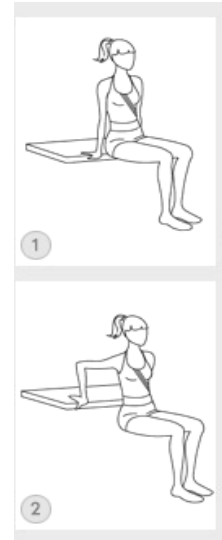


# WEST COAST DRY-LAND TRAINING PROGRAMME

Perform each exercise once, limiting rest between each exercise. Increase repetitions over consecutive weeks.	
EXERCISE	REPS
Skipping Rope	200 reps
Burpees	10-15
Squats	20
Lunges	20 each
Standing Jumps	10-15
Scapulations	20
Press-Ups	20
Dips	20
Back-Extensions	20
Seal Bridge	1-3 mins
Sit-Ups	20-30



**Skipping:** There are various types of skipping and they are excellent for warming up - two feet off the ground, alternate feet, hop on one leg for 5 then swap and so on.

**Burpee:** A burpee is a combination of a squat-thrust and a standing jump. Begin from a standing position. Squat down and place your hands on the floor. Kick feet back into a press-up position and then drive feet back into the starting position. Jump explosively into the air bringing arms overhead. Return to the starting position and repeat. Always gain control of the body before squatting.

**Squats:** Begin from a standing position with the hands placed at the side of the head, or, hands by your side if you are holding dumbbells. Keeping your back straight and chest out, slowly squat down to a position where there is almost a 90 degree angle between your upper and lower leg. Your knees should not go beyond your feet. Return explosively to the starting position.

**Lunges:** Begin from a standing position with the hands placed at the side of the head. Take a long forward step forward and flex the front knee to almost a 90 degree angle. Your knee should not go beyond your foot. Chest should be out and back should be flat. Lower body slowly and spring back into the starting position.

**Standing Jumps:** Begin from a standing position with your arms outstretched in front. Jump explosively into the air until your knees touch off your hands. Keep knees slightly bent as your feet return to the ground.

**Scapulations:** From a standing position, bend at the hips so that your upper body is almost parallel to the floor. Extend your arms out to the side with your palms facing downwards. Lift your arms directly up from this position so that your shoulders (scapulae) almost touch. Lower to the starting position. This exercise should be performed at a relative quick tempo where raising the arms is slightly quicker than lowering them.

**Press-Ups:** Place your hands on the floor slightly wider than shoulder width. Keeping your body and legs straight inline (i.e. your backside should not be up in the air), slowly lower body until the elbows are at 90 degree flexion. Pause in this position and then push the body back into the starting position. Keep your head up and do not lock the elbows at the top. This exercise may also be performed with the knees on the floor.

**Dips:** Sit upright on the edge of a sturdy bench and place hands hip width apart, palms down, fingers pointing forward and gripping the edge of the bench. Place heels on the floor with legs out straight in front of you. Start position: Slide glutes off bench with elbows slightly bent. Lower body by bending at elbows until elbows are at 90 degree angle. Return to start position.

**Back Extensions:** Begin from a prone position on the floor with your hands either by your side, or, at the side of your head. In a quick motion, simultaneously raise your head, arms and legs as high as you can. Squeeze your lower back at the top and then return slowly to the starting position.

**Seal Bridge:** Lay on your stomach. Maintaining a straight line from your head to your feet, lift your body up on your elbows and toes. Hold this position.

**Sit-Ups:** Perform your own variation of safe sit-ups (crunches).