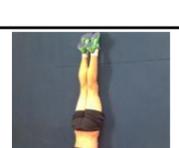
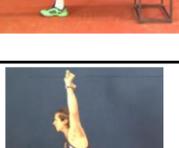
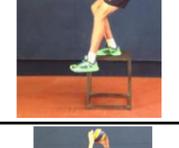
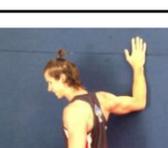
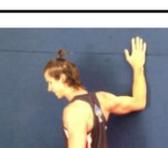


Level 3 - Advanced	
CORE ESSENTIALS	<p>Side bridge stage 3 - hand and feet</p> <p>Position: Lie on your side with both legs straight. You will support your body with your bottom hand and the side of your bottom foot so that your body is in a straight line from shoulder to foot. The hand of your supporting arm should be directly beneath your shoulder, your elbow should have a slight bend, your top arm is extended towards sky.</p> <p>Execution: Lift your body up until your shoulder, hip and feet are in a straight line. Hold the position for 45 sec. Take a short break, change sides. Your body should not deviate from the start position, rotate forwards or back, nor should your hips drop towards the ground.</p> 
	<p>Prone hold - Stability Challenge</p> <p>Position: Lie on your front, supporting yourself on your forearms. Place a Volleyball ball at your feet. Your elbows should be directly under your shoulders and the tops of your feet will be resting on the ball. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: Lift your body up, supported on your forearms and by your feet on the ball, draw your belly button in. Your body should be in a straight line. Continue for 40-60 sec. Keep your balance by making small adjustments as needed. Maintain tension through your body which will assist with this.</p> 
SHOULDER ESSENTIALS	<p>Full T Rolls</p> <p>Position: Start in the static push up hold position, ensuring hands are directly under the shoulders and the body is in a straight line from shoulders to toes. Eyes are focused on a point 2-3m in front of you at all times and follow your body as you roll.</p> <p>Execution: As with the Half T Roll, lift one arm off the floor and rotate the body around your supporting shoulder into the Side Bridge position, hold for 10sec. From this position you continue the roll to a Supine Plank position in which you are face up, both hands on the floor and supporting your body through the heels. Maintain a straight line from shoulder to feet and ensure hands remain directly under the shoulders. After a 10sec hold, continue the roll to the other Side Bridge position for a 10sec hold, and complete the roll by returning to the front. Keep tension through the body throughout the entire movement. Repeat for 3- to repetitions per side as strength develops.</p> 
	<p>Full Scapula Push Ups</p> <p>Position: In the Static Push Up hold on the floor. Ensure hands are directly under the shoulders, not out in front, and that feet are comfortably spaced apart. The body must be in a straight line from the shoulders to the feet. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: From this start position retract the shoulder blades by "squeezing them together" in a slow and controlled manner. Try to get them to touch together as if squeezing a grape between them. Then, protract the shoulder blades by pushing them apart as far as you can, imagine rounding the top part of your back in a slow and controlled manner. No other movement in the body is accepted, arms must not bend and hips must not 'sag' or drop. Repeat 10-30 repetitions as strength develops.</p> 
SHOULDER ESSENTIALS	<p>Full Push Ups</p> <p>Position: Begin in a Static Push Up Hold position, with hands 1 hand width wider than your shoulders on the floor. Ensure your body is directly over your shoulders and that the hands are not out in front and that you maintain a straight line from the shoulders to the feet. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: From the start position, lower your body to the bench by bending your arms allowing the elbows to travel slightly backwards towards your hips. Lower until your chest touches the bench, and then return to the start imagining you are "pushing the bench away from you". The greater the incline the easier the movement is, the closer to flat the harder the movement is. There must be no deviation in hip or body alignment throughout the movement. Perform 5-20 as technique and strength develop.</p> 
	<p>Handstand Wall Walk Up & Down</p> <p>Position: Begin as in the Wall Supported static push up hold ensuring shoulders are over hands, and body is in a straight line from shoulders to feet.</p> <p>Execution: Progress from the Half Handstand by walking the feet up the wall into a full handstand position where your stomach is within 5cm of the wall. Ensure this is done by pushing a straight, tight body towards to roof. Ensure you keep straight arms and think about pushing the body away from the shoulders at all times. Hold this position briefly and return to the wall supported plank position by walking away from the wall with the hands. Repeat this without touching the ground 1 - 10 times as technique develops. At all times the body must stay in a straight line with no drooping through the hips.</p> 
