

SESSION PLAN - BEACH FITNESS

Points for Consideration

- Participants should work to their own level.
- These workouts can be performed on the beach, park or inside your surf club.
- All exercises can be catered for the participants' fitness level and ability.
- All participants have a choice to either use weights or go without.
- Various equipment can be used e.g. chair, step, yoga mat/towel, medicine ball, resistance bands.
- All circuits can be attempted initially without weights to focus on technique



Suggested Circuits

1. **VARIETY CIRCUIT.** Use the suggested ideas in the table below to create a Variety Circuit with 8 stations. Each station focusses on a different activity from the Moderate, Strength, Balance and Flexibility activities. Do 10 repetitions at each station; give participants 5-30 seconds to rest; then perform next movement.
 - 5min – A warm up of easy jogs and stretches
 - 15-20min – A selection of MODERATE, STRENGTH, BALANCE and FLEXIBILITY activities.
 - 5min – Gentle stretches as part of a cool-down.

<i>MODERATE ACTIVITIES for your heart, lungs and blood vessels</i>	<i>STRENGTH ACTIVITIES to help maintain bone strength</i>	<i>BALANCING ACTIVITIES to improve your balance and help prevent falls</i>	<i>FLEXIBILITY ACTIVITIES to help you move more easily</i>
<ul style="list-style-type: none"> • Brisk/dynamic walking on hard or soft sand • Light jog on soft sand • Step ups • Jumping jacks • Side to side lunges with punch • Front kick plank • Lateral hops 	<ul style="list-style-type: none"> • Hand strength activities e.g. squeezing ball • Arm raises • Walking lunges • Leg raises e.g. side, back • Wall push ups • Sit to stand • Sit ups 	<ul style="list-style-type: none"> • Stand on one foot • Walk heel to toe along a line in the sand • Eye tracking • Marching on the spot • Heel raises • Balancing wand • Grapevine dance move 	<ul style="list-style-type: none"> • Body circles • Shoulder rolls • Neck side stretch • Chest stretch with physio/rubber band • Overhead reach • Reach behind and aim to touch hands together • Ankle circles • Yoga poses e.g. rag doll, warrior, • Crossing the midline movements

2. **PRE-PLANNED CIRCUITS.** Choose one of the pre-planned circuits below. Follow the same pattern for warm-up, circuit and warm-down
 Warm Up: Do a 5 min brisk jog / walk; Circuit: Choose one of the circuits below. Do 10 repetitions at each station. Give participants a 5-30 second rest. Move to next station. Warm Down: Do a 5 min walk and stretch.

CIRCUIT ONE

STATION	DESCRIPTION OF ACTIVITY
1. Assisted lunges (Chair or wall)	Stand in a split stance, use chair or wall for balance, keep back straight, bend knees and lower body towards the floor, allow front knee to bend over the toe. Push through the heel to come back up without locking the knees. Switch sides.
2. Bird dog (Yoga mat or towel)	Begin on hands and knees with straight back and abs pulled in, lift right arm and left leg until both are parallel to the ground. Lower and repeat on the other side.
3. Seated triceps extension (Light weight)	In a seated position hold a weight in both hands with arms extended overhead, elbows next to ears, arms straight. Bend elbows and slowly lower weight behind head until elbows are at 90 degrees. Extend arms overhead.
4. Floor squats	Stand with feet wider than shoulder width, lower the hips into a squat. Keep abs in, the back straight and the knees behind the toes as you squat. Stand back up, squeeze the glutes. Hold onto a chair for extra support as you build up.
5. Wall pushup (Wall)	Stand a few feet away from a wall and place hands on wall just wider than shoulders. Pull abdominals in, keep back straight, bend elbows and lower body towards the wall until elbows are at 90degrees. Push back to start.
6. One arm row (Light weight)	Place left foot on a step, hold weight in right hand & prop left hand on left thigh for support as you bend forward. Hang the weight towards the floor, squeeze back & pull the elbow up {row motion until torso level). Lower the weight. Switch sides.
7. Lateral raise (Light weight)	Stand with feet hip width apart, hold light dumbbells in each hand palms facing inwards in front of thighs, bend elbows slightly and lift the arms out to the sides, to shoulder level. Lower and repeat.
8. Seated Ab rotation (Light weight)	Sit with good posture holding dumbbell in front of chest. Contract abs and rotate torso to right, keep legs and hips facing forward. Bring weight back to center and rotate to the left. Repeat.
9. Hammer curls (Light weight)	Stand with feet hip width apart, hold dumbbells with palms facing inwards. Squeeze biceps and curl weights up towards the shoulders. Keep elbows still. Lower weights and repeat.

