

Dive Dive Dive

A message from Allan Jaunzens Club Chair



Happy New Year!

Whilst we might be saying hello to 2021 with the pool shut, lets hope it won't be long before our divers are back in the water at Parkside again. Keep going with the exercises set by Alice and Dan, and you will be ready for anything ... well almost!

Best wishes from everyone at the diving club for 2021. We can't wait to welcome you all back and when we do get back to normality we also have plans to run sessions so parents and careers can have a go too!



INSIDE THIS ISSUE

A message from Allan

Word search

Workout schedule

Extra challenge



Make sure to join our closed 'Cambridge Learn to Dive' group on Facebook, more info on the next page.

T U P V H N P E D L K P Y K E
F U A M A M H C X Y U S L H V
I I C X U Y T D H S T Z O H J
L C D K W J R H S Q W N W T N
H K W Y T J R E P C I C S N U
C T W U T O R A R Q S C L C M
R Q X X S P D K T N T L H G L
A P M U J E K I P S J J I R T
V V Q S C S S M S O U V K U R
F Y R B Q R D V V H M Y C T Z
P E Z X G U G P Q N P K A T Y
K J J M X U A M M K J E W R S
S T R A I G H T J U M P V H L
U U H E M D A X M T A R I U N
B U R P E E P P Q U X L G R G

Word search

Have a go at this word search ... but this one has a twist! Whichever word you find you have to complete the action, and the order you find them in dictates how many you do!

So, the first word you find you do one repetition of the exercise, the second = two reps, the third = three reps and so on ...

ARCLIFT
BURPEE
PIKEJUMP
PRESSUP
SQUAT
STARJUMP
STRAIGHTJUMP
TUCKJUMP
TUCKTODISH
TWISTJUMP

LTD WEEKLY EXERCISE SCHEDULE #12

Exercise	Description	Sets and Repetitions
Warm Up	<p>1. Coordination running Tap your opposite hand to your foot in front of your body, repeat on the opposite leg and then do it behind your body!</p> <p>2. High knees with 10 armswings backwards 3. High knees with 10 armswings forwards 4. Kicking bum with 10 armswing backwards 5. Kicking bum with 10 armswings forwards 6. Tuck bounces to standing pike x 15 Crouch down in a tuck, bounce 3 times and try to straighten your legs as far as you can with your hands on the floor. (if you can do it with straight legs – well done!)</p>	<p>o 30 secs</p> <p>o Repeat exercises 2-6 twice in a circuit!</p>
Strength	<p>1. Diamond sit up Sit with your feet together in a diamond shape, lay down and sit back up to touch your toes.</p> <p>2. Partner hand grab taps Sit with your legs out straight and toes pointed. Grab your hands, make sure your arms are squeezing tight to your ears and there are no gaps between your shoulders and head. Your partner is going to push down on your hands, and you have to push back and extend!</p> <p>3. Side plank against wall Make sure your back, bum feet and shoulders are in a straight line and touching the wall, lift your hips and hold.</p> <p>4. Front support to arch star Start in a front support (press up position), lower down so your belly touches the floor, lift your arms and leg off the floor into a star position. Push back up to a front support. Try to do this without your knees touching the floor!</p>	<p>o 20 secs of each exercise, 10 secs rest in between.</p> <p>o Repeat 3-5 rounds!</p>
Stretch	<p>1. Half pike With one leg straight in a pike shape, bend the other leg so your foot touches your opposite thigh. Reach towards your toe and try to keep your back straight!</p> <p>2. Shoulders on the wall Hands on the wall at just above hip height, push your bum backwards and push your head between your arms.</p> <p>3. Lizard lunge Make sure your back, bum feet and shoulders are in a straight line and touching the wall, lift your hips and hold.</p> <p>4. Front support to arch star In a long lunge, bend your front leg and keep your back leg straight, reach it as far as you can go. Try to get your elbows to the floor</p>	<p>o 40 secs of each stretch please!</p>

Extra challenge!

How many full burpees can you do in 20s?

Hands to the floor, jump your feet back, lower your belly to the floor so you are lying flat, jump up to a straight jump!



Make sure to join our closed 'Cambridge Learn to Dive' group on Facebook. You can share images of the challenges and join in with the fun! Follow the link:

<https://facebook.com/groups/cambridgeLTD>