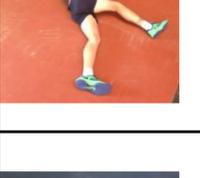


Level 2 - Intermediate	
CORE ESSENTIALS	<p>Side Bridge Stage 2 - elbow & feet</p> <p>Position: Lie on your side with both legs straight. Lean on your forearm and the side of your bottom foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder, your top hand is resting on your top hip.</p> <p>Execution: Lift your hips 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 - Alternating Raises</p> <p>Position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: Lift your body up, supported on your forearms and toes, and draw your belly button in. Lift each leg in turn by squeezing your butt, then lift each forearm off the ground in turn, holding each for a count of 2 sec. Continue for 40-60 sec. Your body should not move as you move your limbs independently. Do not rotate, or arch your back. Small controlled movements are preferred over large sloppy moves.</p> 
SHOULDER ESSENTIALS	<p>Half 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: From the static push up position lift one arm off the floor. Keeping tension throughout the body rotate around your supporting shoulder into the Side Bridge Stage 3 position supporting the body through one arm and the side of your bottom foot. Maintain a straight line from shoulder to feet and ensure hand remains directly under the shoulder. After a 10sec hold, return to the static push up position for a 10sec hold, then rotate to the other side for a 10sec hold. Ensure there is no "dipping" or "sagging" through the midsection at any stage of the movement. Repeat for 3 - 10 per side as strength depends.</p> 
	<p>Incline Scapula Push Ups</p> <p>Position: Assume the Static Push Up position with your hands on a bench or a chair so the body is on a 45 degree lean. Ensure hands are directly under the shoulders, not out in front, and that feet are comfortably spaced apart. 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 for 10 to 50 repetitions as strength develops.</p> 
	<p>Incline Push Ups</p> <p>Position: Begin in a Static Push Up Hold position, with hands 1 hand width wider than your shoulders supported on a bench or a chair so that your body is on a 45degree lean. Ensure your body is directly over your shoulders and that the hands are not out in front. 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>Wall Supported Half Handstand</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 start position by walking the feet up the wall into a decline position or around 60-75 degrees. Ensure this is done by pushing a straight, tight body towards to roof opposed to bedding at the hips. Your hands will move closer to the wall as your feet move further up the wall. Ensure you keep straight arms and think about pushing the body away from the shoulders at all times. Hold this position for 5 - 20sec and return to the start position by walking further from the wall with the hands. At all times the body must stay in a straight line with no dropping through the hips.</p> 
HIP ESSENTIALS	<p>Double leg Glute Bridge - Stage 2</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. Place the volleyball between your knees.</p> <p>Execution: Squeezing your gluteals together and against the ball, slowly raise your hips off the ground until your body reaches a straight line from shoulder to knee. Hold this position briefly and then slowly lower the hips until you just touch the ground. Repeat this for 10 - 20repetitions.</p> 
	<p>Double leg Hip Thrusts - Repetitions</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. Place a volleyball between your knees.</p> <p>Execution: From sitting, lean back into the chair / bench, and by squeezing your gluteals lift your body up, taking the weight over your shoulder blades and through flat feet on the ground. Your head can relax back onto the chair / bench. Maintain a straight line from head to knee. Slowly lower your hips towards the ground. At the bottom of the range squeeze the gluteals and raise the hips back to the start position. Repeat for 10 - 20 repetitions as strength develops always ensuring slow and controlled movements.</p> 
LEG ESSENTIALS	<p>Overhead Squat - Stage 1</p> <p>Position: Initially stand with your back to a chair or bench about your foot length away from it. Feet are flat on the floor, and comfortably spaced just wider than your hip width, toes facing out slightly. Hold a volleyball in your hands and extend your arms straight out overhead, beside your ears. Eyes are looking directly ahead of you at all times.</p> <p>Execution: From this position, simply sit down! Your feet must remain 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. Once your gluteals touch the chair / bench, squeeze them, drive your chest up and return to standing. Repeat this for 10 - 30 repetitions. Remove the chair and perform free squats when technique is perfect!</p> 
	<p>Single leg Squat - Stage 1</p> <p>Position: Stand in front of a bench or chair that is roughly knee height. Stand with your arms extended out in front. Balance on one leg with opposite leg extended straight out in front as high as possible.</p> <p>Execution: Lower yourself using the one leg in a controlled manner until your gluteals just touch the bench/ chair. Do not sit down, just touch. Once you touch the chair, 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. 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 2</p> <p>Position: Start standing, with feet hip width apart. Hold a volleyball in your hands with your arms extended out straight in front of you.</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. As you reach lower into your lunge, rotate your body and the ball over the front leg. Rotate back to the middle, and extend out of the lunge position, transition by stepping straight into the other side. Your eyes and head should remain facing the front even as you rotate. Repeat for 8-15 steps per leg. Repeat the movement going backwards.</p> 

Level 2 - Intermediate	
BASIC JUMP & LAND	<p>30cm Double leg Altitude Landing</p> <p>Position: Start standing on top of a 30cm box, with feet comfortably at hip width apart. Eyes and head are facing forwards.</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. 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 drop. You do not want to sink too deep into a squat position, about 1/4 depth is suggested. Ensure the knees remain in line with the toes - and do not swing in or out upon landing. Repeat for 10 - 20 ensuring each landing is perfect.</p> 
	<p>20cm Single leg Altitude Landing</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.</p> <p>Execution: Step off the box with one leg, any leg, and land on the ground with the same leg. 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. 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> 