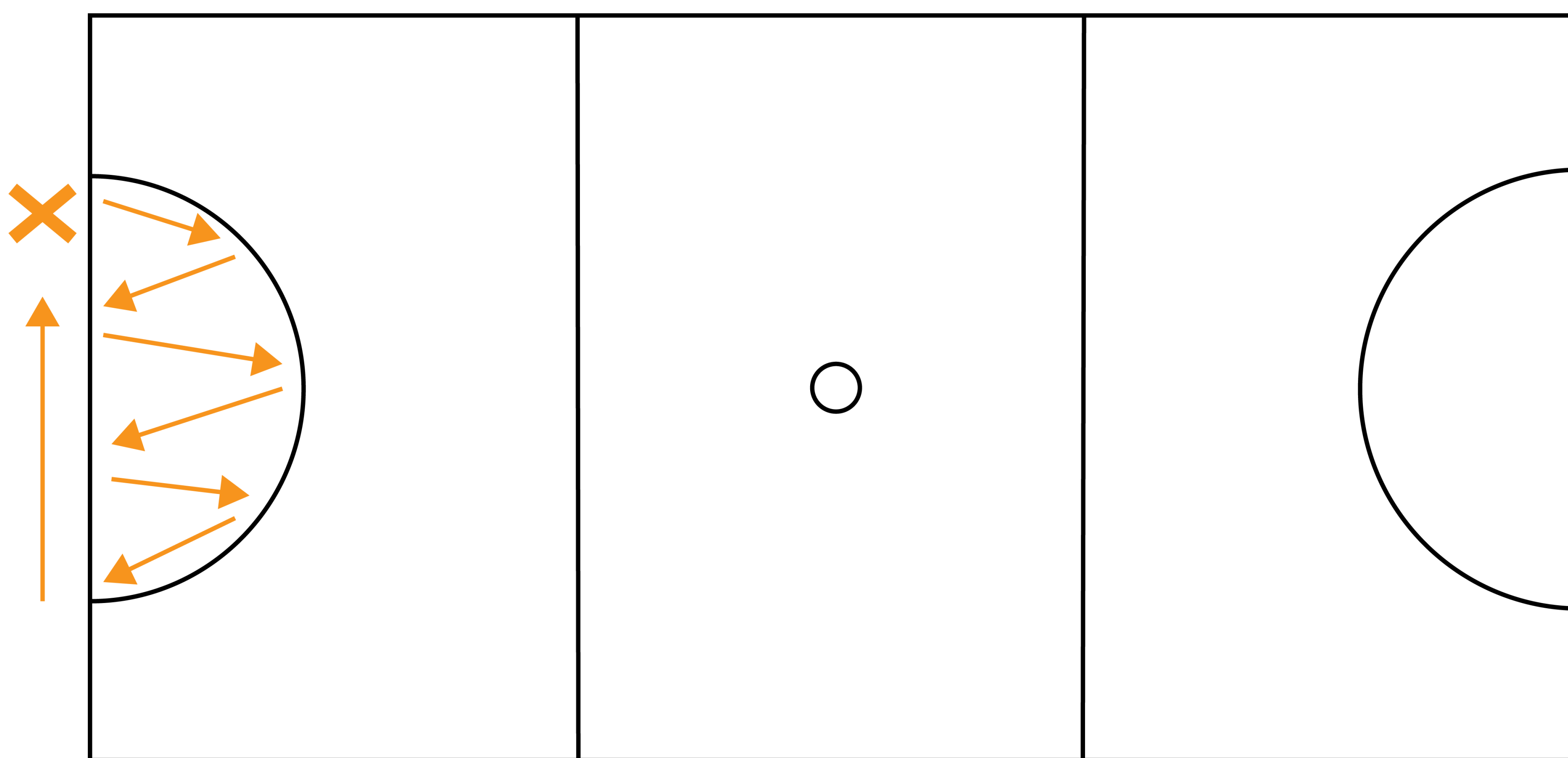


# Netball Court and Field-Based Circuit 3 Continued

## ACTIVITY FOUR

1. Start at X on the goal line. Lateral lunge 5x each leg.
2. Sprint to the circle edge.
3. Turn and sprint back to goal line.

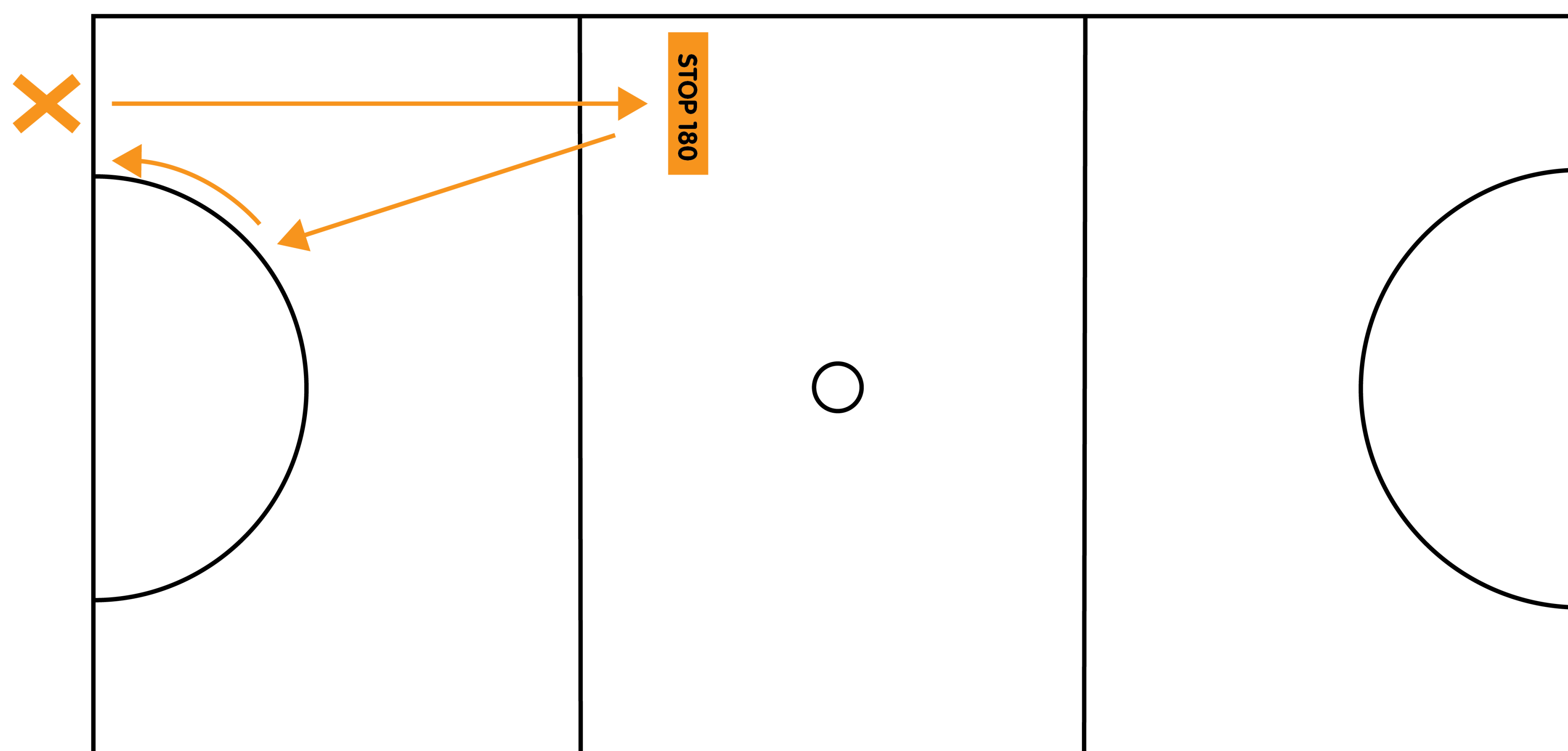
Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY FIVE

1. Start at X facing away from court.
2. Jump 180 and land well.
3. Sprint to transverse, stop, and change direction strongly.
4. Sprint to the circle edge and stop on the circle edge in a good landing position.
5. Side slip along circle edge back to X.

