















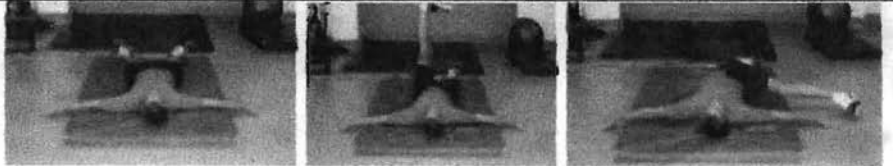


# BOREAL CLUB – INTRODUCTION TO STRENGTH AND CONDITIONING

(UPDATED JANUARY 25, 2010)

<b>Touch toes</b>	1 x 5					
<b>Knee to chest</b>	1 x 5					
<b>Knee to chest with rotation</b>	1 x 5					
<b>The ultimate hip stretch</b>	1 x 5					
<b>Side stretch</b>	1 x 3					

<p><b>Backwards lunge</b></p>	<p>1 x 10</p>	
<p><b>Back extensions</b></p>	<p>1 x 10</p>	
<p><b>Scorpion</b></p>	<p>1 x 5</p>	
<p><b>Scorpion on your back</b></p>	<p>1 x 5</p>	

## **Strength and Conditioning Program January-February 2010 (Comments)**

- 1) Please note that for the months of January and February your strength and conditioning program remains the same with an elevated level of difficulty.
- 2) The idea is re-habituate you to the idea of doing some strength and core exercises before moving on to anything more complicated.
- 3) Note that the elevated difficulty of each exercise is indicated in CAPITAL LETTERS and also in **bold lettering**.
- 4) This program should be performed 2-3 times per week.
- 5) Please do not hesitate if you have any questions/clarifications regarding these exercises shown in the following page.

**Specific strength conditioning program – To be done 3 times per week.**

**Superman:** 3 sets of 10 right leg/10 left leg **ON SWISS BALL**



**Glut bridges with slide:** 3 sets of 10 repetitions **ON SWISS BALL**



**Plank with alternate leg raises:** 3 sets of 10 right leg/10 left leg



**Side plank:** 3 x 45 SECONDS right side/45 SECONDS left side (W/O TOUCHING THE FLOOR TO SWITCH SIDES)



**Swiss ball knee tractions towards chest + PUSH UP:** 3 x 10 repetitions



**Alternate abs (obliques):** 3 x 15 repetitions leg leg/15 repetitions right leg

