

## Core Strength & Balance Programme

Week	1		2		3		4	
Date								
Back Extensions	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r
Basic Sit Ups	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r
Twist Back Extensions	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r
Twist Sit Ups	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r	20-30r
Extensor Back Balance	5r	5r	5r	5r	5r	5r	5r	5r
Extensor Balance Leg Curl	5r	5r	5r	5r	5r	5r	5r	5r
Seated Leg Extension	5r	5r	5r	5r	5r	5r	5r	5r
Extension Balance Twist	5r	5r	5r	5r	5r	5r	5r	5r

r=reps



**Hillsborough Leisure Centre**

For other sports and an extended work out programme go to [www.hillsboroughlc.co.uk](http://www.hillsboroughlc.co.uk)



**Concord Sports Centre**

For other sports and an extended work out programme go to [www.concordsportscentre.co.uk](http://www.concordsportscentre.co.uk)



[www.fitnessunlimited.co.uk](http://www.fitnessunlimited.co.uk)

# Badminton

**When played well badminton is a very demanding sport which is explosive, fast paced and demands quicker responses than almost any other sport**

**A good player should be able to; sprint, jump, twist, strike, lunge and above all concentrate. Preparing for such a complex sport requires;**

- Good cardiovascular fitness
- Eye co-ordination
- Flexibility
- Reaction speed
- Upper and lower body strength
- Speed
- Agility
- Mental ability

**Be fitter when you next challenge someone to a game by building a base level of fitness with this programme**



[www.fitnessunlimited.co.uk](http://www.fitnessunlimited.co.uk)

## Strength Circuit Programme

Repeat the circuit twice following the 8-16 rep rule and work to fatigue.

Week	1		2		3		4	
Work/Recovery Timings	30s Work/30s Recovery		30s Work/30s Recovery		30s Work/30s Recovery		30s Work/30s Recovery	
Date								
Lateral Lunges								
Standing Dumbbell Side Bends								
Side & Front Raises								
Squats								
Dumbbell Pullovers								
Tricep Kick Backs								
Calf Raises								
Four Point Hops								
Bicep Curls								
Lateral Steps								

## The Cardiovascular Programme

Week	1		2		3		4	
Session 1	20m continuous OR 2x10m with 3m between reps		25m continuous OR 2x13m with 3m between reps		30m continuous OR 3x10m with 2m between reps		20m continuous OR 3x10m with 2m between reps	
Session 2	20-30m continuous (non-weight bearing)		30m continuous long intervals 2x15m with 3m between reps		20-30m continuous (non-weight bearing)		30m continuous OR 3x10m with 2min between reps	
Session 3	25m continuous OR 2x12m with 4m between reps		20-30m continuous (non-weight bearing)		20m continuous OR 2x10m with 3m between reps		20-30m continuous (non-weight bearing)	

**m**=minutes **s**=seconds

It is important to warm up before and cool down after any exercise. Remember, you should not be performing strength exercises which stress the same muscle groups on consecutive days – leave 48 hours between sessions.

For other sports and an extended work out programme go to [www.hillsboroughlc.co.uk](http://www.hillsboroughlc.co.uk) or [www.concordsportscentre.co.uk](http://www.concordsportscentre.co.uk)