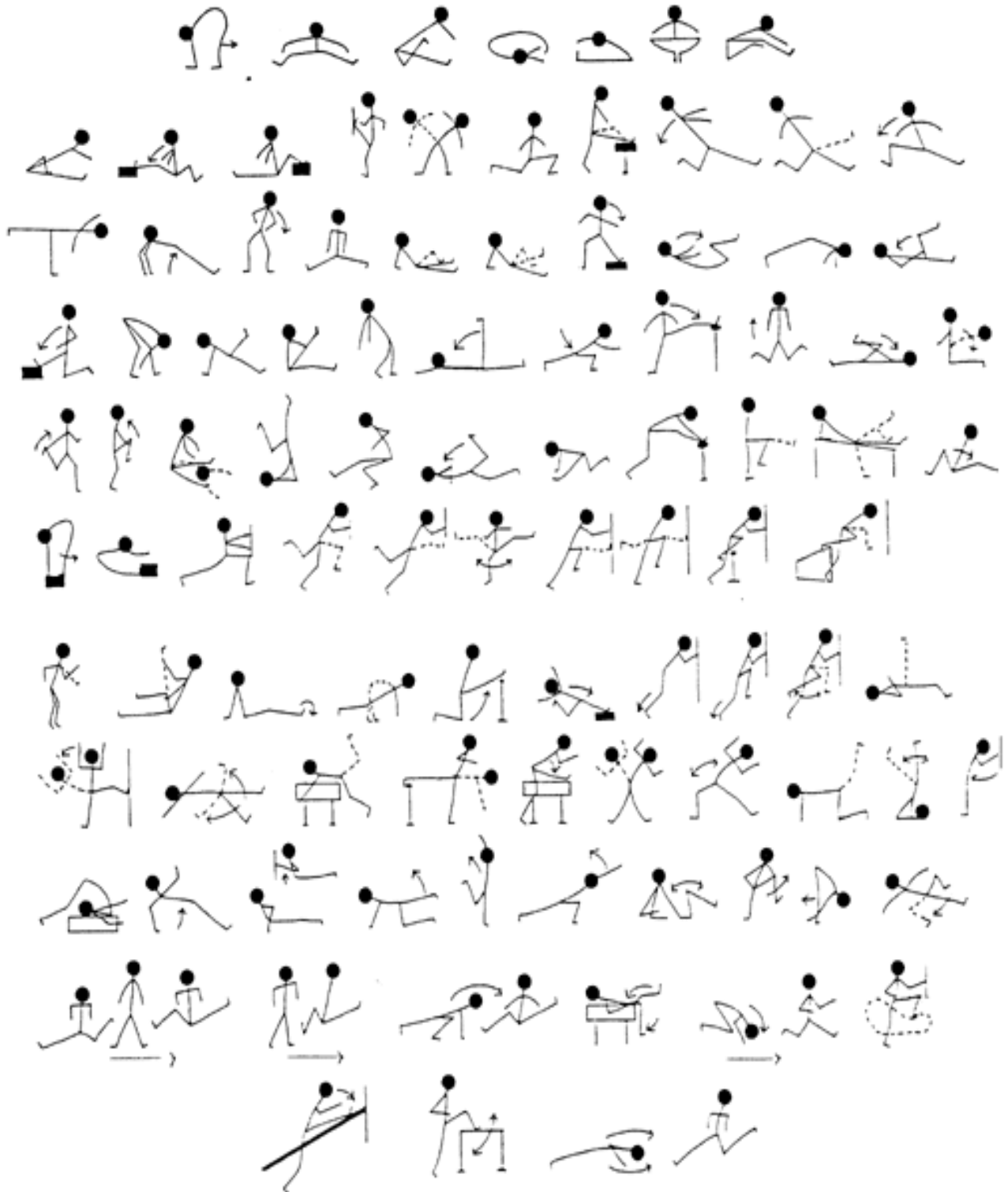


## “RAISE THE BAR” TRAINING SESSION POLICY

### Joint Mobility

Olympic weightlifting and all most sports involve forceful, strenuous activity, and mobility exercises and drills stimulate your nervous system, muscles, tendons, and joints in a very dynamic manner. Joint mobility is to be done before warm up, as not only it will lubricates joints, before training, it also warms up and stretches out the body, as it moves, preparing an athlete mentally to the high-energy and high-demand activity itself.