Work for 15 sec.  
Rest for 15 sec.  
Repeat 8 times.  
Rest for 1 min. Be ready for the next activity!



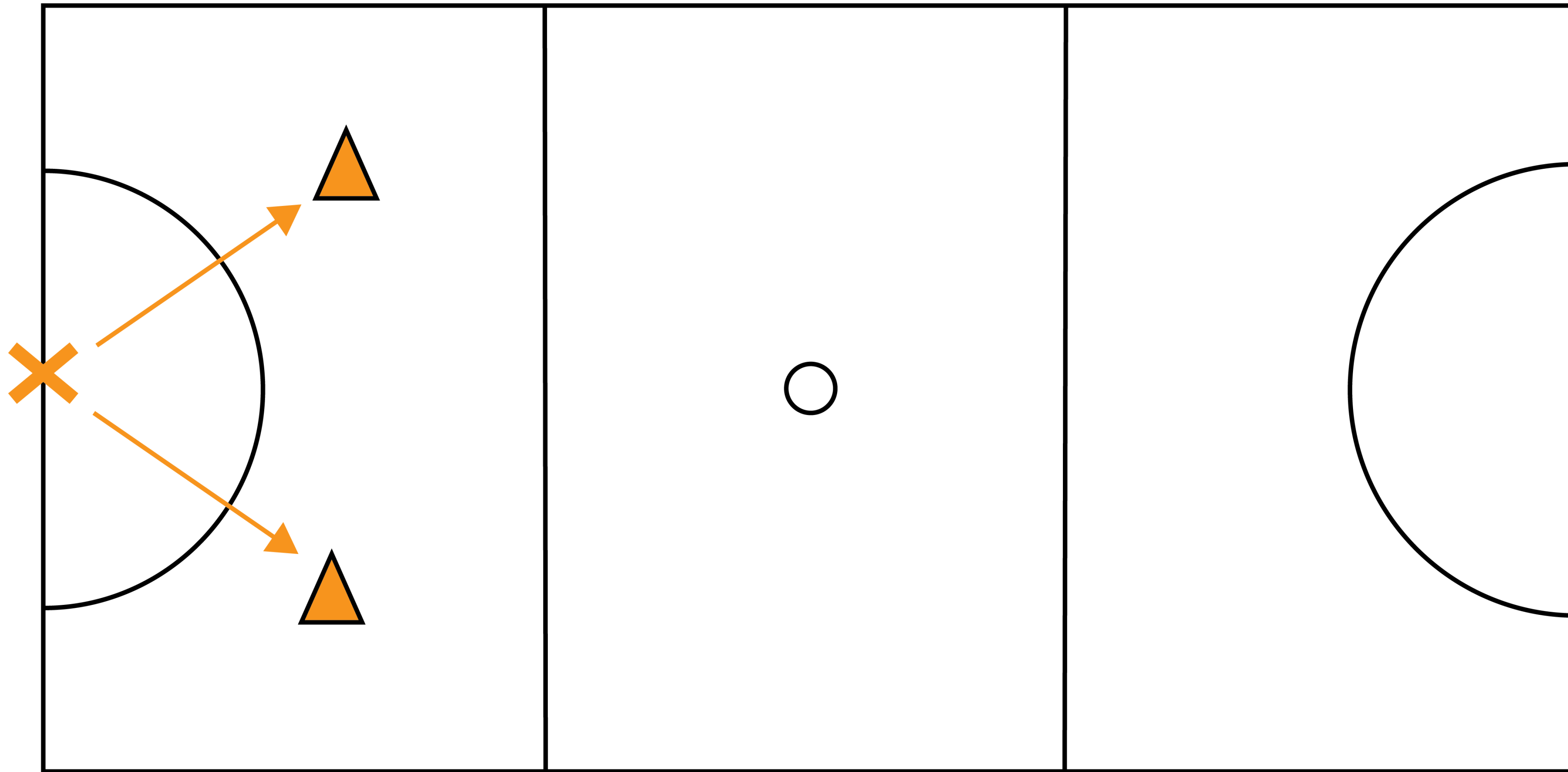


# Netball Court and Field-Based Circuit 3 Continued

## ACTIVITY SIX

1. Start at the goal post.
2. Sprint out on a 45-degree angle to the cone then back to touch the post.
3. Sprint to the other cone on a 45-degree angle.

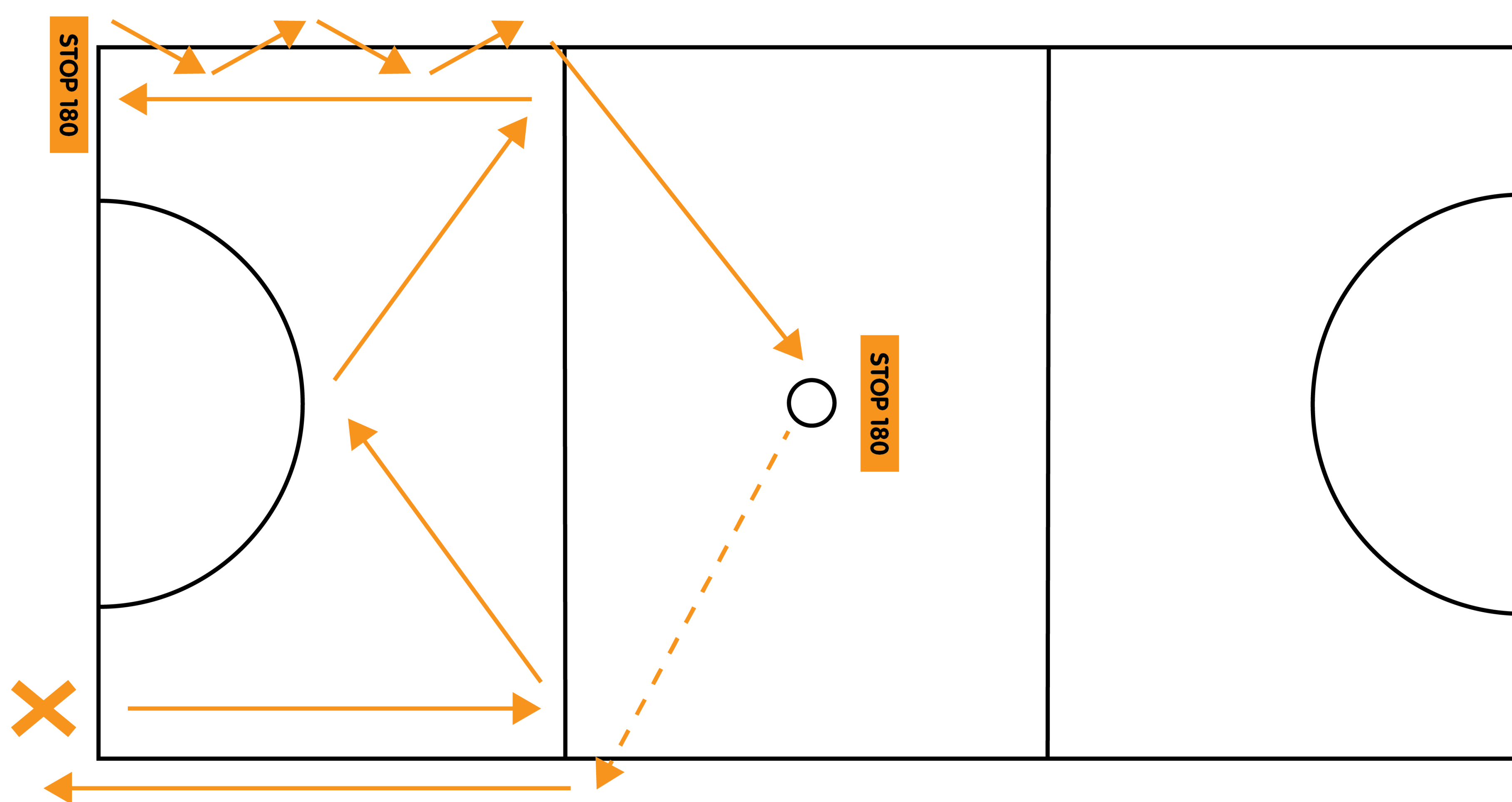
Work for 20 sec.  
Rest for 20 sec.  
Repeat 6 times.  
Rest for 1 min. Be ready for the next activity!



