

**Danish Sailing Clubs „Physical Training
Program #1 Bodyweight Training Focus
1 hour of training, 1-2x week**

Warm up (10 min)

- 1 min of jogging
- 1 min of side skipping with arm swing (switch sides after 30 sec)
- 1 min of Zig Zag run
- 1 min of 5 steps forward and 3 steps back
- 1 min Strait leg run
- 10 hip rotations each, 10 shoulder swings each, 5 touch the ground and lean back

Rope Over and Unders (15 min) – 10-15m rope tied between 2 anchor points

- 3x10 Duck under rope moving forward from start to finish
- 3x10 High Knee over rope moving forward from start to finish
- 3x10 Rotations over rope (round house kick over rope) moving forward
- 3x10 Duck Under rope with rotation (from squat to lunge and push off)
- 2-4x10 Sideways step Over (forward) and back (keep knee above foot)
- *progression = raise rope/lower rope, complete backwards, combo exercises, faster

Deck of Cards (15-25 min) 52 cards plus 3 jokers – Picture cards are 10 (aces are high), number cards are the number on the card 2-10, jokers are a high rep exercises. Each suit is assigned an exercise. Complete the deck with high quality technique as fast as possible.

- Diamonds – Bodyweight row (upper body pull)**
- Hearts – Push-ups (upper body push)**
- Spades – Sit up (core exercise)
- Clubs – Lunges (leg exercise)
- Jokers – Jumping Jacks (50) Mountain Climbers (50) and/or Burpies (20)

Cool Down (10 min) All stretches to be performed against wall for 90sec each

Split on wall, Butterfly stretch, Figure 4 glute stretch, Hamstring stretch, thigh stretch