

## Tuesday Challenge

### Session 11

#### Broom handle session

These are used as thrower warm ups so thought they may be useful to get used to them before we (hopefully) return to throwing events. If you don't have a broom handle you can use a rolled up towel pulled tight instead.

- 1) **Arm Raises:** holding stick in front of thighs, raise stick overhead and back down again – 10 reps.
- 2) **Arm raise and hold:** holding stick in front of thighs, raise stick overhead and hold for 5 sec – pull back towards your ears keeping neck and shoulders relaxed – 5 reps
- 3) **Squat Arm raises:** Squat down so stick is at shin level. At the same time raise stick to behind head (keep arms straight throughout) and thrust hips forward – 10 reps
- 4) **Standing Twist:** with broomstick across back of shoulders – 10 each way
- 5) **Seated twist:** Sit on floor with legs spread wider than hip-width apart, feet flexed. Hold stick at shoulder-width apart, arms extended at chest level. Keeping back straight, slowly twist, rotating torso to left, return to centre and twist to right to complete one rep. Do 10 reps.
- 6) **Standing lunge with side bend:** stand in split squat position, take stick above head while going down into lunge (take back knee near the floor), then bend sideways to the same side as the leg that is in front. Return to start position. 10 reps each side.
- 7) **Flutter kick:** Lie face-down with legs and arms extended. Hold stick at shoulder width apart. Raise chest and look down to keep neck stable. Raise arms and legs about 15cm off floor. Stay lifted and alternately flutter kick legs - 10 each leg.



Have fun and stay safe, Jo x