

Sport Basics

it's all about readiness !



- ✓ Take care of the (physical) challenge – before the challenge takes care of you ...
- ✓ Create and have your own routine of getting ready for the game, for the season, for life ...
- ✓ After physical activity a „physical post-game“ (calm down, stretching...) is recommended.
- ✓ You might find out that being in a good shape makes much more fun...



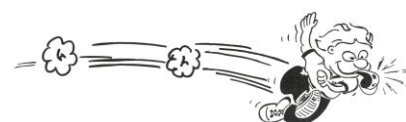
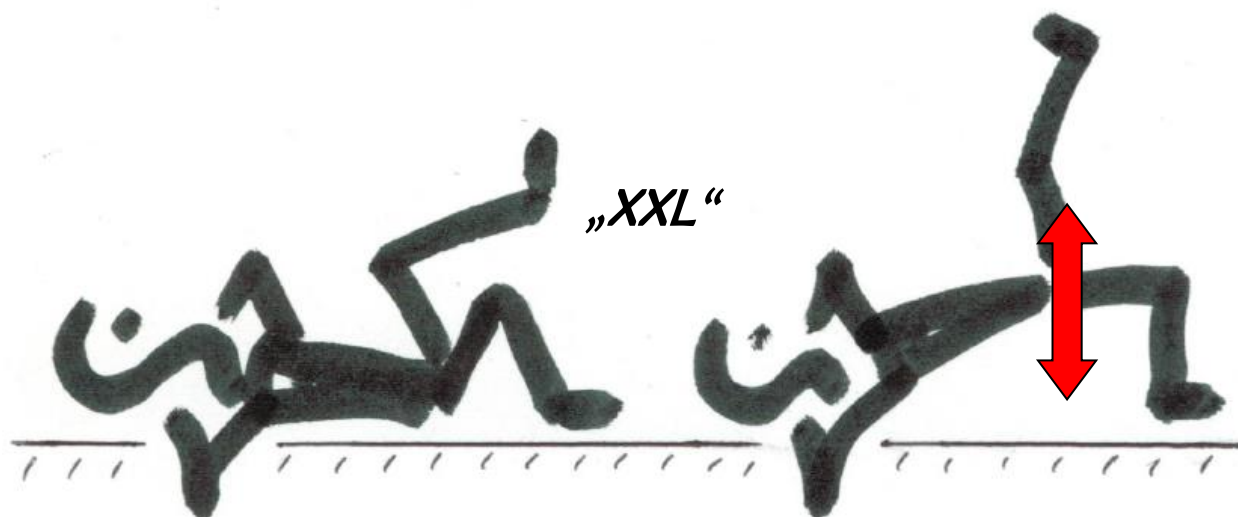
Lift Your Hips:



Slowly, in the rhythm of your breath.

„regular fit“: both feet on the floor.

„XXL“: on one foot ...