## Warm-up

Where the opportunity allows there will be a warm-up before OW sessions or a controlled start to training as this will lead to fewer injuries when training. All weightlifters will take part in warm-ups or have a controlled start to training. During warm-ups, tracksuits should be kept on to ensure that the muscles stay warm. In warm weather lighter clothing is advisable.

If a weightlifter is to a class that they miss the warm-up or a warm-up is not viable, they will have a controlled start to the session.

### AEROBIC /CARDIO

<b>Runs</b>	Knees up running, Kick your bum, Arm circles while running			
<b>Skipping</b>	Forwards and backwards			
<b>Chassé</b>	Forwards (alternating right and left), sideways			
<b>Jumping</b>	Tuck jumps, Straddle jumps, High jumps, Long jumps,	1 foot hops, Jumps side to side over line,		2 foot rebound jumps with arm swings
<b>Donkey kicks</b>	Donkey kicks in tuck, pike and straddle position Snap downs, to straight jump			
<b>Safety rolls</b>	Run, roll to run (Forward, shoulder or log rolls depending on level of athlete) Roll to straight jump (Reinforce chin tucked in then standing up without hand support)		<b>5 MIN.</b>	

### BASIC BODY MOVEMENTS

<b>Pike walks</b>	Forwards and backwards		
<b>Inch worm</b>	To plank position		
<b>Arm circles</b>	Forward and backward and alternating		
<b>Side bends</b>	Side, front and back		
<b>Lunges</b>	Side lunges, forward lunges, lunge switch alternating legs		
<b>Kicks</b>	Forwards, sideways, backwards		
<b>Needle kicks</b>	Alternate legs after multiple kicks		
<b>Handstand preps</b>	Small kick to handstand, landing in lunge (alternating right and left legs)		
<b>V-sit</b>	Tuck, pike, straddle		
<b>Hollow body</b>	Hold position (lying on stomach and back)		
<b>Front support activities</b>	Hand knee drop, to plank, to front support to prone lie (repeat)		<b>5 MIN.</b>

### STRETCHING /BODY POSITIONS

<b>Tight body exercises</b>	Handstand body position standing and laying flat (front and back)		
<b>Lunge</b>	Left and right leg		
<b>Wolf stretch</b>	Left and right leg		
<b>Splits</b>	Left and right leg (work on square hips, hip flexor and hamstring stretches)		
<b>Froggy stretch</b>	Hold chest to floor and arms stretched out to each side		
<b>Straddle pancake stretch</b>	Standing and sitting stretch and hold positions		
<b>Pike stretch</b>	Standing and sitting stretch and hold positions		
<b>Shoulder stretch</b>	Sitting, hands facing forward, arms with deep bend (90°) at elbows.		
<b>Bridge</b>	Rocking, Walking, Feet on height,	Handstand to bridge, Stand and lower to bridge	
<b>Toe stretch and calf raises</b>	Flex and point feet, sit on feet and lean back, stand and raise up and down		
<b>Wrist and ankle rotations</b>	Rotate and stretch wrists and ankles		<b>5-7 MIN.</b>

## Training

The class may not consist solely of weightlifting. It is our belief that to be well-rounded weightlifters, the participant must have an understanding of certain other essential elements. These areas might include warm up, floor exercises and flexibility exercises. In each instance, the coach will be suitably qualified / trained to teach these additional skills.

Weightlifters are also encouraged to take appropriate breaks to ensure they are not overworked or dehydrated. All weightlifters may therefore have a drink with them. The drink must be in container that will not spill and one that will not cause a danger if broken (i.e. not glass).

## Cool-down and Flexibility

After a strenuous training session, it is important that the weightlifters should calm themselves down, stretch out, and return their body to relaxed state.

