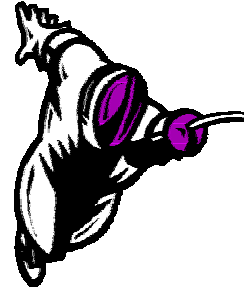


Fitness Routines for Fencing

written by David Little

The following fitness routines are courtesy David Littel of the Liberty Fencing Alliance (<http://users.erols.com/dlittell/>). David has been coaching foil fencing for the last 10 years on a volunteer basis. In his training as a coach, he has attended the U.S.F.A. coaches college several times and has studied with a number of high level coaches. He was a member of the 1988 U.S. Olympic Fencing team.



Plyometrics

- 1 minute hopping, jumping jacks and hopping in circle - rest and do it again
- 2 x 10 vertical leap
- 2 x 10 standing broad jump
- 2 x 10 fencing position leaps
- 1 minute jogging at different speeds
- 2 x 10 jump up and catch the knees

Jump Rope Circuit Training

- Jump for 2 minutes then stop for short stretch
- Now 60 seconds of jumping, keep up the pace, change steps as you like
- Alternate one minute of jumping with the following strengthening exercises (which should not take more than one minute each):
 - 2 sets of 15 pushups
 - 2 sets of 15 tricep dips (on bench)
 - 50 crunches
 - 20 second plank on elbows, both sides and back

Jump Rope Fitness Routine

- 2 minutes then stop for short stretch
- 2 minutes, two feet hopping and skipping
- 30 second rest
- 3 minutes, use a variety of steps, end with double jumps
- 30 second rest
- 2 minutes, easy catch breath, simple movements
- Rest
- 1 minute really fast

Step Aerobics

General: Good program to do on your own, start with one step then double them up.

Single Step

Step up starting with right foot step down 25 times
Same beginning with the left foot
Step knee up right knee 25 times then left knee 25 times
Step kick butt with the right foot 25 times then left foot 25 times
Step kick forward, step down step back 25 times each foot
Starting on the end go across and back 25 times
Standing on the step lunge alternating legs 25 times
Step up and shoot jump shot 20 times on each leg

Two Steps

Jump up walk down 2 times 10
Step up with right foot and leap 2 times 10
Step up with left foot and leap 2 times 10
Stand with feet on either side of steps, jump up walk down 2 times 10 set
Plyometrics

General: Good with a group or alone

Hop on two feet for thirty seconds, one foot and change for 15 seconds each
(jumping jack, around the world & fast feet)
Rest then do one or two more times
6 standing broad jumps, 3 times
8 jump up and kick butt, 3 times
on guard, jump from foot to foot 5 rounds, 3 times
10 jumps side to side, 3 times
skipping for speed, 3 strips
skipping for height, 3 strips
one foot hopping across strip and other foot back, 3 times

Plyometrics

Jump for 30 seconds with hands above the head
Jump with knees to chest hands stay in front
Long jump stick the landing 6 times
Squat jump for 15 seconds
Jump side to side
Jump forward and back
180 degree jump
Bounding, jump off one leg and land on the other

Plyometrics in a Small Space

General: Good for a short basement work out

2 minutes of warm up Hop on two feet, one foot
(jumping jack, around the world, fast jog, high knees)
stretch a bit, then do one or two more times
5 jump up and kick butt, 2 sets
on guard, jump from foot to foot 5 rounds, 2 times
5 jump up and grab knees, 2 sets
6 jumps side to side, 2 times
100 jumping jacks

Jump Rope Fitness Routine

2 minutes then stop for short stretch
2 minutes, two feet hopping and skipping
30 second rest
3 minutes, use a variety of steps, end with double jumps
30 second rest
2 minutes, easy catch breath, simple movements
Rest
1 minute really fast