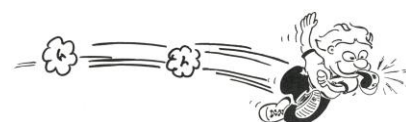
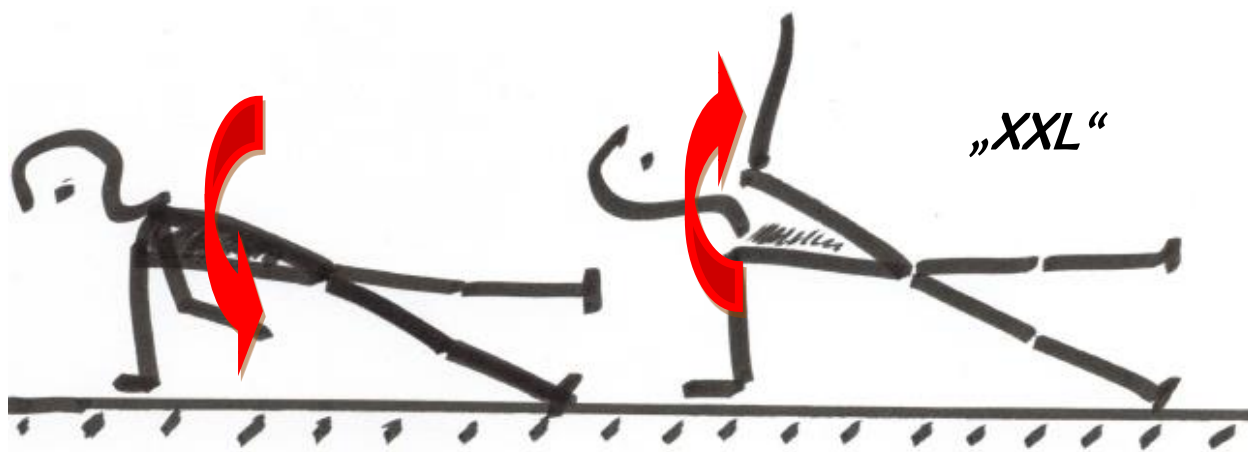
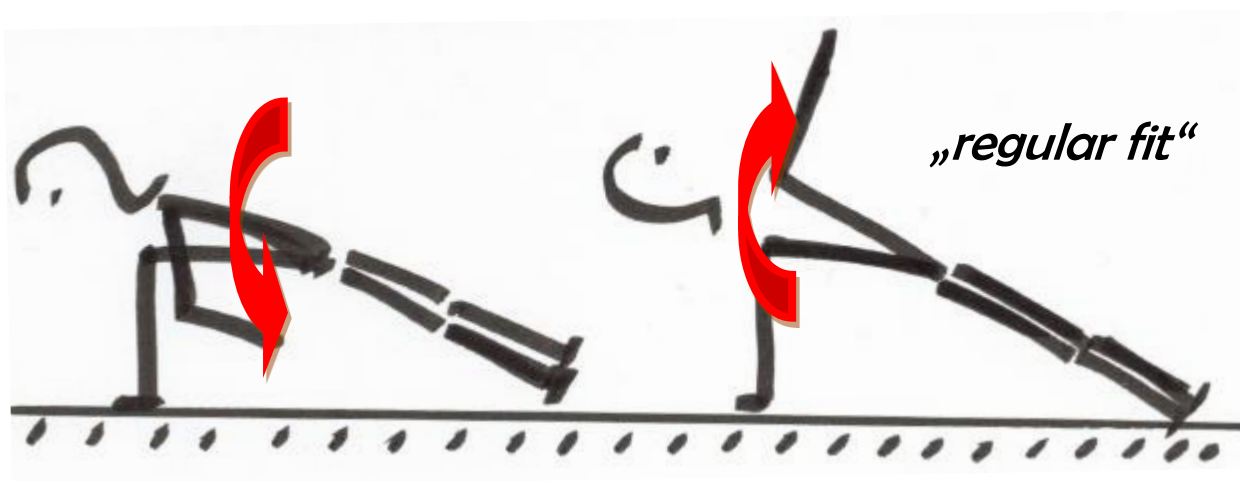


Hip Up Rotation:

slow

Steady speed, in the rhythm of your breath.

1st turn on one side, 2nd on the other ...

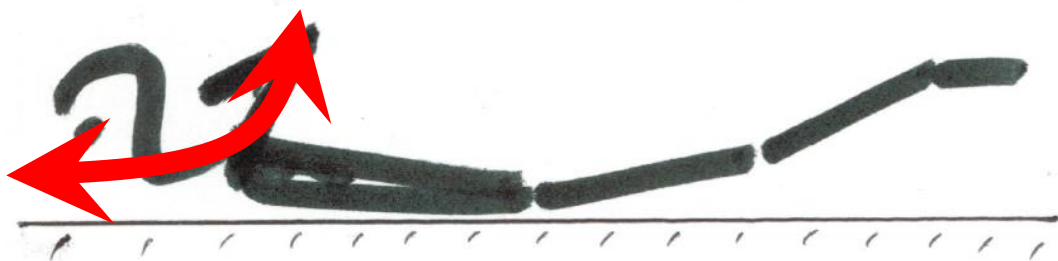


Butterfly:



„Swing“ steadily from one side to the other

...

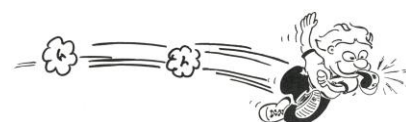


Sit-Ups:



The arms go upwards (not forward!).

Steady pace, in the rhythm of your breath.

