

England Strength Session

All exercises should have

- Feet and legs squeezed together
- Full extension in legs, ankles and feet
- Pointed feet
- Extended arms and fingers

See video

Hold each position for 30 seconds

Exercises 1 – 4 done twice – 30 secs rest after 1-4 completed

1.

Surface Arch

- arms out to side hands by ears
- arch as much as possible
- engage lower back muscles



2.

Dish with arms extended

- arms extended close to ears
- keep back flat on floor - move feet further off ground if back lifts off floor
- engage core muscles



3.

V-sit hold

- arms and hands extended by legs
- back flat
- sitting on sit bones



4.

Standing Pike arms extended

- start standing with arms extended
- bend forward 90o
- arms must stay in line with back



Rest 30 seconds



Strength continued

See video

Hold each position for 30 seconds, change legs after one

Exercises 5 – 9 done once on each leg

30 secs rest after 5-9 completed

5.

back layout

- feet raised, head on floor
- arms extended by hips



6.

bent knee

- horizontal foot raised, head on floor
- arms fully extended
- bent leg on vertical line



7.

ballet leg

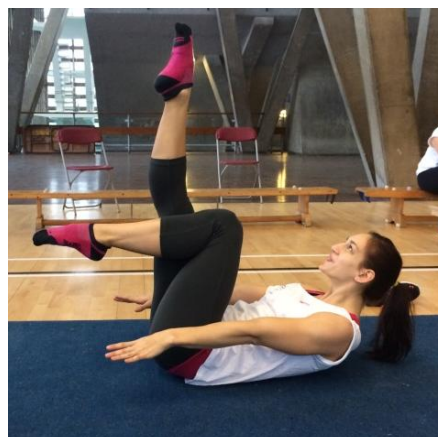
- with/without thera band
- non ballet leg foot raised
- arms by hips



8.

Flamingo

- head and shoulders off floor
- engage core
- Exact positioning





9.

Double ballet leg

- head and shoulders off floor
- engage core



Rest 30 seconds



See video

10 kicks front/side/back – repeat other leg

Exercises 10 – 12 done twice on each leg

Rest 30 seconds after 10-12 completed

10.

Theraband

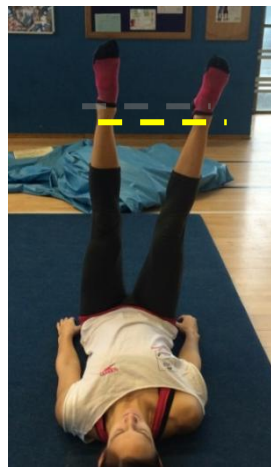
L-shape kicks

- Leg should move 45°, controlled pace other leg remains still
- Build up to using the thera band
- One set : left leg – front, side, back, right leg front, side, back

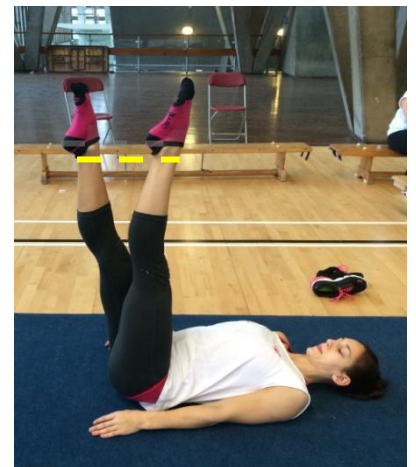
Front



Side



Back



11.

Kicks and hold on back and forward

- Build up to using the theraband
- 10 kicks hold for 10 seconds – repeat with other leg



12.

See video

Points - sitting L-shape – with thera band

10 slow Flex, half point, point & reverse

20 fast flex – point

Repeat in Double ballet leg & back layout

Rest 30 seconds



Core Exercises

See video

Exercises 13 – 17 done twice

Rest 30 seconds after 13-17 completed

13.

10 x Double ballet leg reverse curls

- Lying on back in double ballet legs
- Raise hips off floor keep legs on vertical line – as much as possible

14.

10 x DBL – shoulder stand – focus on unrolling up and down



15.

20 x Single leg v-sit



16.

10 seconds v-sit



17.

10 x star bursts



Rest 30 seconds



Injury Prevention

See video

Shoulder stability Exercises

- 4 point kneeling with knee lift 30secs
- Laying on front on floor chin lift with head tucked in x10
 - Chin lift with arm pulse x10
 - Chin lift with arms and theraband x10
 - Chin lift with straight arm breaststroke x 10

Glute Exercises

- Lunges – forward sideways and backwards 5 each side each way
- Clams – 10 each side with feet on floor, 10 each side with feet off floor
- Side leg circles - 10 each leg forward and backwards circles
- Standing leg small kicks with theraband - 10 each side each way
- Glute bridge – 10 bum up and down, 10 arms over the top, 10 with band pulsing arms