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| Pool Side Warm Up with Bands  To 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 101  To 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 Session  To 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 leg  1 x max reps on each leg  [**Push Up Rotations**](https://www.youtube.com/watch?v=0le5HquNExY)  3 x 12 reps  1 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 reps  1 x max reps  [**Prone Hold**](https://www.youtube.com/watch?v=NOxrA44MKUU)  3 x 30 seconds  1 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.