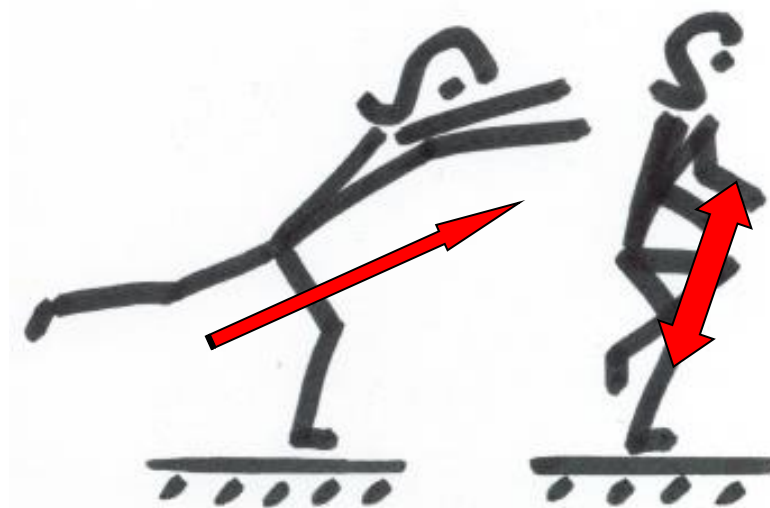


„Watch Your Back“:

slow

Steady move in the rhythm of your breath.

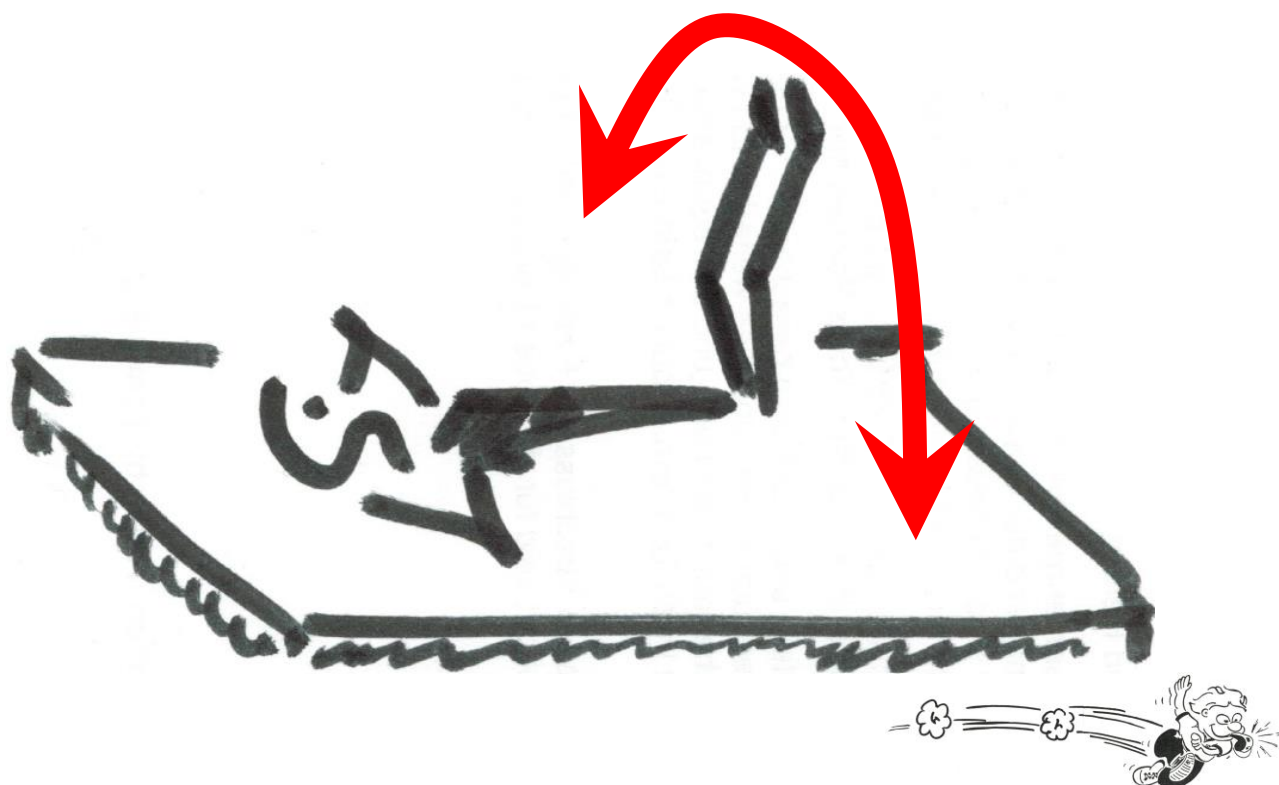
1st turn on one side, 2nd on the other.



