



BOWLING



Athlete Training Guide



Week 1



Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

Training

1. Warmup

- a. 3 minutes of walking.
- b. Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Overhead Stretch: Lift your arm up over your head and bend down at the elbow. Your fingers should be tickling the back of your neck. With your free hand, grasp your elbow and pull slightly. Hold for 15 seconds each arm. 
 - iii. Wrist Stretch: Extend your arm out in front of you. With your other hand, grasp your fingers and lightly pull down until you feel a stretch along your forearm. Hold for 10 seconds each arm. 
 - iv. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.

2. Training

- a. Working on strength and endurance.
 - i. Pushups: Do 3 sets of 15 repetitions.
 1. If needed, you may modify your pushups by placing your knees on the ground.
 - ii. Sit-ups: Do 3 sets of 15 repetitions.
 1. Start by laying on your back, knees bent, and feet flat on the floor. Have someone hold your feet and do as many sit ups as you can in 30 seconds.



2. If no one can hold your feet, put them underneath a couch to help.
- iii. Squats: 2 sets of 15 repetitions. Start with your feet shoulder width apart, bend your knees and lower your bottom until your knees are bent to 90 degrees (pretend like you are sitting down in a chair). Straighten your legs and repeat.
- iv. Jumping Jacks: Do jumping jacks for 1 minute.
- v. Grip: Find a softball or small weighted ball and cradle it in your hand face up. Curl your wrist and the ball towards your forearm. 2 sets of 10 repetitions for each arm.
 1. If you do not have a softball or small weighted ball, a can of vegetables will work fine.
- vi. Repeat this circuit 2-3 times.

3. Cool Down

a. 5-minute walk

b. Stretch

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Lying Knee Roll-over Lower Back and Core Stretch: While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.



Week 2

Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

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2. Training

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 - iii. Farmers Walk: Pick up a heavy dumbbell or a bucket of sand should one not be readily available. You want a good solid weight that doesn't hurt to hold, but makes you work to hang on! Walk as far as you can with it. Gently drop it when you can no longer hold it. Do this 2 times.
 - iv. Lunges: 3 sets of 10 repetitions with each leg. Stand upright, and step forward with one foot. The toes of both feet should be facing straight ahead. Lower your back knee towards the floor, then push back up to the starting position.
 - v. Jog in Place: For 1 minute, jog in place. Make sure to lift your knees up to your waist while jogging in place. Repeat 2 times.
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3. Cool Down

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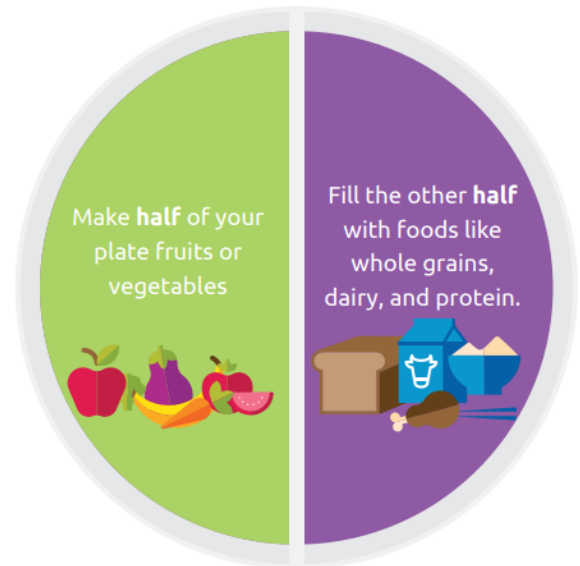


Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



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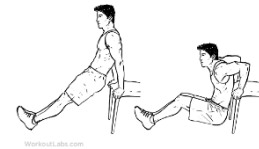


2. Training

- a. Working on endurance, strength, and skill.
 - i. Approach: While holding a softball or small ball, work on your bowling approach and release. Do this 10 times.



