

New Season Preparation Workout A

This workout was created to help the members of the orchestra and the chorus to prepare for the coming start of the new season. But it is also useful as a maintenance programme. Please perform this programme two to three time per week with the recommended reps sets and weights. A set is successful after the completion of the stated number of reps or when the execution of the exercise with correct form is no longer possible.

Stay strong and have a great time.

1. Standing Hip Abduction



Stand on one leg and abduct (lift sideways) the free leg with your heel first. Keep your foot always in that internally rotated position. Lift the leg far as you can, hold the top position for a second and then release. Do the stated amount on one side first and the switch to the other side.

Sets: 2 Reps: 15

2. Front Squat Mobilisation



Stand in front of a chair with a light to medium weight in front of your chest. Flex your knees and hip to approach the chair with your bum whilst pushing the weight away from you at shoulder height. Hold the bottom position for a second before extending knees and hip again until fully upright squeezing your glutes. Maintain an upright upper body and neutral lower back throughout with your knees tracking you foot position.

Sets: 3 Reps: 15 Rest: 1 min Weight: 3kg - 5kg

3. Good morning

Stand with your feet hip width apart and with a small to medium weight on your shoulders behind your neck. With a neutral (slightly arched) lower back start hinging your hip whilst limiting the bend of your knees. Hinge until you feel the back of your thighs being stretched but not so low that a rounding of the back occurs. Hold the bottom position for a second then extend the hip and knee again until standing position with your glutes fully squeezed.