Wiper:

slow

No stress – in the rhythm of your breath.



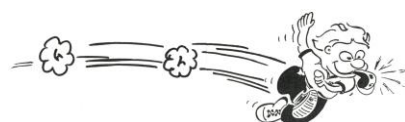
Rope Skipping:

There are 29 ways to make it – and your personal own 30th, of course....



Push-ups:

The good ole' push-ups, in a whole variety....

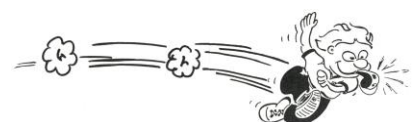
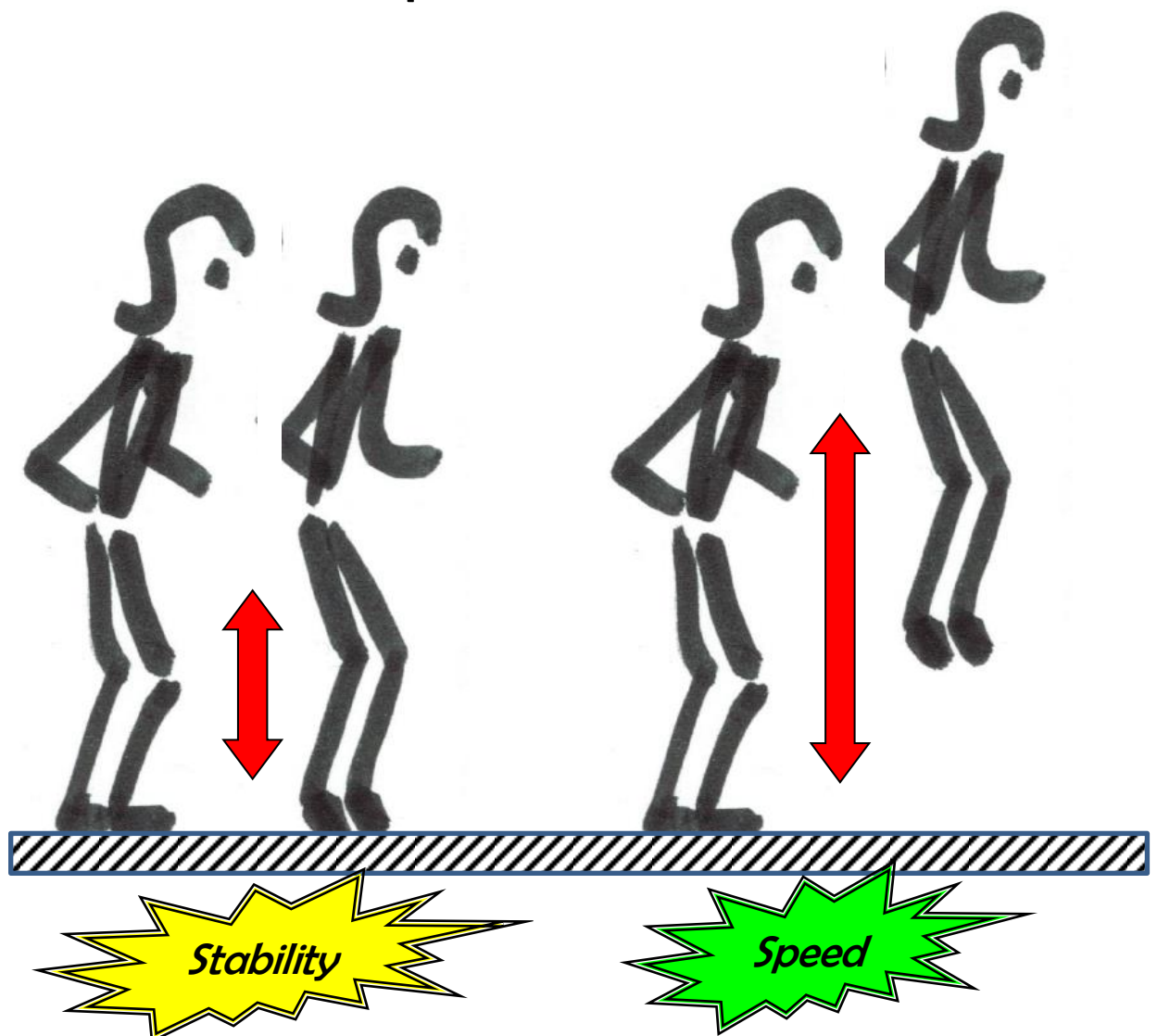