CIRCUIT TWO

STATION	DESCRIPTION OF ACTIVITY
1. Chair squat (Chair or bench)	Stand in front of chair, feet shoulder width apart, bend knees, send hips back and arms straight out in front for balance, sit all the way down and as soon as you contact the chair stand back up. Put your weight into your heels and push into the floor to stand up. Repeat.
2. Knee lifts with medicine ball (Med ball/weight)	Hold a weight in both hands above the head, lift the right knee up to waist level while bringing the arms down, touching the weight to the knee. Lower knee and raise arms. Repeat with left knee meeting weight. Continue.
3. Side leg lifts (Resistance band)	Stand sideways to a chair or wall. Hold wall for stability, shift weight to outer leg and left out to the side. Keep hip, knees and feet in alignment. Toes facing front. Do not tilt at the torso. A resistance band can be added for more intensity.
4. Lat pulls (Resistance band)	Sit or stand holding a resistance band in both hands over your head, hands wider than shoulder width with tension on the band, keep back flat and abs engaged. Keep left hand still and bend the right elbow bringing right hand down towards the rib cage. Press back up and repeat. Swap sides.
5. Step ups (Step)	Stand on the bottom step and step with your right foot. Bring your left foot up onto the stair next to your right and then step back down on the floor. Keep right foot on the step the entire time as you step up and down the left foot. 8-15 reps and then switch
6. Bicep curls (Hand weight)	Stand or sit, holding light weight, palms facing upwards curl the weight up towards your shoulder. Try to keep elbow still. Lower weight back down. Repeat
7. Foot taps (Any small object e.g. weight or ball)	Sit on a chair and place an item on the ground in front of both feet. Sit straight up and try not to rest on back of chair. Engage abs and tap right foot on top of object. Replace foot. Switch sides and alternate feet.
8. Wall push up	Stand a few feet away from a wall and place hands on wall just wider than shoulders. Pull abdominals in, keep back straight, bend elbows and lower body towards the wall until elbows are at 90degrees. Push back to start.

CIRCUIT THREE

STATION	DESCRIPTION OF ACTIVITY
1. Hammer curls (Light weight)	Stand with feet hip width apart, hold dumbbells with palms facing inwards. Squeeze biceps and curl weights up towards the shoulders. Keep elbows still. Lower weights and repeat.
2. Assisted lunges (Chair or wall)	Stand in a split stance, use chair or wall for balance, keep back straight, bend knees and lower body towards the floor, allow front knee to bend over the toe. Push through the heel to come back up without locking the knees. Switch sides.
3. Tightrope walk	Stand tall, hold your arms out straight from your sides, walk in a straight line pausing for one to two seconds each time you lift a foot off the ground. Focus on a spot on the distance
4. Seated triceps extension (Light weight)	In the seated position hold a weight in both hands with arms extended overhead, elbows next to ears, arms straight. Bend elbows and slowly lower weight behind head until elbows are at 90 degrees. Extend arms overhead.
5. Chair Squat (Chair or bench)	Stand in front of chair, feet shoulder width apart, bend knees, send hips back and arms straight out in front for balance, sit all the way down and as soon as you contact the chair stand back up. Put your weight into your heels and push into the floor to stand up. Repeat.
6. Rock the boat	Stand with feet shoulder width apart, and arms out from body, keep shoulders back and look forward, shift weight onto one foot and lift the other foot off the ground for 30 seconds. Change sides.
7. One arm row (Light weight)	Place left foot on a step, hold weight in right hand and prop left hand on left thigh for support as you bend forward. Hang the weight towards the floor, squeeze back and pull the elbow up in a rowing motion until it is at torso level. Lower the weight. Switch sides.
8. Dead bug (Yoga mat or towel)	Lie on the mat with your arms extended towards the sky, bend your hips and knees 90 degrees, lifting your feet from the ground. Engage your core and slowly lower your right leg towards the ground and your left arm backwards towards the ground, just before both touch the ground move them slowly back into position. Keep your left leg and right arm still. Keep back engaged with the ground, move slowly up and down, breath out on the way down and breath in on the way up. To make things easier just move one arm or one leg at a time.