Sets: 3

Reps: 15

Weight: 3kg – 5kg

4. Hamstring stretches on chair



Sets: 2

Reps: 30 sec - 40 sec

Breathing with tense and release

5. Hip Flexor Stretch

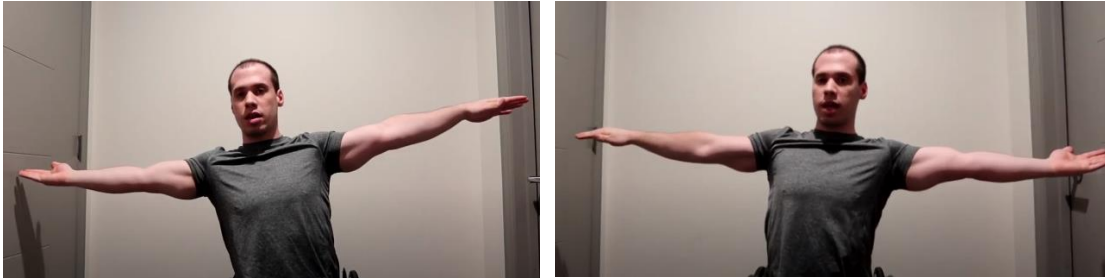


Sets: 2

Reps: 30 sec - 40 sec

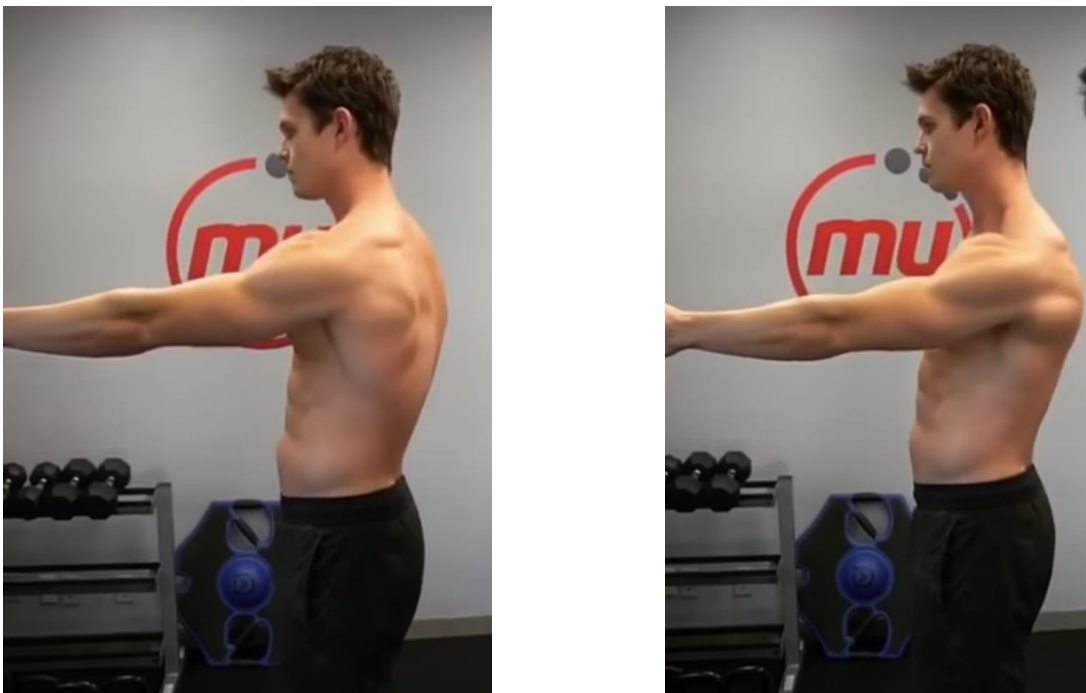
Breathing with tense and release

6. Reach and Rotate



Sets: 1 Reps: 20

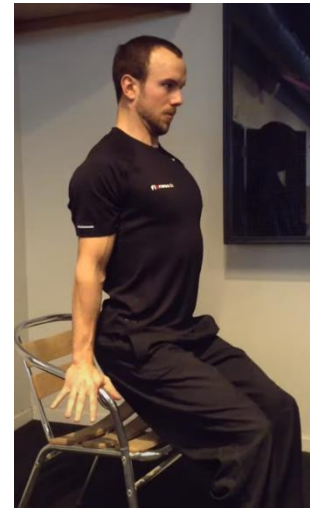
7. Shoulder Retraction /Protraction



Sets: 1 Reps: 20

8. Shoulder Pushdown

Support your bodyweight with your arms on a chair or bench. Keep your chest big, shoulders back and elbows straight. Lower your body by allowing your shoulders to come up. Then push yourself up again until back in the starting position (long neck, chin in).



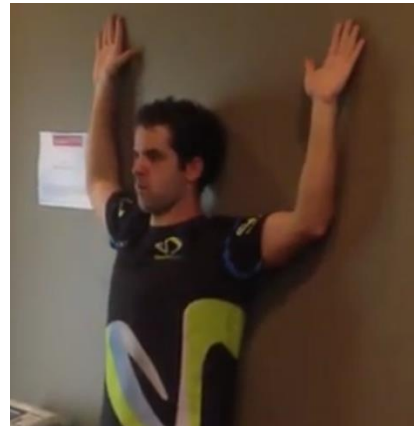
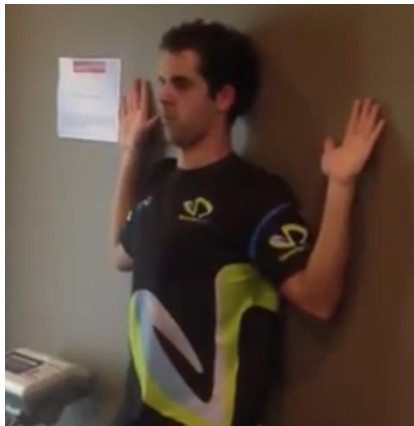
Sets: 2 Reps: 15

9. Prayer stretch



Sets: 2 Reps: 30 sec - 40 sec Breathing with tense and release

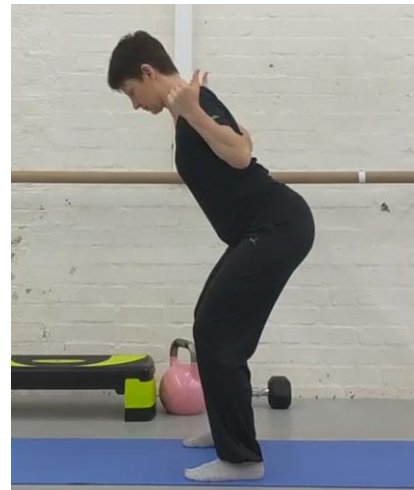
10. Wall slide



Sets: 3 Reps: 15

11. The "W"

Stand in bend forward position with a neutral back and your fore arms parallel in front of you. The elbows are close to the body as if you want to hold a magazine under your arms. Move the arms all the way back with your thumbs as high as possible. Hold the end position and squeeze the shoulder blades together and downwards.



Sets: 3 Reps: 15 Weight: 0.5kg – 1kg

12. The "Y"

Stand in bend forward position with a neutral back and your arms hanging with your thumbs up. Keep your shoulder blades together and downwards as you lift your arm as high as possible with your elbow fully extended. Hold the up position for one second before lowering the arms into the starting position.



Sets: 3

Reps: 15

Weight: 0.5kg - 1kg

13. Abs 7/3

Lie on your back with your arms overhead and one leg bend and the other leg slightly bend. Have a watch that displays seconds within sight. Push your lower back into the floor and lift your arms, legs, and head one inch off the floor and hold it there for 7 seconds. Then release for 3 seconds and switch the leg position. Try to hold your head with your chin in for as long as you can before using your arms as support.



Sets: 2

Reps: 12 x 7sec up / 3sec down

14. Nosy Neighbour Stretch



Sets: 2

Reps: 30 sec - 40 sec

Breathing with tense and release

15. Trap Stretch



Sets: 2

Reps: 30 sec - 40 sec

Breathing with tense and release