On your toes!

lift yourself up and come down again.

Touch-down „without noise“.

- **Stability:** steady speed, in the rhythm of your breath.
- **Speed:** jump up, land without noise and in a perfect balance.



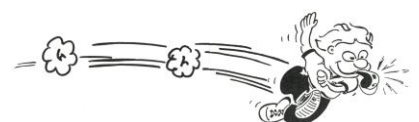
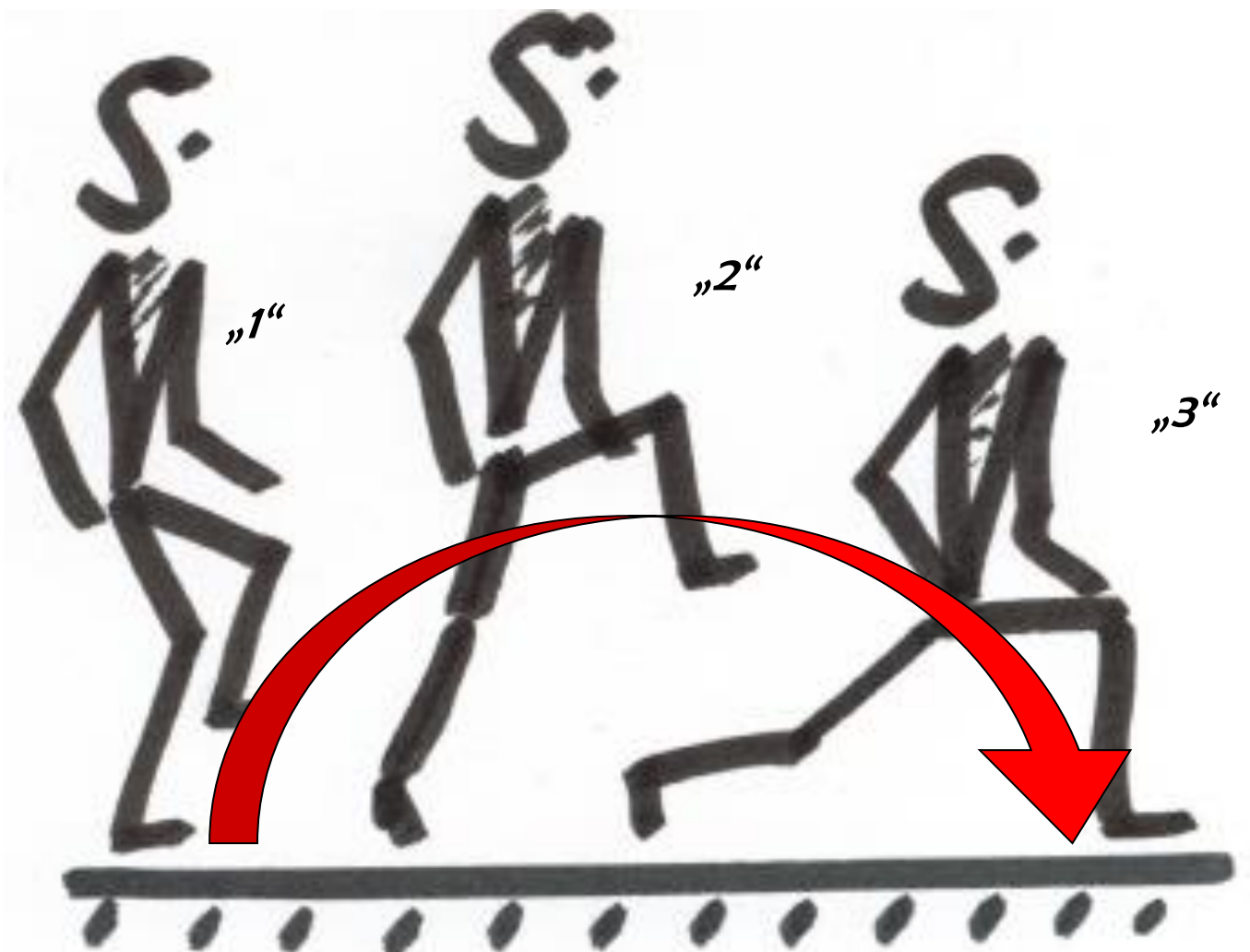
Squads:

