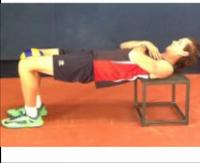
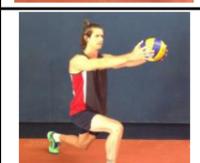


Level 1 - Beginner	
CORE ESSENTIALS	<p>Side Bridge Stage 1- knees & elbow</p> <p>Position: Lie on your side with the knee of your lower leg bent to 90 degrees. Support your upper body by resting on your forearm with your elbow directly under your shoulder. Support your lower body by the bent knee.</p> <p>Execution: Lift your hips until your shoulder, hip and knee are in a straight line. Hold the position for 30 sec. Take a short break, change sides. Your body should not deviate from the start position, or rotate from the straight line.</p> 
	<p>Prone hold - Basic</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, draw your bellybutton in and hold the position for 20-30 sec. Your body should be in a straight line. Do not deviate from this position. Do not sway or arch your back.</p> 
SHOULDER ESSENTIALS	<p>Static Push Up Hold</p> <p>Position: Start in a kneeling position, ensuring hands are shoulder width apart with fingers slightly spread. Hands should be directly under your shoulders. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: Raise your knees off the ground and extend the legs out straight as you lift your body into a straight line from your shoulders to your feet. Ensure both hips are facing the ground, shoulders are directly over hands, and that there is no "dipping" or "sagging" through the midsection. Hold this position for 20-60seconds as strength develops.</p> 
	<p>Wall Incline Scapula Awareness</p> <p>Position: Stand facing a wall, feet about 50-75cm away and directly under your hips. Lean into the wall, arms extended with hands shoulder width apart, supporting your body through your toes and hands.</p> <p>Execution: From this start position <i>retract</i> 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, <i>protract</i> 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 - 50 repetitions as strength develops.</p> 
	<p>Kneeling Push Ups</p> <p>Position: Start on hands and knees on the floor with your hands 1 hand width wider than your shoulders. Walk the knees back until you are in a straight line from shoulders to knees. Feet are resting gently flat on the floor. Eyes are focused on a point 2-3m in front of you.</p> <p>Execution: Perform the Push Up by lowering your body to floor by bending your arms. Allow the elbows to travel on a slight backwards angle towards your hips opposed to keeping them at shoulder height and not directly along your side. Lower yourself until your chest touches the floor, return to the start by imagining yourself 'pushing the floor away from you'. Hips must not sag or drop at all throughout the movement. Perform 5 - 20 as technique develops.</p> 
	<p>Wall Supported Static Push Up Hold</p> <p>Position: Begin on hands and knees facing away from a wall with feet just able to touch the wall. The position is a static push up hold with feet raised onto the wall.</p> <p>Execution: From all fours, extend one leg onto the wall at roughly shoulder height when your hands are on the ground, ensure a flat foot contact with the wall. Extend the other leg so the body is now supported by both hands on the ground and both feet on the wall. Walk hands forward or back as far as you need to obtain a straight line with the body from shoulders to feet and so that hands are directly under shoulders. Hold this position for 10 - 45sec, ensuring no sagging or dropping of the hips.</p> 
HIP ESSENTIALS	<p>Double leg Glute Bridge - Stage 1</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 for 20-60sec. Deviation from this position is not acceptable.</p> 
	<p>Double leg Hip Thrust - Isometric</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. Hold this position for 10 - 45sec as strength develops.</p> 
LEG ESSENTIALS	<p>Back Squat</p> <p>Position: 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 to your chest - like a hug. 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 your back straight. Once your gluteals touch the chair / bench, squeeze them, drive your chest up and return to standing. Repeat this for 10 - 30 repetitions. Your elbows should never touch your thighs. Remove the chair and perform free squats when technique is perfect!</p> 
	<p>Single leg Squat - 1down, 2 up</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 you are sitting on the bench/ chair. Take a 5 count to do this. 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. Once seated, place both feet on the ground and simply stand up. 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 1</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. Your chest must be upright and arms still extended in front. Your eyes should be watching straight ahead at all times. Extend out of this position, transition by stepping straight into the other side. Repeat for 8-15 steps per leg. Always repeat the movement backwards.</p> 

Level 1 - Beginner	
BASIC JUMP & LAND	<p>Vertical Jump & Land</p> <p>Position: Feet comfortably hip width apart, arms outstretched maximally overhead, eyes facing forwards with head straight ahead, legs are fully extended.</p> <p>Execution: Raise up onto your toes, then rip the arms down as hard as possible driving the elbows backwards, and descend into a 1/4squat - your torso and head will lean forward slightly. Quickly reverse your arms in an upward direction as fast as possible whilst driving the legs into the ground with as much force as possible. Jump upwards in a straight line, looking up with arms stretched maximally overhead. Absorb the landing by increasing tension in the leg and hip muscles. Contact the ground with balls of the feet and then heels. Rest briefly and repeat for sets of 5 maximal jumps.</p> 
	<p>Single leg Hop & Hold</p> <p>Position: Stand on one leg, with arms outstretched maximally overhead, eyes facing forwards and head straight ahead, your leg is fully extended.</p> <p>Execution: A slight raise up onto your toes, then as with the Vertical Jump, drive the elbows backwards, and descend into a 1/4squat - your torso and head will lean forward slightly. Quickly reverse your arms in an upward direction as fast as possible whilst driving the leg into the ground with as much force as possible. Hop upwards in a straight line, looking up with arms stretched maximally overhead. Absorb the landing by increasing tension in the leg and hip muscles. Contact the ground with ball of your foot and then heel. Hold the landing for a 3 count. Ensure your hip, knee and ankle are in alignment on landing. Rest briefly and repeat for sets of 5 maximal and perfectly landed hops.</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 receiving 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> 	