

# 1. SITUPS

ARMS CROSSED ACROSS CHEST.

RAISE BODY ABOVE FLOOR, AND RETURN



\* too easy, touch you fingers to your temples, but do not pull you head with your arms as will damage your neck.

\*\* too hard, place arms by your sides

## 2. LUNGES

Start with your feet about a shoulder width apart and lunge forward with one leg. Your knee should be over your leading foot with about a 90° bend.

Push back standing position, and then repeat using alternate leg....and so on.



\* too easy, then start with a lunge to your right leg, push up on both legs, to finish with a lunge on your left leg

\*\* too hard, reduce the length of your lunges.

# 3. HORIZONTAL GHOST

With a racket, face the front wall ready to start. Turn and move to the left wall, to volley a ball to a length. Return to the middle starting position. Turn to move off to the right. Ghost a volley and so on....

Try to work on your footwork so that you play the shot from a good strong position, with shoulders facing the side wall, striking the ball with an open racket face. Work on your movement, trying to make it fluid and efficient.

- Too easy, play the ball that is tight the wall, making you move further. Also try moving quicker.
- Too hard, play the ball that is “looser” or move not quite so quickly

## 4. Short Ghost

Without a racket, play a quick stroke with your backhand down the sidewall. Move and play a shot with your forehand across the front wall.

# 5. Court Sprints.

The “horizontal” ghost station has right of way – so avoid them when you cross!

Run the length of the court, forwards, turning before each wall. Do not push off the wall. Remain in control.

- Too easy, try to lunge at the end of each turn.
- Too hard, run at  $\frac{3}{4}$  pace.

## 6. Burpees

From a squat position with your hands on the floor, kick your feet back to a pushup position. Quickly return your feet to the squat position and jump as high as you can from the squat position. Repeat this exercise



# 7. Step Ups

Step up onto a suitably strong bench by placing the foot of your lead (stepping) leg flat onto it.

At the same time, remove your non-stepping leg from the floor and bring it up to place the foot parallel to – and shoulder-width apart from – the stepping foot on the bench

Step back down with your lead foot and bring the other foot back down to join it to complete one repetition.



## 8. Skipping



The effort it takes to jump the rope for ten minutes is the equivalent of running a mile in eight minutes.

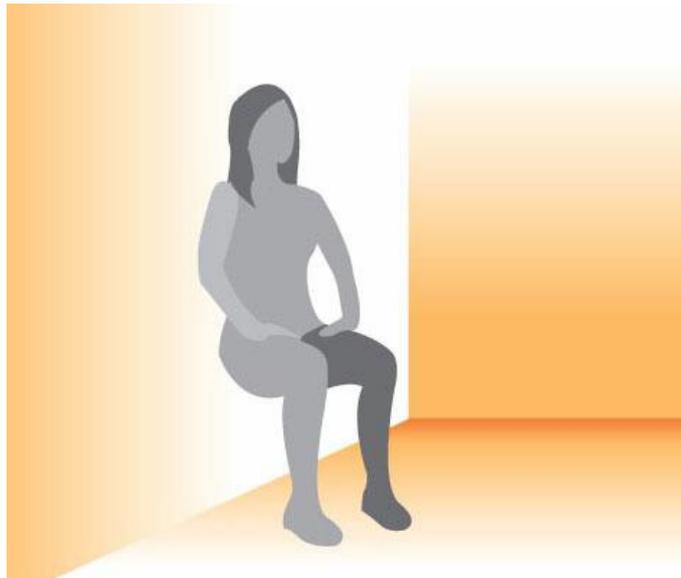
Skipping also does a better job protecting your joints. Skipping is also good for your arms. The shoulders get a really good workout from keeping that rope in motion.

## 9. Wall Sits

Stand with your back against a wall, placing your feet about two feet out in front of you. Feet should be hips distance apart.

Bending your knees, slide your back down the wall until your knees are at 90 degree angles. Your knee joints should be over your ankle joints, so you may need to inch your feet further from the wall to create proper alignment. Don't let your knees fall in on the midline of your body, or sway outwards.

Stay until end of exercise.



Too hard, go higher or rest for a few seconds.

# 10. Planks

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels.



Too hard, take a rest after 30-40 seconds.