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# **Foreword**

*Your performance depends upon your conditioning, your skills development, your eating habits and the quantity of rest you get.*

*Your conditioning must mimic the physical and physiologic requirements of your sport, like speeding up and slowing down, fast changes in direction and executing at high intensities for the length of the event.*

*Sports And You*

*Tips On Accelerating Your Performance In Sports*

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# **Chapter 1:**

## *Daily Stretching*

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# Synopsis

*When exercising regularly it is important to stretch to prevent injury. Not only does stretching reduce the risk of injuries, it also builds your physical fitness and improves flexibility. The following are some tips on making your own daily stretching routine.*

## **Stretch**

A light walk or gentle movements are a good way to warm your muscles up before stretching. Warm up before stretching. After your warm up begin your stretch. Start slow and gradually increase your stretch as your muscles begin to relax. You want to hold each stretch for about 10 to 20 seconds and avoid bouncing up and down.

Stretching is a healthy way to start the day because it allows the muscular system to lengthen and invigorates the circulatory, respiratory and neuromuscular systems. So try writing down a stretching routine to do every morning that includes tips and guidelines to help keep yourself on track.

There's never any shame in learning from someone who knows what they're doing either. You may want to take part in a stretching class. Stretching classes are a great way to learn how to properly stretch without injuring yourself and these classes can be found at most gyms.

Did you know that it only takes 10 minutes to do a decent stretch? Try a simple stretch on your next lunch break at work. It only takes a short amount of time and it will invigorate the body, increase energy and flexibility, while preventing muscle soreness and chronic pain.

Breathing slowly and rhythmically while you stretch helps oxygen circulate properly through the body and can help increase body consciousness. Routinely tense muscles tend to restrict their own circulation resulting in a lack of oxygen as well as essential nutrients.



Having a friend in your routine is probably a good idea. Someone else there to help push you along might end up being the extra motivation you need to stick to your routine. Plus, it won't hurt to have someone there to make sure you are using proper posture.

Try taking a yoga class with a teacher who has a good knowledge of the human body and muscle rehabilitation. After a few of these classes you will notice the relaxation as well as the improvement in flexibility.

Hiring a personal trainer with a lot of knowledge in anatomy and physiology and how the body is a wise way to learn proper stretches for all muscle groups and concentrate on increasing flexibility.

Always remember when stretching you want to avoid pain. When you feel pain it's time to stop.

Stretch prior to and after cardio and muscular exercises. This will aid in increasing flexibility and prepare yourself for a rough workout.

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**Chapter 2:**  
*Weight Training*

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# Synopsis

*Free weight training constructs muscle by supplying a force for the muscle group to work against. Not only does building muscle make you stronger but it actually boosts your metabolism as well. You can also strengthen bone density by building muscle which will lower the risk of osteoporosis. There are many different ways to build muscle and using weights is one option with its own unique benefits.*

# Weights

## Cost

1. If the cost is something you're worried about then free weights are the way to go being much cheaper than the machine alternative.

## Range of Motion

2. A full range of motion is a good thing when it comes to working out and free weights allow the user this without any restriction.

## Predictable Force

3. When it comes to machines different designs may not be producing the weight they are supposed to be. Free weights don't have this problem though; the weight you choose is what you get.

## Quicker Workout

4. If a quick workout is what you want then free weights are the way to go. Easily change from one exercise to the next without having to switch anything around on a machine.

## Versatility

5. Free weights allow you to train the same muscle group in multiple ways as well by simply changing the direction of the grip on the weight and the plane of motion.

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# **Chapter 3:**

*Cardio*

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# Synopsis

*For both athletes and non athletes, cardiovascular health is an important aspect of fitness. Cardiovascular exercises build endurance which allows you to compete for longer periods of time. The following are some tips to get a good cardio workout.*

## **The Heart**

There are a larger number of exercises you do to get a good cardio workout. These exercises improve the amount of oxygen your body absorbs, which is what it needs in order to perform daily tasks as well as compete. While doing cardio training you will also burn off calories and fight off risks for health issues such as heart disease.

Your heart rate is the number of times that your heart beats during a minute to pump your blood throughout your body. An average non athlete resting heart rate is usually somewhere between 60 to 100 beats per minute.

Athletes will have lower heart rates than non athletes with their heart rate being somewhere around 40 to 60 beats per minute. If you are trying to lower your heart rate, improving your cardiovascular health can be a great way to start.