## ACTIVITY SEVEN

1. Start at X. Sprint to transverse, top of circle, back to transverse and then goal line.
2. Stop, do a 180 jump and land well.
3. Change direction back to transverse line.
4. Sprint to Centre circle.
5. Stop and do a 180 jump and land well.
6. Prop, prop stick to transverse and sprint to goal line.

Work for 30 sec.  
Rest for 30 sec.  
Repeat 4 times.  
Rest for 1 min. Be ready for the next activity!



**TOTAL WORK TIME = 30 MINS.**

Week 3 and 4: Repeat one activity so you are working for 35 mins.

Week 5 and 6: Repeat two of the activities so you are working for 40 mins.



# Interval Training Options

\* Running options can also be done on a treadmill.

Activity	Sets	Reps / Time	Explanation	
<b>Continuous Running</b>	1	20- 40 mins	<p>How long you run will depend on your base.</p> <p>If you have been running previously then this will not mean a significant change.</p> <p>If you have done nothing previously then you will start at the lower end of the scale.</p> <p>A game is 40 – 60 mins long so you should be able to run for 30 – 40 mins (whether it be continuous or intervals-based running).</p>	
<p><b>Long time-based Intervals:</b></p> <p>3 mins running at fast jog speed</p> <p>2 mins slow jog or walk for recovery</p>	<p>Do x4</p> <p>Rest 1 min</p> <p>Repeat.</p> <p>Increase to x6 as you get fitter</p>	<p>Total time of activity: 40 – 60 mins</p>	<p>This is beyond a jog - (i.e. at the end of the 3 mins you should feel like you need to stop and are puffing quite a bit).</p>	
			<p><b>Yo-Yo level</b></p> <p>&lt; 12</p>	<p><b>Distance you should cover per 3min run:</b></p> <p>670m</p>
			<p>12 - 13</p>	<p>700 – 730m</p>
			<p>13 - 14</p>	<p>730m – 750m</p>
			<p>14 - 15</p>	<p>750 – 800m</p>
			<p>15 - 16</p>	<p>800 – 820m</p>
			<p>16 +</p>	<p>820 – 1000m</p>
			<p><b>Medium time-based Intervals:</b></p> <p>90 sec running, 90 sec slow jog or walk for recovery</p>	<p>Do x5</p> <p>Rest 2min</p> <p>Repeat</p> <p>As you build your fitness do another set.</p>
<p><b>Yo-Yo level</b></p> <p>&lt; 12</p>	<p><b>Distance you should cover per 90 sec run:</b></p> <p>380m</p>			
<p>12 - 13</p>	<p>380m – 400m</p>			
<p>13 - 14</p>	<p>400m – 415m</p>			
<p>14 - 15</p>	<p>415 – 430m</p>			
<p>15 - 16</p>	<p>430 – 450m</p>			
<p>16 +</p>	<p>450 – 550m</p>			
<p><b>Short time-based Intervals:</b></p> <p>Run for 15 sec Rest for 15 sec</p>	<p>Do 5 times Rest 1 min</p> <p>Repeat</p> <p>Increase to 8- 10 sets as you build your fitness</p>	<p>Total time of activity: 10 to 20 mins</p>		
			<p><b>Yo-Yo level</b></p> <p>&lt; 12</p>	<p><b>Distance you should cover per 90 sec run:</b></p> <p>75m</p>
			<p>12 - 13</p>	<p>75 – 80m</p>
			<p>13 - 14</p>	<p>80 – 83m</p>
			<p>14 - 15</p>	<p>83 – 86m</p>
			<p>15 - 16</p>	<p>86 – 90m</p>
			<p>16 +</p>	<p>90 – 110m</p>



<p><b>Pyramid intervals running:</b></p> <p>30 sec on 30 sec off  20 sec on 20 sec off  15 sec on 15 sec off  10 sec on 10 sec off  10 sec on 10 sec off  15 sec on 15 sec off  20 sec on 20 sec off  30 sec on 30 sec off</p>	<p>Rest 1 min</p> <p>Do x3</p> <p>Increase to 4-6 sets as you get fitter</p>	<p>Total time of activity:  15 – 30 mins</p>	<p>Push HARD during the work phase.</p> <p>At the end of the work phase you should feel like you must stop and are puffing alot.</p>
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## Bike Training Options

\* These can be on a stationary exercycle/watt bike or outside on a standard bike.

Activity	Time	Comments
<p><b>Continuous bike session</b></p>	<p>30 – 60 mins</p>	<p>Aim to increase your distance each time. Do on stationary or outside bike.</p>
<p><b>Long-time based interval sessions</b></p>	<p>4 mins hard, 4 mins recovery (repeat 3-5 times) = 24-40 min session.</p>	<p>By the time 4 mins is reached you should be ready to stop. Aim to cover same distance with each hard intensity bike interval.</p>
<p><b>Short-time based interval sessions</b></p>	<p>30 sec on, 30 sec off (repeat 20-40 times) = 20-40 min session.</p>	<p>Go hard for 30 sec. Recover for 30 secs. Aim to cover similar distance with each 30 sec.</p>



# Home-Based Circuit 1

Work each line of activity for 30 seconds. Rest for 30 seconds. Do 4 sets.  
Rest for one minute and get ready for the next line of activity.



