

# Bowling Fitness - Exercise Sets

## Set 1 - Warm Up (15mins) / Pre Game (5mins) Exercises

- Dynamic movements**
- warms up cold muscles
  - lubricates joints by warming up thick synovial fluid local to joints
  - increases blood to muscles
  - increases heart rate
  - for endurance
  - repetitions
    - increase number per exercise - start with 12 to 15 reps
    - increase range per exercise session to own capabilities
    - increase weight per exercise session to own capabilities
    - limit speed to own capabilities

1. **Bicep Curl** - standing with arms by sides, palms forward, alternate arms  
- bending elbows, lift weight up to chest then lower under control  
**Focus** - warms Biceps and exercises elbows

2. **March on Spot** - lift knees, swing arms  
**Focus** - warms Quads and exercises knees

3. **Horizontal Arm Swings** - feet slightly apart, arms straight out in front of you at chest height  
- maintain a slight bend in the elbow  
- move arms across one another until a mild stretch is felt in the upper back  
- move arms apart until a mild stretch is felt in the chest  
- straight arms horizontal to sides, move both back and forward together  
**Focus** - warms Deltoids, Chest and Back and exercises shoulders

4. **Torsion Twists** - feet slightly apart, straight arms horizontal to sides  
- twist torso to rotate around  
- keep the hips facing forwards and the knees soft  
- rotate from the waist rather than the hips  
**Focus** - warms Abs and Lower Back and exercises lower spine

5. **Directional Lunges** - keep right leg straight and step forward with left leg and return  
**Focus** - warms Hamstring and Calf and exercises ankles, knees and hip joints  
- keep right leg straight and step back with left leg and return  
**Focus** - warms Hamstring and Calf and exercises ankles, knees and hip joints  
- keep right leg straight and step sideways with left leg and return  
**Focus** - warms Gluts (butt) and Inner Thighs and exercises ankles, knees and hip joints

## Set 2 - Main Exercises (30mins)

### Dynamics Movements - strengthen muscle groups

- for each exercise

- slowly increase from easy to hard then back to easy (progression/regression)

- Chair Sit/Stand**
  - sit on chair, lean forward and stand without aid from arms
  - then sit using both legs
  - maintain control through out movement
  - do not "collapse" into the chair at the bottom
  - knee movement range 90°

**Focus** - strengthens Calves, Thighs, Hamstrings and Ankles
- Step Up/Down**
  - walk up and down a step starting with left leg
  - repeat sequence but leading with right leg
  - knee movement range 45°

**Focus** - strengthens Calves, Thighs, Hamstrings and Ankles
- Press Ups Against Wall**
  - hands on wall, feet apart and positioned to obtain angle to suit capability
  - bend arms to almost touch wall with head
  - maintain a neutral spine\*
  - keep the elbows slightly bent at the top of the movement

**Focus** - strengthens Biceps, Deltoids, Chest, Hams, Calves
- Dumb Bell Row**
  - step forward with left leg and lean body with left hand on table
  - lift weight with right hand
  - keep shoulders level, maintain neutral spine\*
  - maintain slight bend in the elbow at the bottom of the movement
  - 15 reps to start, need to struggle to make it worthwhile
  - then increase weight and decrease reps

**Focus** - strengthens Deltoids and Upper Back
- Arm Swing**
  - hold weights, arms to sides
  - swing left arm forward to horizontal then backward as far as possible
  - swing right arm forward to horizontal then backward as far as possible
  - repeat slowly stretching extent of back swing

**Focus** - strengthens Deltoids, exercises shoulders and extends range
- Front to Side Raise**
  - hold weights, arms at sides, lift forward to chest height
  - move arms apart towards to sides horizontal
  - move down to sides and repeat
  - maintain a slight bend in the elbows at all times to relive strain on elbows

**Focus** - strengthens Deltoids and exercises shoulders
- Bicep Curl**
  - alternate arms, keep elbows at the sides bend at the elbow
  - lift weight up to shoulder height then lower under control

**Focus** - strengthens Biceps and Deltoids and exercises elbows
- Tricep Kick Back**
  - hold weights with arms by sides palms forward
  - move hands backwards as far as is comfortable from this position
  - bend and straighten the arms from the elbow
  - alternate arms by side to up and behind

**Focus** - strengthens Triceps and Chest and exercises shoulders
- Hand Grip Lift**
  - bend down, keeping the back a straight as possible and chest elevated
  - grip bowl from top and lift maintaining good posture
  - return bowl to floor

**Focus** - strengthens Hand Flexors and Opponens
- Wrist Curl**
  - hold weight with palm up elbows to side forearms horizontal
  - curl wrist up and down

**Focus** - strengthens Wrist Flexors and exercises wrist

## Set 3 - Finishing Exercises (15mins)

- Static stretches**
- reduces breathing and heartrate to normal
  - for maintenance and also development
  - maintenance
    - to be held in position for 10-15 seconds
    - returns muscles to original length
    - releases muscle shortening
    - movement/loads to mild discomfort but not pain
  - developmental
    - to be held as per maintenance
    - then increase the stretch and hold for a further 10-15 seconds
    - extends muscles original length
    - improves muscles flexibility

1. **Shoulder Stretch** - left hand on right shoulder, right hand on left elbow  
- pull elbow to stretch

**Focus** - stretches Deltoids and Back

2. **Chest Stretch** - hands on hips, pull back shoulders

**Focus** - stretches Chest

3. **Back Stretch** - hold hands with arms extended horizontally in front, pull arms forward

**Focus** - stretches Back

4. **Triceps Stretch** - left hand on back of head, right hand on left elbow and push up

**Focus** - stretches Triceps

5. **Quads Stretch (Thighs)** - stand on left leg and hold right foot behind butt with right hand

**Focus** - stretches Quads

6. **Hamstring Stretch** - stand with one foot in front of the other  
- front leg straight, back leg bent, maintaining Neutral spine  
- lean forward from hips

**Focus** - stretches Hamstrings

7. **Calf Stretch** - left foot forward on ground  
- push body forward bending left knee

**Focus** - stretches Calves

*\*Neutral spine refers to good posture, rather than having a straight back there should be three natural curves in the spine at all times (when viewed from the side) the inward curve of the neck the outward curve of the upper back (between the shoulder blades) the inward curve towards the base of the spine until the spine curves out once again to the coccyx or tail bone.*