You will need to know your current levels before you'll be able to better your heart rate. Test your heart rate alone or with a partner to measure your active and resting heart rates. Find the pulse located on your arm or neck and place your hand there.

Begin counting the number of times your heart beats for one minute. After this run on a treadmill for a few minutes. Once you are done, find your pulse again and count the number of beats per minute. These two different numbers will represent your resting and active heart rates.

Participating in cardiovascular training will improve your heart rate. If you are trying to lower your heart rate then you would want to

participate in an interval training workout plan. This is a form of training that requires exercising at both high and low intensity levels blended together. For instance, you could do a high intensity run on a treadmill for 5 minutes, then slow down to a slower speed like a jog for 3 minutes to enable you to catch your breath as well as prepare for the next intense run.

There are other exercises you are able to do as well to better your heart rate such as high repetition lifting, swimming, and biking.



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# **Chapter 4:**

*Core Work*

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# Synopsis

*The human body's is able to function and complete everyday simple tasks thanks to its muscle system. Higher levels of strength as well as stamina and speed can be achieved through proper stamina core training. There are different exercises which enable you to target certain areas of the body or abilities which improve stamina and build your core muscles offering a large amount of benefits to athletes.*

## **The Core**

Different people will begin a new training routine for different reasons. One person may want to drop a few pounds while another wants to perform better in their sport. When training as an athlete Working on your core muscles will improve your physical looks as well as increase stamina.

Your muscle core is the group of muscles that create your midsection. Core exercises are designed to improve the muscles in this area. This muscle group is what allows you to move quickly and perform stop and go movements for sports. Crunches, hanging knee raises and side bridges are just a few exercises designed to target these core muscles. A big advantage is that a lot of these exercises can be done from the living room in your home, the most comfortable place you could possibly be.

Enhancing your stamina can aid you in becoming a better athlete or even to better complete daily tasks. Do exercises that improve stamina such as running, swimming and bike riding. They only need to be done a few times a week for a short period of time. As you feel yourself become adapted to the level of workout, raise the amount of time as well as the difficulty that you are training at.

When training you might also want to create an exercise regimen that will attack your core muscles as well as your endurance level. Circuit training is a great example of this, requiring you to move from station to station completing various exercises for set amounts of time. Since you must move to the next station you will always be doing something even in-between exercises.

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# **Chapter 5:**

## *Balancing*

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# Synopsis

*When trying to improve your balance you may want to try some body balance exercises which improve your sense of balance. These exercises are common in older populations due to reductions in strength and proprioception levels (a sense of body awareness). These exercises are also very helpful to athletes who's activities require a high sense of balance.*

## **Balance**

Importance: Certain types of exercises challenge balance.

Better balance can be achieved by doing body balance exercises which increase strength levels as well as improve proprioception. When exercising, you generally would want to put yourself in a difficult situation. For example, you might try standing on an uneven surface or maybe stand on just one foot.

Benefits for Older Generations:

Older generations can also benefit from participating in balance exercises in ways such as greatly reducing the risk of a fall or accidental injury while trying to stop a fall.

Benefits for Athletes:

Athletes are able to greatly benefit from balance exercises in ways such as improving coordination as well as making them a more efficient player requiring less energy to move.

Necessary Equipment: There really is no equipment needed.

While there are other techniques for balance exercising that are more advanced such as free weights, trampolines or other gym equipment, there really is no need for it. In fact, exercising can be easily done in the privacy of your home. As a safety precaution some people may want to use a chair to aid in exercising to prevent injury.

Misconceptions:

Don't stop there! Although these exercises are great for improving someone's balance it's important to participate in other exercises as well to stay in shape. Remember a healthy person is a happy person.

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# **Chapter 6:**

*Get Coordinated*

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# Synopsis

*We all know that athletes put a lot of time and effort into training their muscles. Did you know that a great deal of effort also goes into coordination?*

# **Coordination**

Fast paced sports demand fast reflexes making great hand eye coordination a must. Even those who are not athletes can benefit from hand-eye coordination exercises such as surgeons.

## **A Basic Drill**

There are several different drills or exercises that you can do to boost coordination. A simple exercise you can perform is to take a few lightly colored balls, such as tennis and draw something different on each one like a number or a symbol.

Someone else will then predetermine the order in which the balls will be thrown, and then the person catching has to correctly identify which ball is being tossed at them. This can be done by yourself as well by simply bouncing the balls off something like a wall.