**SQUATS**  
x10



**PROPS**  
x5 each leg

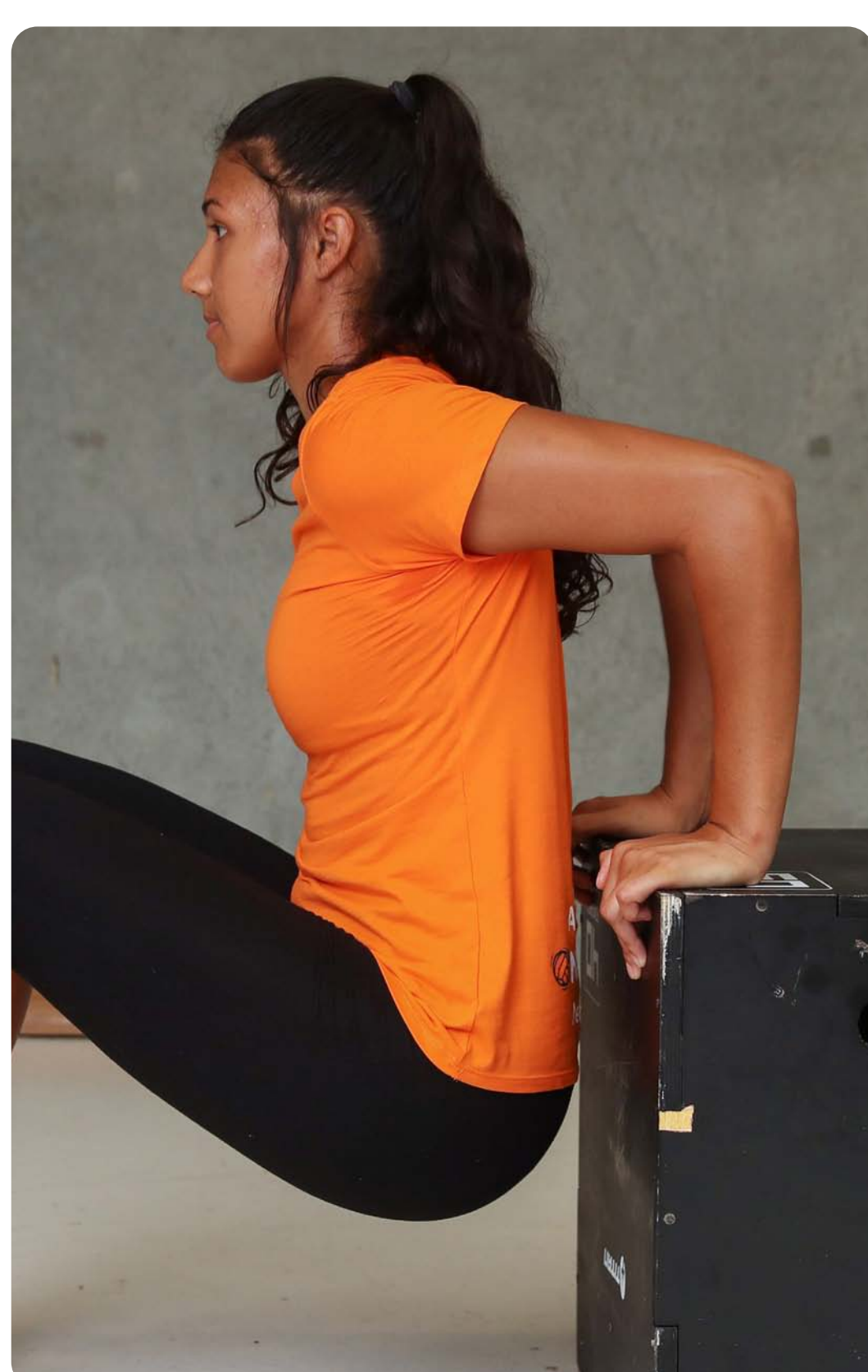


## SQUATS AND PROPS

**Squat:** bend in hips and knees and push back through your hips. Do this x10.

**Props:** bend in hip and knee. Knee in line with foot and make sure you control your body. Prop from one foot to another, x5 each leg (total x10).

Ensure good quality in your movement.



**TRICEP DIPS**  
x10



**BOX JUMPS**  
x10



## TRICEP DIPS AND BOX JUMPS

**Tricep dips:** shoulders don't drop below elbows. Do this x10.

**Box jumps:** bend in hips and knees. Push back through hips and land softly. Do this x10.



**TUCK JUMPS**  
x5



**SQUAT BALL PUSHES**  
x10

## TUCK JUMPS AND SQUAT BALL PUSHES

**Tuck jumps:** Pull your knees up to your chest. Keep your body upright. Do this x5.

**Squat ball pushes:** hold a your squat position and push ball out and back. You can use a medicine ball or weight. Do this x10



# Home-Based Circuit 1 Continued



**DOUBLE LEG BRIDGING**  
x10



**ARM LIFTS**  
x5 each arm

## DOUBLE LEG BRIDGING AND ARM LIFTS

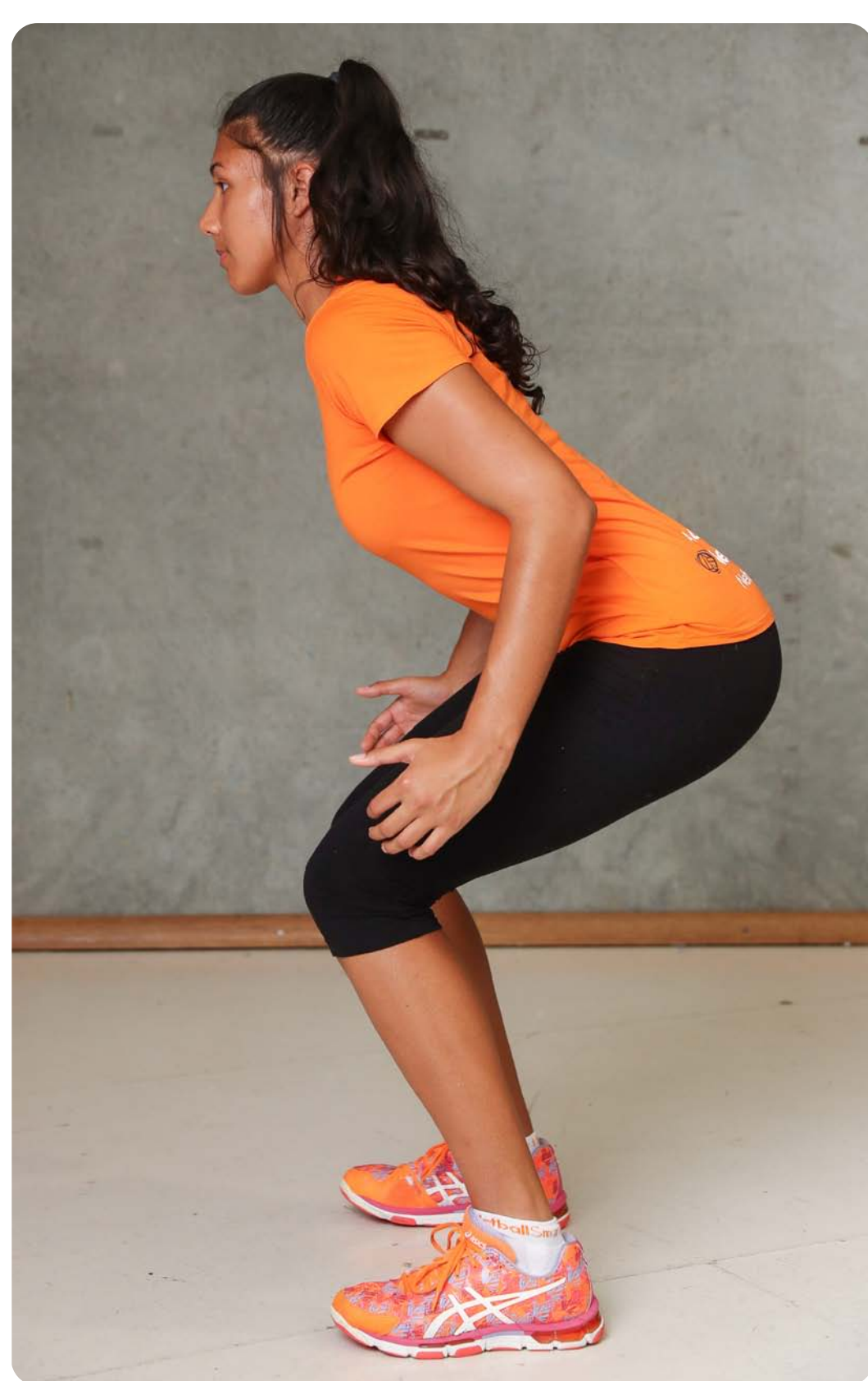
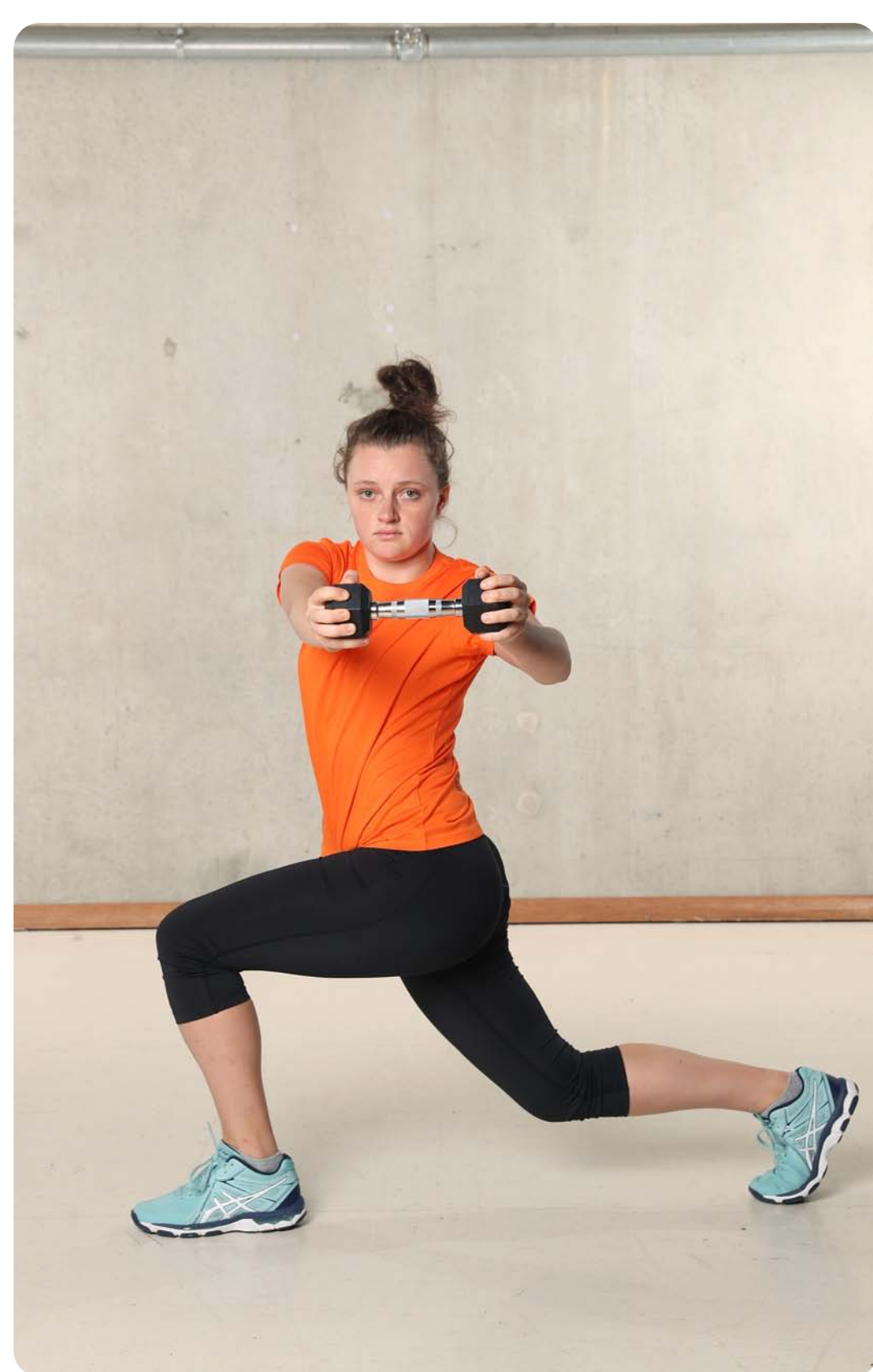
**Double leg bridging:** lay on your back with your arms to the side and lift your gluts off the ground. Do this x10

