

Exercises that will help stretch and strengthen your muscles for netball

These exercises should be performed slowly with no jerky movements so that your muscles get warm and stretch gently.

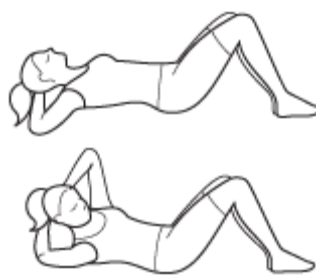
You can do all of the exercises without weights.

If you do use weights, make sure they are appropriate for your age and level of fitness.

Do them in repetition - start with a few and do more as you get stronger.



Lunges



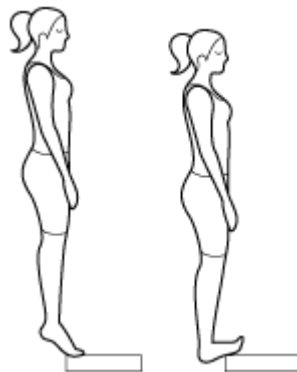
Basic Crunch



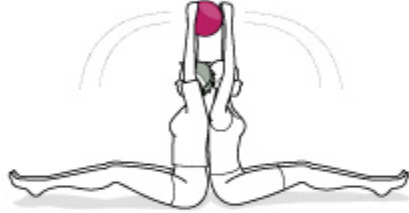
Bicycle Crunch



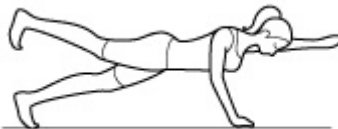
Leg Raises



Calf Raisers



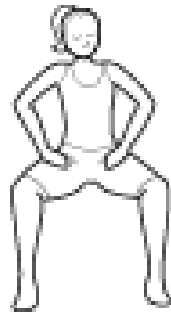
Shoulder Strengthening



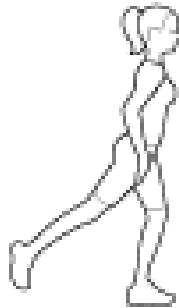
Plank / Stretched Plank



Vertical Balance



Squats



Single reverse Lunge



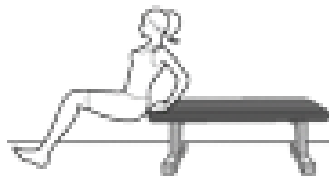
Inner Thigh



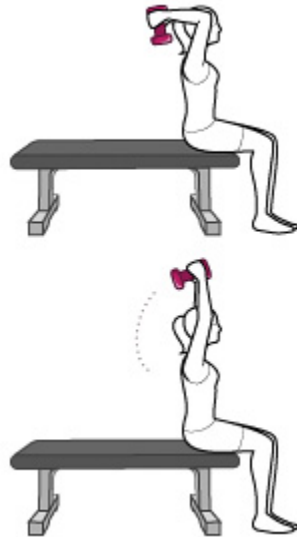
The Small Dog



Push Ups



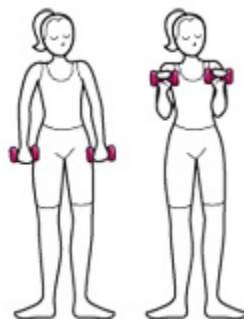
Tricep Dips



Tricep Extensions



Bicep Curls



Reverse dumbbell curls