

indoor/outdoorpull-out



fit to play™

inside or out (50-minute fitness)

IN OUR VERY BUSY LIVES IT IS OFTEN OUR EXERCISE REGIME THAT'S FIRST TO GO.

We all know that being in good shape will improve performance and make your daily activities, training and sports more enjoyable. Here is a quick 50-minute workout that can be done inside or out and requires little equipment.

- All you need is running gear, a light stretch band and 50 minutes' free time.
- Vary the route you run and use beach or forest trails to soften the impact and boost your psyche.
- Take a friend along to encourage compliance.
- In inclement weather, take it inside and use a treadmill, stationary bike, stair climber or elliptical trainer.

Start with a slow jog or other aerobic activity for five minutes that includes some dynamic warm-up exercises such as arm circles, crossover runs, high knees, backwards running, side shuffle steps and skipping.

Run continuously until you reach the 18-20 minute mark, keeping your heart rate at between 65-75% of maximum [maximum heart rate = $220 - \text{your age}$] or working at a 6-7 out of 10 on the Borg Scale (rate of perceived exertion).⁴ This ensures that you get a good aerobic benefit since evidence suggests we need at least 30 (up to 60) minutes of moderate intensity exercise on most if not all days of the week.

balance exercises

Since balance is a fundamental component of functional mobility and dynamic activity, it should be part of the daily training routine. Working on balance training is even more important as you increase strength and speed because you want to continually reset the balance clock and have the opportunity to practise and play with your newly adapted and strengthened muscles.⁶

Continue jogging or other aerobic activity of choice until the 40- to 45-minute mark, then start walking to cool down. During

your cool-down, do general strength exercises. Move from one exercise to the next without resting to continue the workout benefits.



Hang on to something and keep your support knee slightly bent and do two sets of 10 leg swings front and back and side to side to challenge your balance. Always keep your core switched on like a dimmer switch on a light.



Stand on a log on one leg with knee up to 90° and arms held in front to challenge your balance. Hold for 5-10 seconds and repeat 2-3 times each leg.

Stand on one leg and go into an aeroplane position with one leg back and arms out in front and hold for 5-10 seconds.



Stand with one end of your light stretch band under one foot. Do a partial squat while pulling the cord into a diagonal pattern. Do two sets of 10-20 repetitions.



Place one foot on a step and hold your light stretch band in your hands. As you step up, externally rotate the shoulders against the resistance of the band. Do two sets of 10-20 repetitions.



Stand with feet shoulder-width apart, toes pointed out and a light stretch band under your feet and held a waist level with hands together. Do two sets of 10-20 repetitions of a sumo squat, raising the arms into an overhead position. Keep knees tracking in line with your toes.

functional kinetic chain

In all ground-based sports, all of the body movements work within a kinetic chain linkage from the ground through the trunk to the arms. Closed kinetic chain is best referred to as dynamic and functional with the whole body working as an integrated unit. Examples of this would be a lunge, squat or step-up. Partially closed chain exercises would be any that partially support your bodyweight and require an integrated response from the muscles of the body. Examples of this would be an exercise that loads resistance through the hands and arms and into the torso, as when using resistance bands, for example.

Exercises like step-ups, split squats, and lunges can be made more functional by adding elastic tubing to partially close the upper core chain and strengthen the functional posterior slings of muscles. This achieves a good balance of stress for the

body's upper and lower extremities and three-dimensional core cylinder.

Now the 50 minutes are up it is time to hit the shower. Add variety by changing the agility exercises you do at the beginning, changing the cardio (aerobic) component from cycle to stair-climb or elliptical trainer or by changing the general body exercises. Using a variety of exercises or drills that incorporate balance and function kinetic chain exercises for the lower and upper body make sessions more enjoyable and athletes less likely to become stale and bored.

A couple of things to remember: first, if you have any doubts about your current fitness level, consult a doctor before beginning this or any other exercise programme. Secondly, stretches for all muscles groups should be part of your post-training routine. Past research shows that static stretches prior to exercise did not prevent lower extremity overuse injuries, but additional static stretches after training and before bed resulted in 50% fewer injuries.⁵



Take stretches to the point of tension, not pain, and hold for 30-40 seconds – repeating 2-3 times.

Good luck with your Fit to Play™ Inside or Out (50-Minute Fitness). **fp**

references

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