**Arm lifts:** in a press up position, quickly lift each arm x5 on each arm.

In your arm lifts - make sure you keep your hips low. Hold the press position and lift arms quickly.



**WALKING LUNGES WITH ROTATION**  
x5 each side



**SQUAT JUMPS WITH 90 DEGREE TURN**  
x10



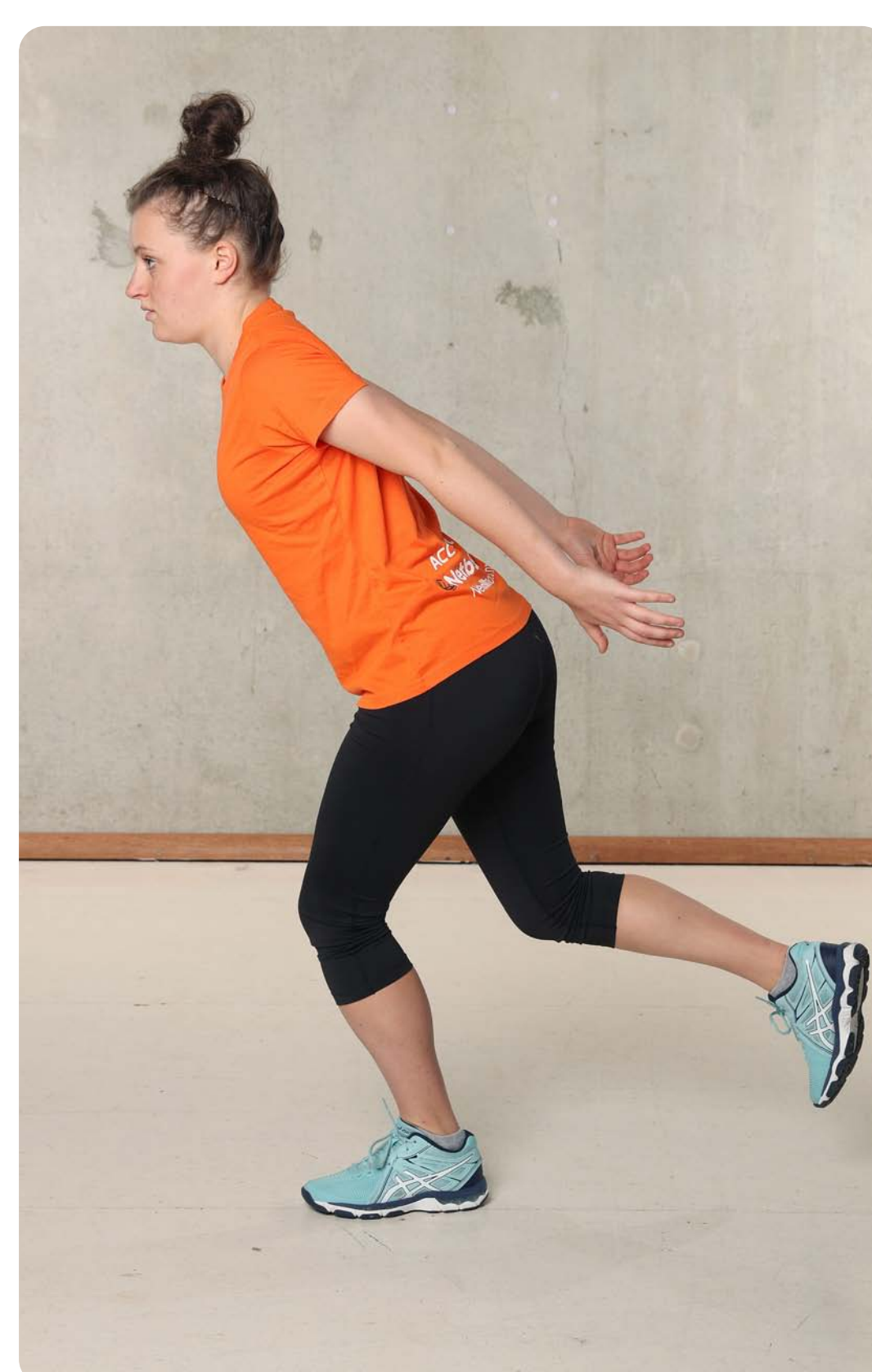
## WALKING LUNGES WITH ROTATION AND SQUAT JUMPS WITH 90 DEGREE TURN

**Walking lunges:** rotate your body after each lunge. Do this x5 each side. Make sure you control your trunk and knee when rotating.

**Squat jumps:** jump and extend your arms, then turn 90 degrees and land in a squat. Do this x10



**MOUNTAIN CLIMBERS**  
x10 each leg



**SWING HOPS**  
x5 each leg



## MOUNTAIN CLIMBERS AND SWING HOPS

**Mountain climbers:** Make sure you are in a good press up position. Bend your knee to your chest, do this x10 each leg (total x20).

**Swing hops:** swing your leg forward and hop, land on the same leg. Do this x5 each leg (total x10).



# Home-Based Circuit 2

Work each line of activity for 45 seconds. Rest for 15 seconds. Do 4 sets.  
Rest for one minute and get ready for the next line of activity.



**BROOM HOPS**  
x5 each leg



**LUNGE PUNCHES**  
x5 each leg

## BROOM HOPS AND LUNGE PUNCHES

**Broom hops:** use a broom or stick. Hold the broom/stick above your head, control your trunk. With your arms above your head, hop on each leg x5 (total of x10).