HIP ESSENTIALS	<p>Double leg Glute Bridge - Stage 3</p> <p>Position: Lie on your back on the ground with knees drawn up to a 90degree bend, feet flat on the floor. Feet and knees to be hip width apart. Ensure both shoulders are on the floor, hands to be resting by your side.</p> <p>Execution: The start position is in the Stage 1 - isometric hold position. While maintaining a straight line from the shoulders to the knees slowly lift one leg off the ground and extend it out straight. Once straight, slowly bring it back in to the floor and swap to the other leg. Repeat for 5 - 15 lifts per leg as strength develops. Rotation or dropping through the hips is not acceptable.</p> 
	<p>Single leg Hip Thrusts</p> <p>Position: Sit in front of a chair / bench with knees drawn up to a 90degree bend, feet flat on the floor. Feet to be hip width apart, knees to also be hip width apart.</p> <p>Execution: From sitting, lean back into the chair/bench, and by squeezing your gluteals lift your body up into the isometric hip thrust position. Lift one leg off the ground, and keeping the knees aligned with each other, slowly lower your hips towards the ground. At the bottom of your range squeeze the gluteals and raise the hips back to the start position. Repeat for 5 - 15 repetitions then swap legs.</p> 
LEG ESSENTIALS	<p>Overhead Squat - Stage 2</p> <p>Position: Stand with your feet flat on the floor, comfortably spaced just wider than your hip width, toes facing out slightly. Grip the broomstick or piece of dowel very wide in your hands, so the angle between your arm pit and side is about 35degrees. Take the broomstick overhead. Your arms should sit just behind your ears. Eyes are looking directly ahead of you at all times.</p> <p>Execution: From this position, follow the same movement you have learnt with the Volleyball overhead. Your feet staying flat on the ground at all times, your eyes facing ahead and most importantly your arms to remain beside your ears and extended throughout the movement. Repeat this for 10 - 30 repetitions. Your arms must not travel forward in front of your head at any time.</p> 
	<p>Single Leg Squat - Stage 2</p> <p>Position: Stand on top of a box / block that is at least knee height, if not higher. Position yourself to one side of the box, so the 'free' leg can hang beside the box. Your arms are extended out in front and eyes facing forwards.</p> <p>Execution: Lower yourself using the one leg in a controlled manner until your gluteals touch the back of your calf. Once you reach the bottom position, apply pressure through a flat foot and stand back up. Your eyes should remain looking ahead and head up throughout the movement. Your back should stay upright and straight, and not leaning forward too much. Your knee should not swing in or out. Your 'free' leg can drop beside the box, or be held out in front. A flat foot must be maintained throughout the movement. Repeat for 5 - 15 each leg as strength and technique develops.</p> 
	<p>Walking lunge - Stage 3</p> <p>Position: Start standing, with feet hip width apart. Hold a volleyball in your hands with your arms extended overhead, beside your ears.</p> <p>Execution: Step forward with one leg, plant your foot facing straight ahead, and lower yourself into a lunge position. Your front knee should be in line with your ankle, not in front of your toes. Transition by stepping straight into the other side. Your eyes and head should remain facing the front, arms extended straight beside your ears. Repeat for 8-15 steps per leg. Repeat the movement going backwards.</p> 

Level 3 - Advanced	
BASIC JUMP & LAND	<p>40cm Double leg Altitude Landing with Ball Catch</p> <p>Position: Start standing on top of a 40cm box, with feet comfortably at hip width apart. Eyes and head are facing forwards. You will have a partner facing you with a Volleyball in their hands, about 3m away.</p> <p>Execution: Step off the box with one leg, any leg, and land on the ground with both feet simultaneously in front of the box. Your partner will throw the ball to you as you step off the box. As soon as you step off the box, create tension in the muscles of the hip and leg to absorb the landing. Land firstly on the balls of your feet then heels will drop. You do not want to sink too deep into a squat position, about 1/4 depth is suggested. You must control your landing while also negotiating the ball catch. Repeat for 10 - 20 ensuring each landing is perfect.</p> 
	<p>20cm Single leg Altitude Landing with Ball Catch</p> <p>Position: Start standing on top of a 20cm box or step, with feet comfortably at hip width apart. Eyes and head are facing forwards. You will have a partner facing you with a Volleyball in their hands, about 3m away.</p> <p>Execution: Step off the box with one leg, any leg, and land on the ground with the same leg. Your partner will throw the ball to you as you step off the box. As soon as you step off the box, create tension in the muscles of the hip and leg to absorb the landing. Land firstly on the balls of your foot then your heel will drop. You do not want to sink too deep into a squat position, about 1/4 depth is suggested. Ensure hip, knee and foot are in alignment and the knee does not swing in or out, nor the hip drop upon landing. You must control the landing as well as negotiate the ball catch. Repeat for 5 - 15/leg ensuring each landing is perfect.</p> 

