|  |  |  |
| --- | --- | --- |
| Pool Side Warm Up with BandsTo be performed before all water polo sessions.[**Water polo ball thoracic mobility**](https://www.youtube.com/watch?v=I0mijL2841E)3 x 5 back arch (3 different positions of back)[**Kneeling Band Pull Backs**](https://www.youtube.com/watch?v=WQjtlG05Nx8) (slow)1 x 25 reps[**Band Reverse Shot**](https://www.youtube.com/watch?v=BTdmzcv1Qfg)  (band pull back)1 x 10 reps each arm[**External Rotation**](https://www.youtube.com/watch?v=x0jQIluQaMk) (with towel under arm)1 x 10 reps each arm[**Front Raise / Side Raise**](https://www.youtube.com/watch?v=oj_TQ7U0hVc)1 x 10 reps each arm[**Band Shot**](https://www.youtube.com/watch?v=p-gHYuUSzQ4)1 x 10 reps each arm[**Shoulder blade squeeze and holds**](https://www.youtube.com/watch?v=0HHz58ZCQyo)2 x 20 seconds | Core Work Out – Core 101To be performed 3 x per week. Not on consecutive days. Alternate days with Strength Session.[**Dead Bug**](https://www.youtube.com/watch?v=-FDIfo2AqDo)1 x 30 reps (15 each side)[**Mountain Climber**](https://www.youtube.com/watch?v=6JFbiGls09w)1 x 30 reps (15 each side)[**Toe Taps**](https://www.youtube.com/watch?v=jF_rNx3I-bY)1 x 30 reps (15 each side)[**Bird Dog**](https://www.youtube.com/watch?v=lHRoqYkeBsU)1 x 15 reps each side[**Back Hypers**](https://www.youtube.com/watch?v=mVIDj1VFPdc)1 x 30 reps[**Leg Cycles**](https://www.youtube.com/watch?v=DTpgXJqdEos)1 x 30 reps (15 each side)[**Side to Sides**](https://www.youtube.com/watch?v=Hoz9lCgRZFA)1 x 20 (10 reps each side)[**Knee Fall Outs**](https://www.youtube.com/watch?v=I4ascO85W9Y)1 x 15 reps each side | Bodyweight Strength SessionTo be performed 2 x per week. Not on consecutive days. Alternate days with Core work out.*Warm Up*[**Y-T-W-L**](https://www.youtube.com/watch?v=dT51rFeFyc0)1x 10 reps each[**Fast Feet**](https://www.youtube.com/watch?v=fMZuI8Os-m4)1 minute*Session- 30 seconds rest between each exercise. Perform in circuit format – 1 set of each exercise in a row.* [**Single Leg Box (chair) Squat**](https://www.youtube.com/watch?v=1Dqky5EUv1M)3 x 5 reps on each leg1 x max reps on each leg[**Push Up Rotations**](https://www.youtube.com/watch?v=0le5HquNExY)3 x 12 reps1 x max reps[**Lateral Lunges**](https://www.youtube.com/watch?v=E4mHVwHc7Zo)4 x 12 reps each leg (increase by 2 reps each week)[**Prone Diamonds**](https://www.youtube.com/watch?v=plkTN0P53CU)3 x 20 reps1 x max reps[**Prone Hold**](https://www.youtube.com/watch?v=NOxrA44MKUU)3 x 30 seconds1 x max time. Note: When Max reps is more than double the reps on the first three sets, increase the amount of reps of the first 3 sets to 5 reps under your maximum. i.e if max reps is 20 then you will do 3 x 15 and then 1 x max. |

Exercises are hyperlinked to youtube. Press ‘ctrl’ button and click on exercise name to go to youtube video.