**Lunge punches:** drop into a lunge, and punch your arms forward and then return. Do this x5 per leg (total of x10.)



**RUNNING**  
x10 (x5 each leg)

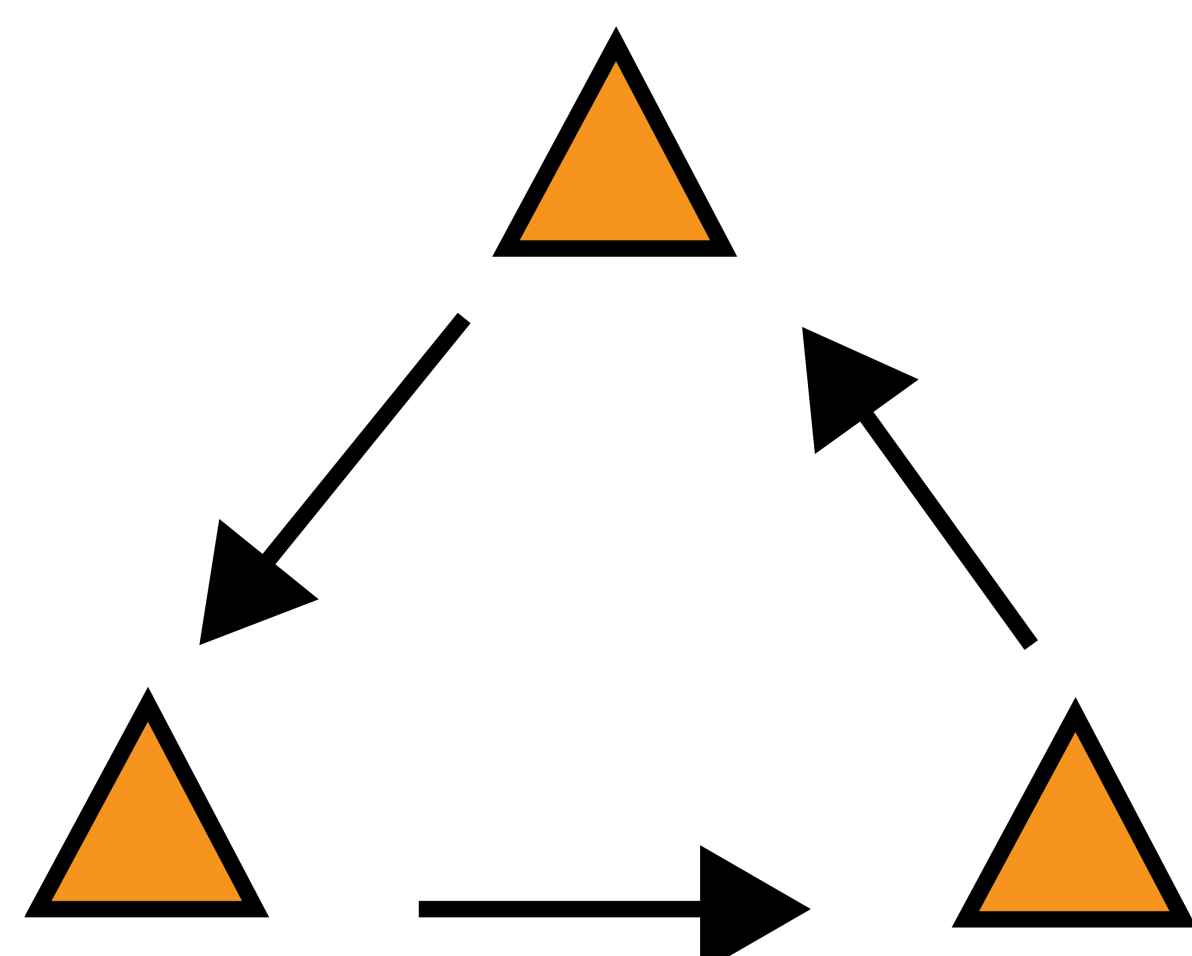


**BURPEES**  
x6

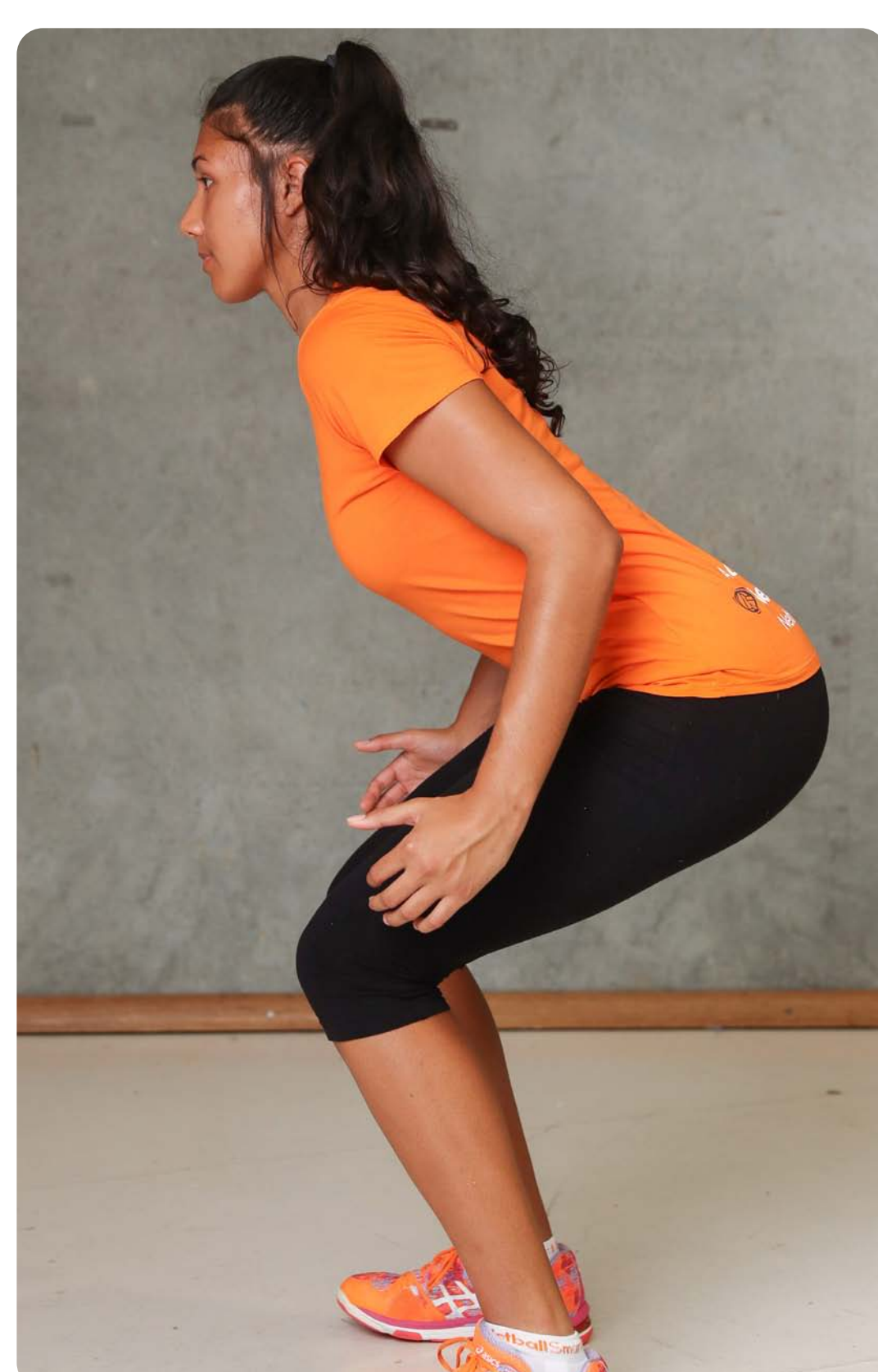
## RUNNING AND BURPEES

**Running:** keep your knees high and your trunk upright. Do this x10 (x5 each leg)

**Burpees:** Do a full burpee x6, make sure you are controlling your trunk.



**CHANGE OF DIRECTION**  
x10



**SQUAT JUMPS**  
x10



## CHANGE OF DIRECTION AND SQUAT JUMPS

**Change of direction:** use cones, water bottles or whatever you might have to set up markers on the ground. You will moving through these to practice your change of direction. Do this x10.

