




**TRAINING PROGRAM: FENCING CONDITIONING PHASE 1 of 3**


Unlike any other sport, fencing requires the athlete to perform with both power and precision. The movements associated with attacking and parrying call for the participant to be able to react with power, agility and coordination transitioning through all planes of motion. The three phases of this program start with stabilization within this first phase and build to strength and power in the subsequent phases.




**Warm-up: Foam Roll IT-Band**  
Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.




**Core & Balance: FreeMotion Cable Cross Multi-planar Two Arm Cable Rotations**  
The Cable Rotation primarily focuses on the obliques, but also incorporates the use of muscles throughout the mid-section, arms and shoulders. Vary the speed of the rotation as well as the amount of weight on the stack.




**Warm-up: Foam Roll Adductors**  
This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.




**Core & Balance: Floor Walking Dumbbell Lunges**  
Walking Dumbbell Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance. By increasing the weight, you will increase the demands put on your upper leg and back muscles. Start with 2 sets of 15 reps.




**Warm-up: Foam Roll Piriformis**  
This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.




**Speed & Agility: Floor Footwork Box Drill (4 cones 5 - 10 meters apart)**  
The Box Drill will improve your quickness and agility. Start in the center of your cones and sprint diagonally to the top left cone and touch it. Sprint sideways to the right, touching it before backing up to the cone behind. Once you've touched the cone, sprint sideways to the final cone on your left. Start with 3 sets with 30 seconds of rest between sets.




**Warm-up: NordicTrack Incline Trainer or Treadmill Cardio**  
Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.




**Power: Floor Fencing Position Leaps - Sagittal**  
Hop forward from one foot to the other, and hold, or stabilize, yourself for 5 to 10 seconds before hopping back to the other foot. The Multi-Planar Hop challenges your core and stabilizing muscles. Start with 2 sets of 15 reps to begin with.




**Warm-up: Floor Fencing Mobility / Hamstring Stretch**  
The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.




**Power: Floor Fencing Position Leaps - Frontal**  
The Multi-Planar Hops with Stabilization challenges your core and stabilizing muscles. Hop from one foot laterally to the other, and hold or stabilize yourself for 5 to 10 seconds before hopping back to the other foot. Start with 2 sets of 15 reps for starters.




**Warm-up: Wall or Stationary Object Fencing Mobility / Pec Stretch**  
The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.




**Power: Floor Fencing Position Leaps - Transverse**  
As you hop from one foot to the other turning 90 degrees to either side, you will be forced to stabilize. Start out with small hops for 2 sets of 15 reps, and increase the height and length of your hop as you become more comfortable with the movement.



**Warm-up: Wall or Stationary Object Fencing Mobility / Calf Stretch**  
A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 30 seconds per calf.




**Strength: FreeMotion Chest Single Leg Alternating Arms Chest Press**  
With the Single Leg Alternating Arms Chest Press, you will strengthen your chest, shoulder and back muscles. You will activate your stabilizing muscles as you maintain balance on one leg. Begin with 2 sets of 15 reps.




**Warm-up: Floor Fencing Mobility / Kneeling Hip Flexor**  
The Kneeling Hip Flexor Stretch will stretch and loosen up the hips for increased range of motion and injury prevention. Hold the stretch for 30 seconds or more on each side.




**Strength: FreeMotion Cable Cross Weapon Arm**  
The Single Leg One Arm Row will strengthen the upper arm, shoulder and back muscles. By performing the row while standing on one leg, your core and stabilization muscles will be engaged. Start with 2 sets of 15 reps and increase your reps as you become more stable.



**Core & Balance: FreeMotion Abdominal Advance Movement Pattern**  
Performing a One Arm Abdominal Crunch with Rotation primarily works the obliques, but also the entire midsection. Performing them while standing will help reduce stress on the neck and back.




**Strength: FreeMotion Shoulder Standing Alternating Arms Shoulder Press**  
The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 2 sets of 15 reps and alternate your speed and intensity.




**Strength: FreeMotion Squat**  
**Squats**

Performing a Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 2 sets of 15 reps.




**Strength: FreeMotion Step**  
**Two Arm Step-Up to Balance**

The Step-Up Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. Increase the height of the step to increase the intensity of the workout. Start with 2 sets of 15 reps for the first week.




**Strength: FreeMotion Calf**  
**Calf Press**

The Calf Press will focus on the lower leg muscles that are important to stabilize your body as you walk and step. Extend your ankles as far as is comfortable. Start with 2 sets of 15 reps.




**Cool Down: NordicTrack Incline Trainer or Treadmill Cardio**

Ten minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.




**Cool Down: Floor Flexibility / Hamstring Stretch**

The hamstring is one of the largest and most dense muscles in your body. It is important to stretch and loosen these muscles after the workout to prevent cramping or injury. Each leg should be stretched for at least 45 seconds.




**Cool Down: Wall or Stationary Object Flexibility / Calf Stretch**

A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 30 seconds per calf.



**Cool Down: Floor Flexibility / Adductor Stretch**

The Adductor Stretch will stretch and lengthen the muscles on the inside of your upper thigh at the end of your workout. By holding this stretch for 45 seconds or more on each leg, you will decrease your chance of injury.



**Cool Down: Floor Flexibility / Psoas Standing**

The Standing Psoas Stretch will stretch the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 45 seconds per side at the end of your workout.

## Workout Schedule

Name: \_\_\_\_\_

Personal Trainer: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Week 1: 2-3 sets x 15 reps  Completed

Week 2: 3 sets x 15 reps  Completed

Week 3: 2-3 sets x 20 reps  Completed

Week 4: 3 sets x 20 reps  Completed

## Notes




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