

SBOC CLUB NIGHT



STRENGTH & CONDITIONING

ALL MEMBERS WELCOME

6.30PM

Wednesday 4th February

Location: Ynystawe Cricket Club, SA6 5AP
W3W ///marzipan.spotted.racing

Parking: At the Club

Post Session Social: Millers Arms, Ynystawe, SA6 5AY

📢 Join us for a 12 week course to introduce Strength and Conditioning for Orienteering to your weekly training. First week of each month will be in person where we will do movement and fitness testing, followed by the introduction to basic Foundation movements. The other weeks in the month will be on Monday evenings on-line via Google Meet.

🕒 The Cricket Club will be open from 6:15pm, session will start at 6.30pm. Finishing at 8.00pm.

💧 Make sure to bring a drink to keep hydrated.

🚻 Toilets and changing rooms at the club

🧘 Bring a yoga/exercise mat if you have one

💰 Sessions are free and ONLY available for members of SBOC

📝 You must register via Pre-entries in advance if you wish to attend.

👟 👙 Wear something that you can move freely in – elasticated sports wear is best and road running shoes or gym trainers, which must be clean – no muddy trainers please!

Next three weeks on Monday evening on-line via Google Meet 6.30 – 7.30
www.s boc.org.uk

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Monday evening

Location: Google Meet

 Join us for a 12 week course to introduce Strength and Conditioning for Orienteering to your weekly training. First Wednesday of each month will be in person. The other weeks in the month will be on Monday evenings on-line via Google Meet.

 The link to the session and details of the exercises will be sent out on Monday morning along with kit requirements.

 Starting at 6.30pm finishing around 7.30pm.

 Make sure to you have water close by to keep hydrated.

 A yoga/exercise mat will be useful for floor exercises.

 Wear something that you can move freely in - elasticated sports wear is best

 Sessions are free and ONLY available for members of SBOC

 You must register via Pre-entries in advance if you wish to attend.

Each week I have set up two sessions, one to be done together on Monday evening, concentrating on Lower body strength and core, and the other to be done in your own time and focusing on Upper body strength and core. I will demo the second session exercises at the end of the Monday session

If you are unable to attend the Monday session please let me know and I will provide detailed instructions of the session so you can do them in your own time.

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