

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



Concord Sports Centre

For other sports and an extended work out programme go to www.concordsportscentre.co.uk



www.fitnessunlimited.co.uk

Bowls

Bowls is a sociable, fun sport which brings together elements of concentration, tactical awareness, bodily control, patience and skill.

Fitness for bowls may seem a little strange but fitness is not all about being able to run around a pitch. Bowls is not an inherently physically demanding sport, however it does place a high demand on mental ability with players having to concentrate for long periods of time, make tactical decisions and execute accurate shots over the period of play.

A fitter player will be able to perform for longer and more accurately than their competitor



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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		35s Work/25s Recovery		35s Work/25s Recovery	
Date								
Lunges								
Front Raises - Palm Up								
Bicep Curls								
Squats								
Seated Rows								
Tricep Kick Backs								
Lying Upper Leg Lifts								
Lying Lower Leg Lifts								

The Cardiovascular Programme

Week	1		2		3		4	
Session 1	5m, 4m, 3m, 2m, 1m with equal recovery between reps		4m, 3m, 2m, 1m, 2m, 3m, 4m with equal recovery between reps		35m continuous OR 2x12m with 3m between reps		30m continuous OR 3x10m with 2m between reps	
Session 2	20m continuous OR 2x10m 3m between reps		4x5m with 1m between reps		30m continuous OR 3x10m with 2m between reps		5m, 4m, 3m, 3m, 4m, 5m with equal recovery between reps	
Session 3	4x5m with 1m between reps		20-30m continuous (non-weight bearing)		3x8m with 2m 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.

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