

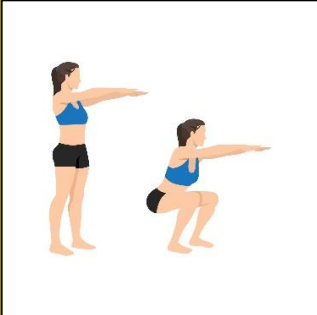

London Landmarks Skyscraper Challenge



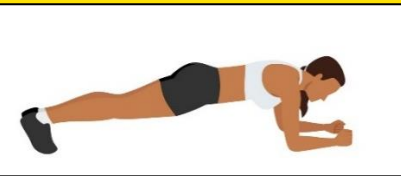
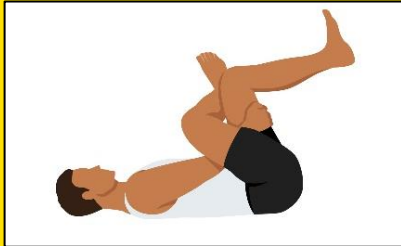
Strength and Stretch Training Weeks 1-8





Introduction

- The training plan covers the period weeks 1-8, which starts w/c 22nd May.
- **Strength training day:** Complete all the exercises on the strength training day.
- **Rest and stretch day:** Complete all or two of the stretch exercises that you find most difficult.

Strength Exercise	Description	Image
<p>Squat with arms forward</p> <p>Sets: 3 Repetition: 12-15</p>	<ul style="list-style-type: none"> • Stand with feet hip width apart. • Slowly lower your body into a squat position while keeping your back straight and knees aligned with your toes. • Lean slightly forward and keep you heels on the ground. • Push through your heels and activate glutes to come to standing 	
<p>Backwards lunge (same side)</p> <p>Sets: 3 Repetition: 12-15</p>	<ul style="list-style-type: none"> • Stand with feet together and step directly backwards. • Flex the front keen so the leg bends towards the floor. • At the bottom position, the lead leg is flexed at 90 degrees. • To go up, push of the floor with the back leg while extending the keen and hip of the front leg. • Keep the torso upright throughout • Complete all the reps on one side before switching to the other leg 	

<p>Push ups (perform on knees if needed)</p> <p>Sets: 3 Repetition: 12-15</p>	<ul style="list-style-type: none"> • Put your feet together and place your hands slightly outside of your shoulders. • Lower yourself all the way down so your chest almost makes contact with the ground and push back up. • Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body. • Keep your head in line with your spine 	
<p>Bent-over row</p> <p>Sets: 3 Repetition: 12-15</p>	<ul style="list-style-type: none"> • Step on a band and hold the other end in your hands. • Bend your knees, push your hips back and lead forward with your torso. Try to be in a 45 degree angle or more. • With your chest out and back straight, row the band in a controlled movement to your sides, in line with your navel. • Do not poke forward with your chin or head. • Do not round your lower back 	
<p>Abdominal plank (perform on knees if needed)</p> <p>Sets: 4 Hold: 30 secs</p>	<ul style="list-style-type: none"> • Place the elbows directly under the shoulders and prop yourself on the elbow, keeping a neutral back and head aligned with the spine. • Hold the position. 	
<p>Gluteal stretch (same side)</p> <p>Sets: 5 Hold: 30 secs</p>	<ul style="list-style-type: none"> • Lie on your back with your knees bent and your feet on the floor. • Cross the ankle of the leg to stretch over your other knee. • Gently pull the knee with the opposite hand toward the opposite shoulder until a stretch is felt in the buttocks. 	

<p>Quadriceps stretch (same side)</p> <p>Sets: 5 Hold: 30 secs</p>	<ul style="list-style-type: none">• Stand upright and hold onto something for balance if necessary.• Reach back and grasp your ankle and gently pull towards your buttocks.• Move your knee backwards without arching your back until you feel a stretch in the front or your thigh.	
<p>Standing calf stretch (same side)</p> <p>Sets: 5 Hold: 30 secs</p>	<ul style="list-style-type: none">• Stand and place both hands on a wall with your feet about half a meter from the wall.• Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.• Maintain the stretch and relax.	
<p>Hamstring stretch (same side)</p> <p>Sets: 5 Hold: 30 secs</p>	<ul style="list-style-type: none">• Stand with one foot in front of you.• Straighten your leg and stick your buttock out to arch your lower back.• Lean your body forward until you feel a stretch behind your thigh.• Maintain the stretch and relax.	