The upper body stays straight.

- 1 = stay on one leg
- 2 = knee up & forward
- 3 = down tot he squad position

the 3 steps are done steadily.

do it on both sides (of course ... !)



„Hoover“:

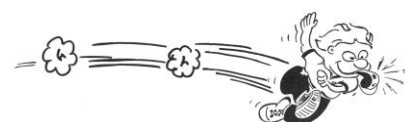
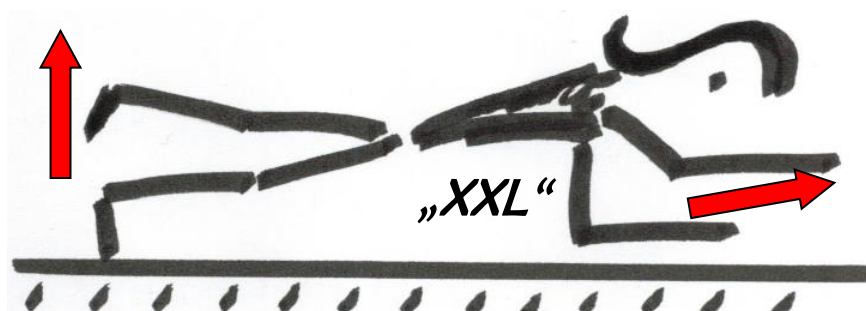
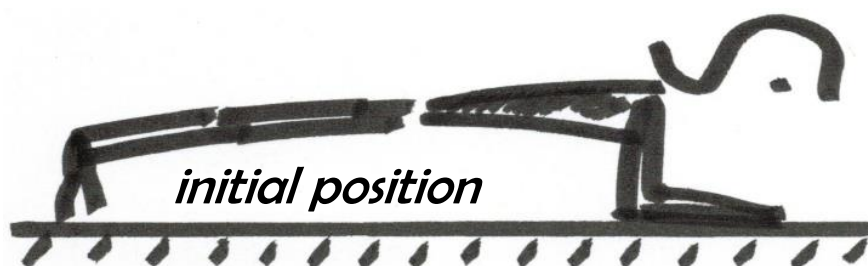
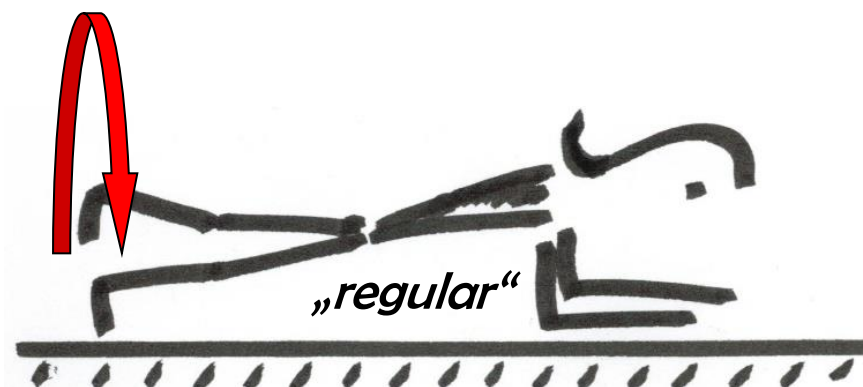


Keep your back straight

lift your feet alternatively („regular“)

plus the opposite arm („XXL“)

steady – in the rhythm of your breath.



Side-Jump-Stop:

Stay steady for 3 seconds

jump sideways

land and stay steady for 3 seconds

...

