

Dive Dive Dive

A message from Dan Murphy Professional Coach



Hi Everyone,

Hope you're all doing well and staying safe.

This weeks newsletter has a workout and an interesting challenge for you to have a go at. With it being half term there's lots of time to get moving and get outside! It's good for you to get away from those screens and get on with something a bit more fun. Hope you enjoy the challenge and workout. Make sure to send us your best photos!



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



Picture Challenge

Dan is missing the pool and has been diving from home! Recreate this yourself and send them in, can you show us any other shapes you know?

LTD WEEKLY EXERCISE SCHEDULE

Exercise	Description	Sets and Repetitions
Warm Up	<ol style="list-style-type: none"> 1. Jumping jacks 2. Kick legs side to side 3. Kick legs forwards, circle arms backwards 4. Kick legs backwards, circle arms forwards 5. Tuck rolls - Roll back and forwards in a tuck shape 	<ul style="list-style-type: none"> o 30 secs each exercise, repeat two rounds
Strength	<ol style="list-style-type: none"> 1. Toe Taps Lay with your legs up in line with your hips, try to keep your legs straight the whole time, so your toes are pointing towards the ceiling! With your arms in line with your head, try to sit up and touch your toes. Focus on keeping your legs still, squeezing hard through your belly muscles to move from your upper body! 2. Laying back entry shape Lay on your back, with your hands grabbed above your head. Your arms, legs toes should all be straight/pointed. Squeeze your bum muscles, so that your hips start to lift off the floor. Look backwards towards your hands, you shouldn't be able to see your whole hand because it should be right back on the floor. Focus on pushing through your shoulders, so there are no gaps between your head and shoulders! 3. Front support with one leg up Start in a front support shape with your arms straight, belly and bum squeezed in to make a straight line through your back. Lift one foot off the floor so it is in line with your hip. Focus on keeping your body straight and still and pointing through your lifted toe! Do both sides for 20s each! 4. Press up This can be done with your knees on the floor for a slightly easier variation. Make sure you start with your belly and bum squeezed. Have your hands just outside your shoulders, as you lower bring your elbows out to 45 degrees, so they are still relatively close to your body. Keep your head up throughout and lower your chest to the floor. Focus on pushing the ground away and keeping your body still as you move! 	<ul style="list-style-type: none"> o 20 secs of each exercise, 10 secs rest in between. o Repeat 3-5 rounds!
Stretch	<ol style="list-style-type: none"> 1. Pike Try to keep your back long and straight, reach as far as you can! 2. Triceps Lift your arm up, bend it and put it behind your head. Use your other arm to gently push your elbow down. Make sure you do both sides! 3. Squashed frog Kneel down and push these out wide. Lean your chest forward. Flatten your feet and make sure these are in line with your knees, and knees are in line with hips. 	<ul style="list-style-type: none"> o 40 secs of each stretch please



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>