

# EXERCISE PROGRAMS



**Power**



## Power

### Introduction

This power routine is created for men and women athletes or advanced trainers, and should not be completed by beginners.

Power and plyometrics routines focus on explosive movements that incorporate and develop the speed and strength combination through concentric and eccentric contractions. This will result in a high injury risk if the client is a beginner or not well conditioned.

*Exercise intensity – moderate to high.*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Individuals who have injuries to their ankles, knees, shoulders, and/or back should not complete this workout.
- ▶ Advise your client that a banana is a great pre-workout food to have about 30-45 minutes prior.
- ▶ A carbohydrate and protein loaded item are great post-workout foods to increase recovery, i.e. chicken, eggs or tuna.
- ▶ Rest between sets should start at about 90 seconds and can get down to 45 seconds as the client progresses.
- ▶ Focus on the client's technique and posture throughout the workout to gain the most benefits.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

### Jog - Treadmill

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- Select a treadmill
- Set timer or use preset treadmill program
- Jog for designated time
- Monitor heart rate if possible



Complete 5 minutes.

### Ankle Mobility - Circles

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- Sit, stand or lie
- Lift one foot up in the air
- Rotate foot in clockwise direction
- Change direction to rotate foot anti-clockwise



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

### Hip Circles

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- Stand on one leg
- Side on to fixed object or wall for support
- Bend knee up & rotate thigh in clockwise direction
- Repeat several times in both directions



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

## Leg Swings - Side To Side

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- Stand on one leg
- Hold fixed object or wall for support if necessary
- Swing leg side to side
- Maintain upright posture
- Repeat several times



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

## Lateral Leg Rolls - Feet Up

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- Lie on the floor
- Knees & hips bent, feet off the floor
- Roll knees from side to side
- Shoulders remain flat on floor



Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

## Star Jumps

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- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet

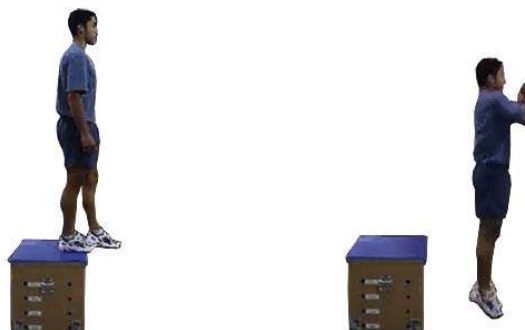


Complete 2 sets of 40 repetitions. Rest 60s between sets.

## Depth Jumps

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- Stand on a low box
- Step off box, land on the balls of both feet
- Land with hips, knees & ankles slightly flexed
- Jump immediately
- Aim to minimise ground contact time
- Increase height of box to increase difficulty of task not more than 0.6m



Complete 2-4 sets of 4-8 repetitions. Rest 60s between sets.

## Bounding - Alternate Legs

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- Running action
- Lengthen stride
- Aim for maximum height & distance from each stride
- Ground contact on balls of feet
- Maintain an upright posture, use arm action to assist with elevation



Complete 2-4 sets of 4-8 repetitions. Rest 60s between sets.

## Tuck Jumps

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- Stand, feet hip width apart
- Drop into a partial squat position
- Immediately jump for maximum height
- Tuck knees to chest during flight
- Land legs slightly flexed
- Immediately jump again & repeat sequence



Complete 2-4 sets of 3-6 repetitions. Rest 60s between sets.

## Split Jump - Body Weight

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- Stand in split stance
- Descend rapidly into split squat position
- Immediately jump for height
- Land with stance reversed, immediately jump again



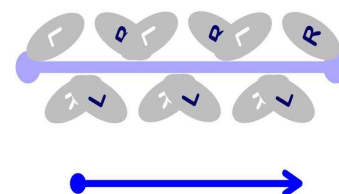
Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

## Lateral Jumps - Low Body Rotations

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- Place 2 markers 10m apart to form a line, stand facing across the line
- Rotate lower body to put one foot over the line the other behind
- In a small jumping action, repeated switch stance by rotating lower body to place other foot over the line
- Jump & rotate as fast as possible
- Move slowly sideward toward the far marker
- Ground contact on balls of feet

Face Sideways



Repeat 6-8 times. Rest 60s between repetitions.

## Mini Hurdle Jump-Hop Combination - Lateral

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- Stand next to a 3 mini hurdles set up in series
- Hop over the first hurdle on the far leg, jump the second & third
- Then repeat to move back across the hurdles
- Repeat sequence
- Land on balls of feet, legs slightly flexed
- Minimise ground contact times
- Maintain alignment of knees over feet

Complete 2-4 sets of 6 repetitions. Rest 90s between sets.



## Lateral Lunge - Medicine Ball

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- Stand with feet wide apart, toes pointing forward
- Medicine ball held out in front of body at arms length
- Sit to one side by bending one leg & keeping the other straight
- Descend until top of thigh is parallel to floor
- Keep heels flat on floor throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



## Overhead Throw - Step - Medicine Ball

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- Stand, hold medicine ball overhead
- Take a step forward
- Throw the ball for maximum distance

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



## Push Up - Clap

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- Push up position
- Supported on hands & toes
- Lower chest towards floor
- Push up powerfully clap hands
- Land in push up position
- Repeat immediately

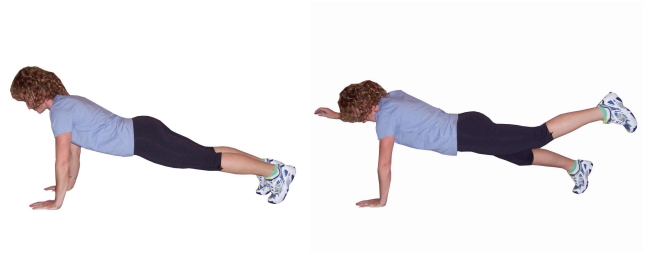


Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

## Plank - One Arm & One Leg

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- Body supported in push up position
- Ankle, hip and shoulder in alignment
- Maintain body position, lift one arm & one leg, pause
- Repeat on other side
- Brace with abdominals throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Jog

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- Select a treadmill
- Set timer or use preset treadmill program
- Jog for designated time
- Monitor heart rate if possible



Complete 5 minutes.

## Calf Stretch - 3 Point

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- Support bodyweight on hands & one foot
- Keep heel flat on the floor
- Other foot rests across ankle of stretch leg
- Bend knee of stretch leg toward the floor to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

## Glute Stretch - Seated - Legs Crossed

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- Sit on floor, place one foot across opposite knee
- Hands supporting torso
- Slide buttocks forward to increase the stretch
- Maintain posture throughout



Hold for 20-40 seconds. Repeat 1-3 times.

## Thoracic Spine Mobility - Foam Roller - Static

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- Position the foam roller perpendicular to spine
- Lie with foam roller under shoulder blades
- Take arms overhead or out to the side
- Relax into the stretch, vary position along thoracic spine



Hold for 45-60 seconds. Repeat 2-3 times.

## Hamstring Stretch - Seated

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- Sit with one leg straight, other leg bent
- Lean forward from hips
- Reach towards shin of straight leg



Hold for 20-40 seconds. Repeat 1-3 times.