**Squat jumps:** Squat jumps x10. Make sure that you are landing softly.



# Home-Based Circuit 2 Continued



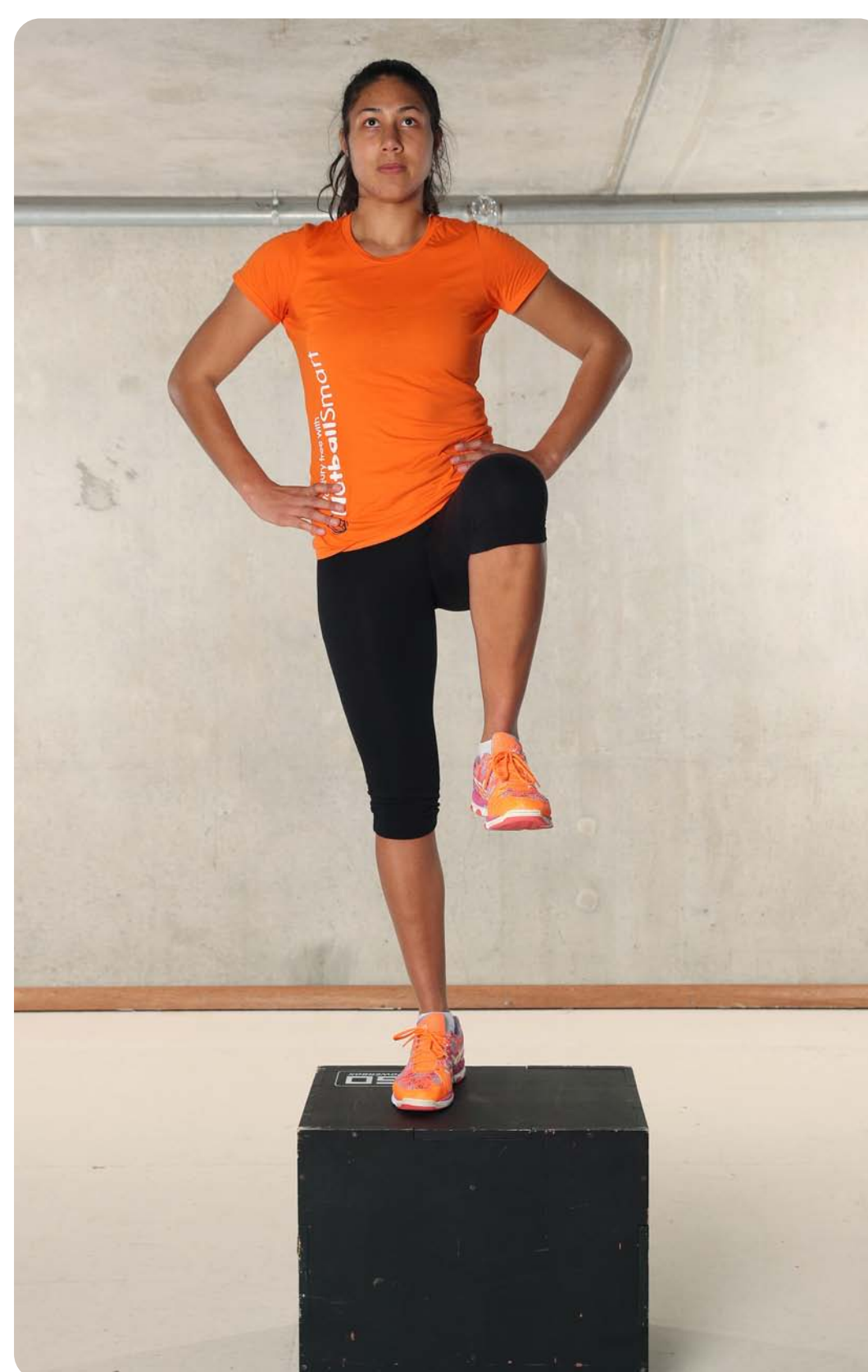
**DUMBBELL PUSHES**  
x10



**DUMBBELL LUNGES**  
x5 each leg



**RUSSIAN TWISTS**  
x10 each side



**STEP UPS**  
x8 each side

## DUMBBELL PUSHES AND DUMBBELL LUNGES

You can use milk bottles or water bottles filled with water if you don't have dumbbells.

**Dumbbell pushes:** start at your shoulders and push the dumbbells up in the air above your head (x10).

**Dumbbell lunges:** drop into a lunge and push dumbbell forwards and return. x5 on each leg.

## RUSSIAN TWISTS AND STEP UPS

Use a medicine ball or something that has a bit of weight, like a bag of rice, for your Russian twists.

**Russian twists:** while in a v shape sit up position, move your arms and ball left to right x10 each side (x20 total).

**Step ups:** on a chair or box and start your step ups, x8 each side (x16 total).



**PLANK BALL ROLLS**  
x8 each side



**PROPS WITH BALL**  
x5 each side



## PLANK BALL ROLLS AND PROPS

**Plank ball rolls:** using a netball, balance your weight in a plank position while rolling the ball back and forth between your hands. Do this x8.

**Props with a ball:** hold a netball, prop from one foot to the other, do this x5 each side (x10 total). Control your trunk.



# Home-Based Circuit 3

Work each line of activity for 30 seconds. Rest for 30 seconds. Do 4 sets.  
Rest for one minute and get ready for next line of activity.



**PUSH BALL SQUAT**  
x10



**HOPPING ON SPOT**  
x10 each leg

## **BALL SQUAT AND HOPPING ON SPOT**

**Push ball squat:** drop into a good squat and push the ball forward. Return to the start and repeat. Do this x10

**Hopping on spot:** Hop x10 on left leg. Hop x10 on right leg (total x20).



**BENCH HAMSTRING**  
x10



**BULGARIAN**  
x5 each leg

## **BENCH HAMSTRING AND BULGARIANS**

**Bench hamstring:** use a chair or box, place your legs on top and raise your gluts off the ground and lower, do this x10.

**Bulgarian:** ensure your knees do not drift in front of the foot. Drop down into a lunge position. If this is too easy, hold a netball or weight. Do this x5 each leg (total x10).



**RUNNING ON THE SPOT**  
x10 each leg



**PROPS**  
x5 each leg

## **RUNNING ON THE SPOT AND PROPS**

**Running on the spot:** fast and high knees, do this x10 each leg

**Props:** keep a bend in your hip and knee. Keep your knee in line with your foot and control your body. Move from one leg to the other x5 each leg (total x10).