## **More Simple Drills**

Physical therapists suggest that you use balls or objects of different sizes because this requires various quick adjustments. One way you could try this is to have someone else stand facing a wall about 6 feet away.

You then throw a ball over the other person's shoulder forcing them to make a fast decision on how to catch the ball as it hits the wall and bounces off.

## **Other Suggestions**

Any type of ball can be used since any type of catching involves using coordination, and, other methods may be used as well.

Some athletes, such as former NFL linebacker Chris Spielman, play videogames as a way of sharpening their coordination. In the past a university-led study showed that videogames aren't a complete waste of time and indeed improve hand-eye coordination.

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# **Chapter 7:**

*Stay Motivated*

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# Synopsis

*You Understand you should exercise, but some days it's tough to get started: not enough time, too exhausted, no energy. Counteract those excuses by distinguishing what motivates you, and utilize these strategies to acquire and maintain an active lifestyle.*

## **Tips**

Ascertain an attainable goal like exercising twice on weekdays, once on weekends. Producing realistic goals will set you up for success. If your goal gets to be too easy, you are able to always design a fresh one.

Produce rewards for accomplishing your goal. The reward may be a massage, a fresh workout outfit, a fresh CD, a session with a personal trainer, or a fresh piece of sporting goods - whatever you truly want. Partner with an acquaintance, co-worker or loved one - somebody who will support you and your goals without undermining them.

Subscribe to a physical fitness magazine or net fitness newsletter. New ideas and exercises may be inspirational and ease boredom. Produce a competition with colleagues or acquaintances. For instance, the team whose members exercise for half-hour, 3 times each week for 3 months wins a prize. You choose what the prize is.

Change into your exercise clothes. Occasionally, it's just a matter of dressing that causes the greatest barrier. Erase the conception that if you can't do at least half-hour you're wasting your time. Exercise burns calories, step-ups energy, and betters your health - even in small doses.

Try a fresh sport or class. Bringing variety, group support and competition may increase your odds of exercising. Make an allegiance to your dog to go for a long walk at least twice weekly.

Seek ways to incorporate activity into your day, even if you can't do your normal exercise routine. Take the stairs rather than the elevator, go bowling rather than to the movies, or utilize a push mower rather than a power mower. Sign on for a race and send in the entry fee. Whatever your activity - running, bicycling, walking, swimming - there are 100s of races offered all over the globe. Pick a place you've always wished to visit.

Signup a gym. For a few, paying for a membership step-ups the likelihood of conformity. It likewise eliminates the inclemency excuse.

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# **Chapter 8:**

*Get Good Sleep*

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# Synopsis

*I have struggled to get a beneficial night's sleep for years and have amassed a list of tips and strategies that have assisted me. Many of which may be applied at once to get you a good night's sleep.*

## **Slumber**

Unwind before bedtime; don't consider your work day tomorrow or anything emotionally agitated. Tell yourself that it may wait till the morning, and if you think you will forget it then write it down. Keep a pen and paper on your night stand to jot down eleventh hour thoughts that keep you awake. Averting work right before bedtime helps to keep your mind free and clear and ready to doze off.

Caffeine may stay in your body for more than eight hours. Regardless what your tolerance level is, averting caffeine six to eight hours before bedtime may help you get a good nights sleep.

Alcohol likewise impairs your power to get good sleep. It's more likely that you won't enter into the deep stages of sleep and while you might be asleep for the same time period, the quality of that sleep will be less than had you not drank any alcoholic beverages.

Help your body fall under a sleep rhythm by going to bed and rousing at the same time daily. Even on the weekends! Make a bedtime routine that you begin at the same time daily. Ideas include controlled breathing, meditation, and aroma therapy.

And go to the bath right before bed to reduce the probabilities that you'll wake up in the middle of the night.

There are gobs of sleep aids out there, and you and your doctor may decide what's best for you.

## **Wrapping Up**

Just what does it take to do your very best, even when the pressure is on? Have you ever questioned how athletes deal with the agitation they experience?

The reply is that top athletes not only perfect their physical skills, they likewise train to master the psychological skills that let them to deliver their best in competition. They understand that they must learn the mental skills of competition now, in order to accomplish excellence in the future. When it all comes together, jocks call it being in the zone. Athletes realize the zone as an exceptional place where their performance is particular and consistent.

Hopefully this book has given you some hints.