

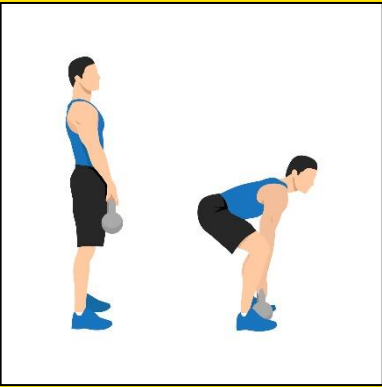
# London Landmarks Skyscraper Challenge


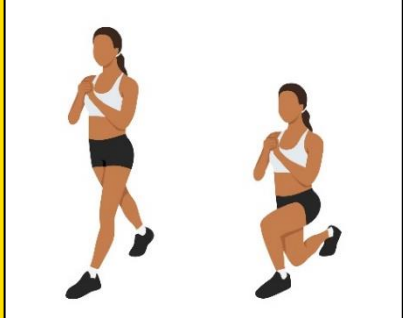
## Strength and Stretch Training Weeks 9-16

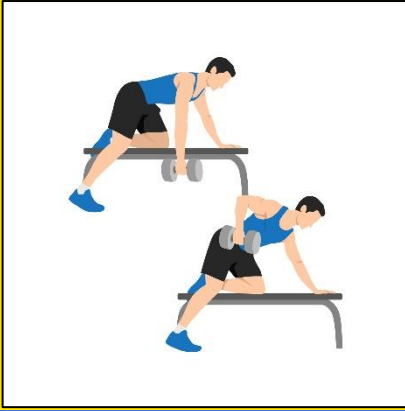
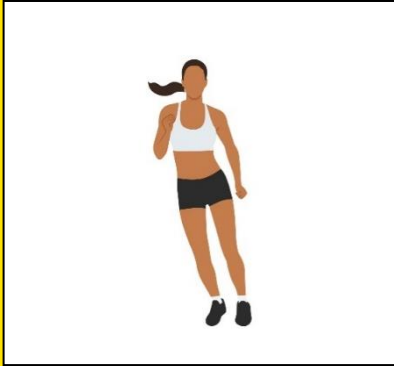




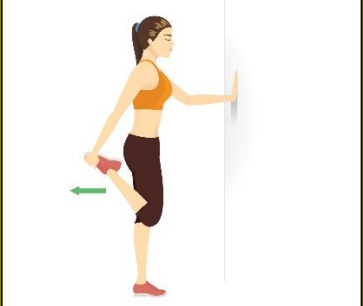
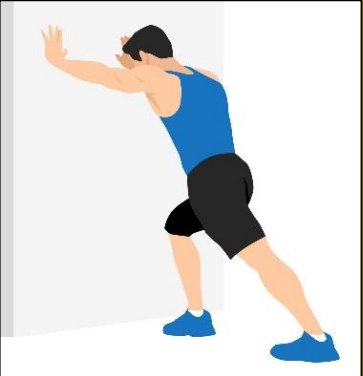
### Introduction

- The training plan covers the period weeks 9-16, which starts w/c 17<sup>th</sup> July.
- **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><b>Kettlebell deadlift</b></p> <p><b>Sets: 3</b> <b>Repetition: 12</b> <b>Weight: if possible</b></p>	<ul style="list-style-type: none"><li>• Place two kettlebells next to your feet.</li><li>• Keeping your back straight, bend over to grasp the handles.</li><li>• Extend your hips and knees to lift the kettlebells off the floor.</li><li>• Keep your torso-to-floor angle constant (until the hands meet yours knees) and shoulders over the weights.</li><li>• Do not let your hips rise before your shoulders.</li><li>• As the kettlebells rise just above your knees, push your hips forward.</li><li>• Continue to extend your hips and knees until your body reaches the fully erect torso position.</li></ul>	

<p><b>Single leg box squat</b></p> <p><b>Sets: 3</b> <b>Repetition: 12</b> <b>Weight: if possible</b></p>	<ul style="list-style-type: none"> <li>• Stand on one leg back to a bench or box.</li> <li>• Squat down to sit back on the bench, keeping your back straight and foot flat on the floor.</li> <li>• You can reduce the bench/box height over time to increase the challenge.</li> </ul>	
<p><b>Push ups (perform on knees if needed)</b></p> <p><b>Sets: 3</b> <b>Repetition: 12-15</b></p>	<ul style="list-style-type: none"> <li>• Put your feet together and place your hands slightly outside of your shoulders.</li> <li>• Lower yourself all the way down so your chest almost makes contact with the ground and push back up.</li> <li>• Make sure to brace your abdominas and move yourself in one block so your pelvis is in line with the rest of your body.</li> <li>• Keep your head in line with your spine</li> </ul>	
<p><b>Split squat-bodyweight</b></p> <p><b>Sets: 4</b> <b>Hold: 30 secs</b></p>	<ul style="list-style-type: none"> <li>• With your feet one in front of another at hip width, lower the back knee close to the floor and behind the front heel.</li> <li>• Keep your balance and lift yourself back up to standing position.</li> <li>• The knees should be bent at 90 degrees in the bottom position.</li> </ul>	

<p><b>1 arm dumbbell row</b></p> <p><b>Sets: 3</b> <b>Repetition: 12-15</b> <b>Weight: if possible</b></p>	<ul style="list-style-type: none"><li>• Support yourself on a bench, bed or chair as shown.</li><li>• Squeeze the shoulder blade and pull the weight toward the side of your body, next to your stomach.</li><li>• You should focus on the shoulder blade muscles pulling the arm up.</li><li>• Let the forearm hang free and lead with the upper arm and elbow.</li><li>• Be sure to have the hips parallel to the ground at all times by flexing or moving the support leg accordingly.</li></ul>	
<p><b>Hops</b></p> <p><b>Sets: 5</b> <b>Repetitions: 20</b> <b>secs</b></p>	<ul style="list-style-type: none"><li>• Stand in one place and do small hops with different heights ( a few hops at 30%, hops at 50% and hops at 70% of their maximum)</li></ul>	
<p><b>Side to side 1 leg hops</b></p> <p><b>Sets: 5</b> <b>Repetitions: 20</b> <b>secs</b></p>	<ul style="list-style-type: none"><li>• Standing on one leg, bounce successively side to side, keeping the knee, hip and torso stable.</li></ul>	

<p><b>Side plank (perform on knees if needed)</b></p> <p><b>Sets: 4 Hold: 30 secs</b></p>	<ul style="list-style-type: none"> <li>• Lie on the side with the elbow positioned under the shoulder.</li> <li>• Prop yourself on the elbow to go into a side plank position and hold, keeping the torso, hips and feet in a straight line.</li> </ul>	
<p><b>Stretching quadriceps (same side)</b></p> <p><b>Sets: 5 Hold: 30 secs</b></p>	<ul style="list-style-type: none"> <li>• Stand upright and hold onto something for balance if necessary.</li> <li>• Reach back and grasp your ankle and gently pull towards your buttocks.</li> <li>• Move your knee backwards without arching your back until you feel a stretch in the front or your thigh.</li> </ul>	
<p><b>Standing calf stretching (same side)</b></p> <p><b>Sets: 5 Hold: 30 secs</b></p>	<ul style="list-style-type: none"> <li>• Stand and place both hands on a wall with your feet about half a meter from the wall.</li> <li>• 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.</li> <li>• Maintain the stretch and relax.</li> </ul>	

## **Hamstring stretch (same side)**

**Sets: 5**  
**Hold: 30 secs**

- 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.