ESSENTIAL MOBILITY & STRETCHES	
<p>Knee to wall stretch</p> <p>Facing a wall, stand with your feet pointed straight ahead, in a staggered stance with the toe of your front foot touching the wall. Lean into the wall with your upper body and bend your front knee, keeping your foot flat, until it touches the wall. If this is easy, shuffle your foot back and repeat. Continue to move back until you can no longer keep a flat foot or an intense stretch is felt in the back of the lower leg. Hold for 30 seconds, swap to the other side. Aim to increase the distance from the wall as your flexibility improves over time.</p> 	
<p>Spiderman Extended Hip Flexor Stretch</p> <p>Begin in push-up position. Bring your left foot up to the outside of your left hand. Rear leg stays extended, and the front knee is over the top of the ankle. Ensure toes are facing forwards and your hips are facing the ground. Your back should be straight with eyes focusing about 3m in front of you. Hold for 10sec, then return to push up position and swap sides. Repeat for 5 - 10 per side as the position becomes easier.</p> 	
<p>Broomstick Overhead Shoulder Mobility</p> <p>Stand comfortably with both hands holding a broomstick very wide in front of your body. Keeping long arms, take the broomstick out in front of your body, up over your head, and behind your body. Repeat this in the opposite direction to return to the start. Both arms should move symmetrically and evenly. If this is very easy, bring your hands closer together until you reach the point where your technique starts to falter. Take your hands slightly wider than this point and repeat for 10 - 15.</p> 	
<p>Inchworms</p> <p>Begin in push-up position. Slowly walk your legs toward your hands moving yourself into a pike position, your heels may be off the floor but try to push them into the floor as the range of motion improves. Continue walking forward until you start to feel a stretch in your hamstrings. Keep your chin tucked into your chest, and try to extend through the shoulders - pushing armpits towards to ground. At the top of your range, slowly walk your arms forward with your feet still, until you are back in the push-up position. Repeat this for 5-10 as holding the positions become easier.</p> 	
<p>Cossack Lunge with low transition</p> <p>Stand with feet wide apart, toes pointed 45° outward. Lunge toward one side ensuring the foot stays flat on the floor and that you get as deep as you can, imagine relieving or passing. To do this you must push your hips backwards. The other leg must stay straight. Keep your chest up and back straight. Hold this side for 5sec, then transition low across to the other side, imagining you are in a tunnel and can not raise your body. Hold this side for 5sec and repeat for 5-10 times per side.</p> 	
<p>Laying Back Stretch - with arm arc</p> <p>Begin by laying on your back on the floor, with arms extended out to the sides at shoulder height and legs extended straight out. Bend one leg and raise it so your foot is resting on the straight knee. Rotate this bent knee across your straight leg and towards the ground ensuring both shoulders stay in contact with the ground. With the same arm as the bent leg, reach across to your other hand and extend as far past it as you can. Then take this arm in a big swinging arc fashion around your head and back to the shoulder height. Imagine this as a slow and extended arm swing as in hitting or serving. Repeat for 10 times then swap sides.</p> 	
<p>Prone Glute Stretch</p> <p>Sit on the floor with your front leg bent across in front of your body so there is approximately a 90degree bend in the knee. Place hands on floor in front and extend the rear leg out straight along the floor behind you. Allow your body to ease down toward floor with the support of your arms. Ensure your chest and both hips are facing the floor at all times. Hold stretch for 30seconds, and repeat with opposite leg.</p> 	
<p>Wall Pectoral Stretch</p> <p>Stand side on to a wall or in a doorway. Place the inside of a bent arm on the surface of wall or against the door frame. Position the bent elbow at shoulder height. Turn body away from the arm. Hold stretch for 20sec then repeat with opposite arm. Repeat this stretch with a long arm. Position the palm of your hand against the wall or doorframe with your thumb pointing upwards at shoulder height. As above, turn the body away from the arm and hold for 20sec. Repeat on the other side.</p> 	
<p>4 Point Thoracic Rotation</p> <p>Begin in a 4 point stance, with arms directly under shoulders and knees directly under hips. Take one hand and place it on the back of your head. Keeping your hips fixed, rotate this bent arm so the elbow touches your supporting arm elbow, then take the bent elbow as far away from the supporting elbow as you can by rotating through the torso. Your eyes will follow the path of this elbow, meaning your head will rotate with your arm, but your hips must remain fixed and still throughout. Perform 10 - 15 repetitions then swap sides.</p> 	