# Home-Based Circuit 3 Continued



**SPIDER WALKS**  
x10



**PRESS UP BALL ROLLS**  
x5

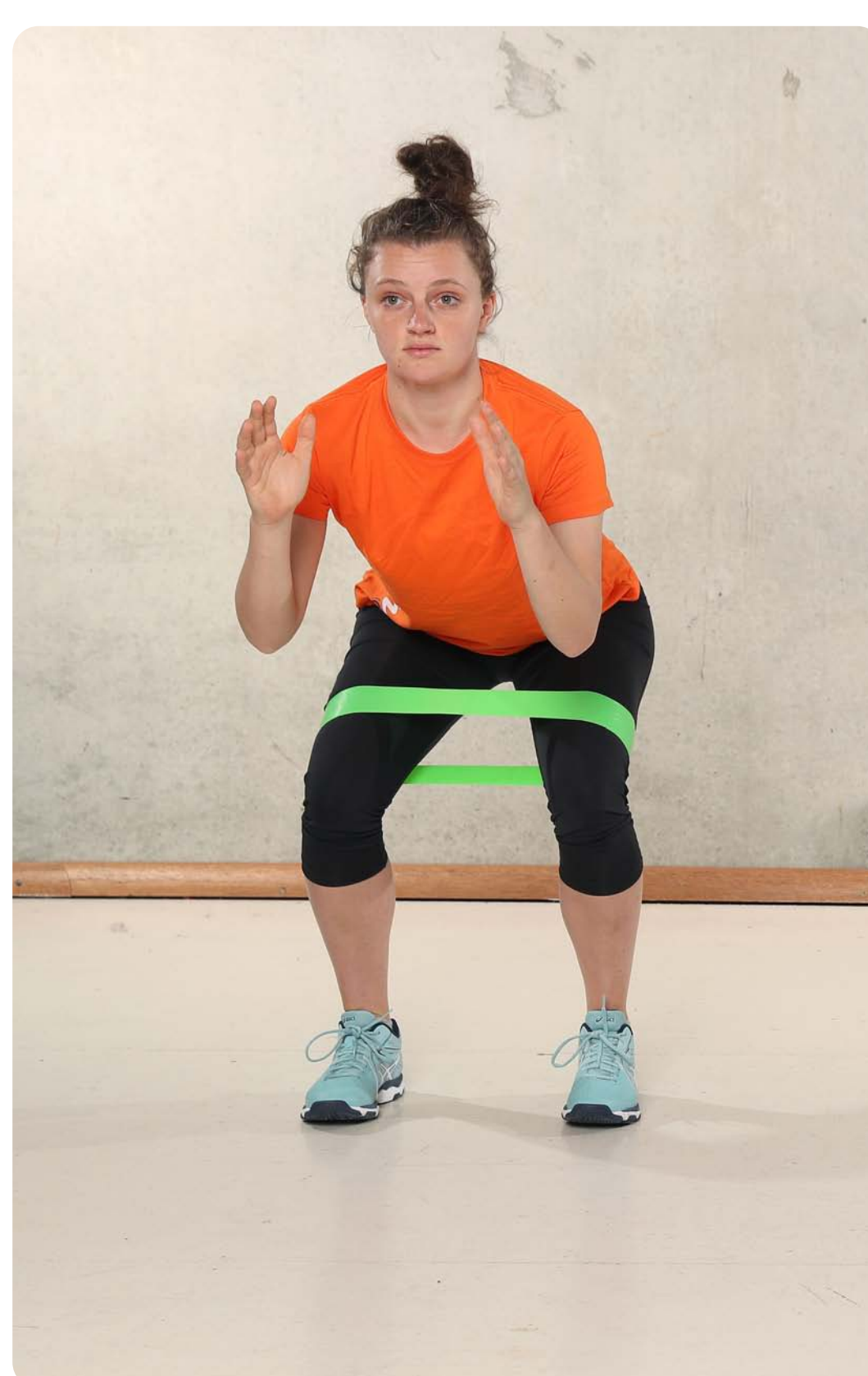
## SPIDER WALKS AND PRESS UP BALL ROLLS

**Spider walks:** keep your hips up and ensure your body is in a straight line, move forwards and backwards total x10.

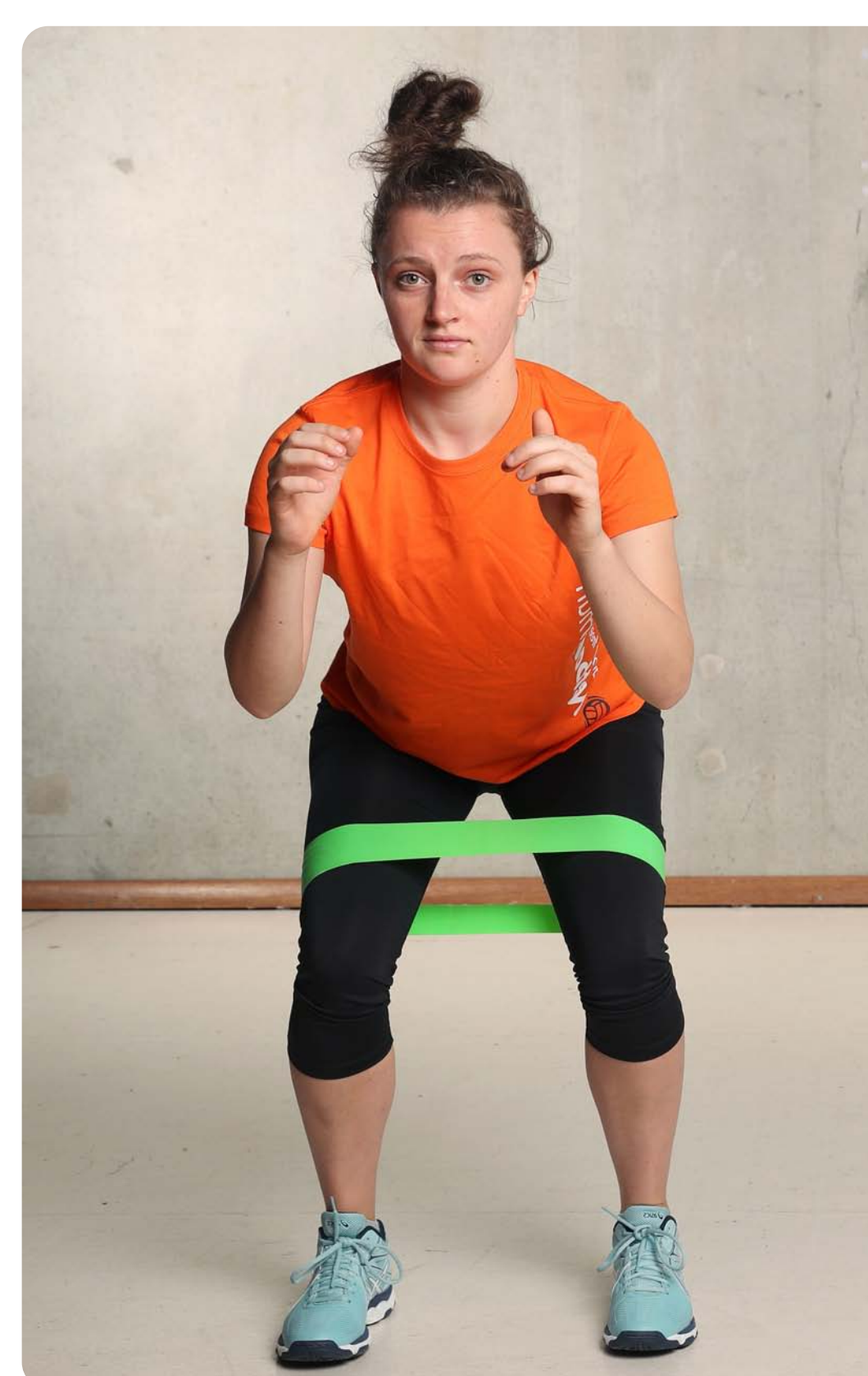
**Press up ball rolls:** start in a good press up position and roll the ball forward and backwards, maintain good core. Do this x5.



**BALL ABOVE HEAD LUNGES**  
x5 each leg



**RUBBER BAND BROAD JUMPS**  
x5



## BALL ABOVE HEAD LUNGES AND RUBBER BAND JUMPS

**Ball above head lunges:** Stand on one foot with ball above head and drop into a lunge and return to start. Do this x5 each leg.

**Rubber band broad jumps:** with a rubber band around your thighs and in a good squat position, jump forward. Do this x5.

(If you do not have a rubber band just do a broad jump).



**PRONE HOLD AND LEG OUT**  
x5 each leg



**SIDE BRIDGE HIP FLEXION**  
x5 each side

## PRONE HOLD AND LEG OUT AND SIDE BRIDGE HIP FLEXION

**Prone hold and leg out to the side:** In a plank position, move leg out to the side, and back in, do this x5 each side (total x10).

**Side bridge hip flexes:** In a side bridge position bend your knee to your chest and back down, do x5 each leg (total x10).





**NETBALL**  
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