- ii. Planks: Do a plank for 30 seconds. Take a 30 second break and do it again for another 30 seconds. Repeat this 2 times.
- iii. Lateral lunges: Start by standing tall with your feet shoulder-width apart. Your back should be straight and your weight on your heels. Take a big step to the side and, ensuring you keep your torso as upright as possible, lower until the knee of your leading leg is bent at around 90°, keeping your trailing leg straight. Push back up and return to the starting position. Do this 10 times with each leg. Repeat this exercise 2 times.
- iv. Triceps Dips: Sit on the floor with your knees bent and feet flat and your back against a sturdy box, step, or chair. Place your hands on the box, fingers toward your body. Straighten your arms to lift your bottom, then bend your elbows to lower yourself without sitting down completely. Do 3 sets of 10 repetitions. Triceps dips pictured.
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- vi. Repeat circuit 2-3 times.



3. Cool Down

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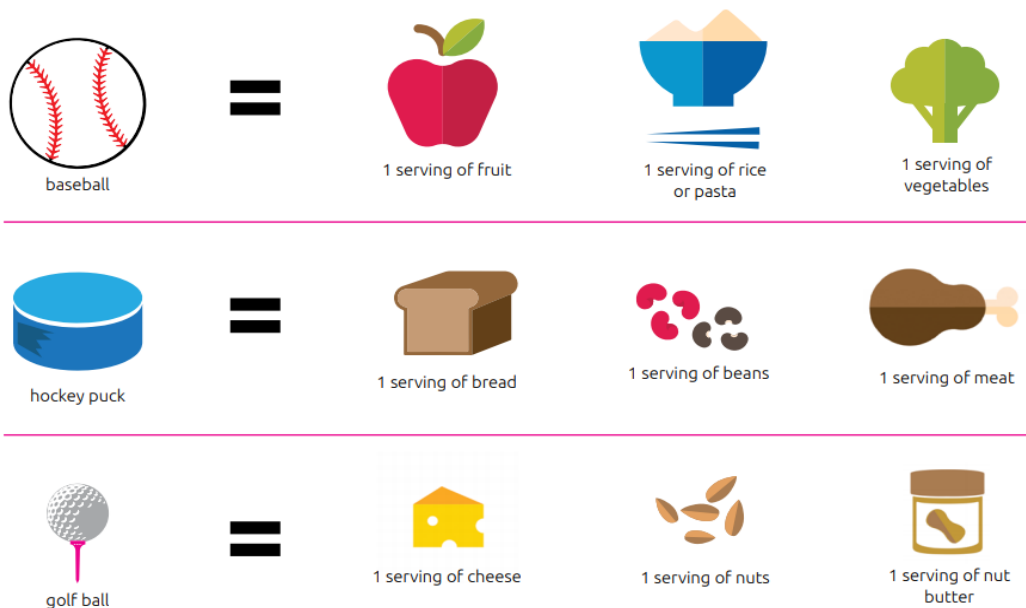


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



Training

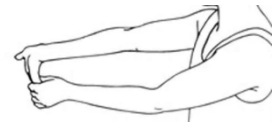
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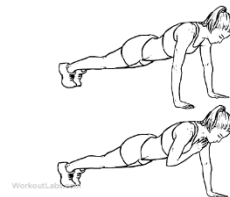


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2. Training

- a. Working on strength and endurance.
 - i. Backwards lunge: Start by standing straight and bracing your core muscles. Then take a giant step backwards with your left foot. Bend your right knee until it's at 90° and lower your left knee until it is also bent at a right angle. Then push back up and return to the starting position. Make sure you keep your torso upright throughout the movement. You can opt to alternate legs with your reps or do all of them on one leg before switching to the other. Do 10 repetitions with each leg.
 - ii. Lunge Jumps: Start with a standard forward lunge. Stand with your feet hip-width apart, then take a big step forward and lower until both knees are bent at a 90° angle. Make sure your torso is kept upright and as straight as possible throughout. From this position, summon the energy to push explosively off the ground, switching the positions of your legs while airborne so that you land and can immediately drop into another lunge but with the opposite leg forwards. Make sure you land as softly as possible.
 - iii. Squat Jumps: 2 sets of 10 repetitions. Perform the squat exercise, but when you stand back up, jump!
 - iv. Plank Tap: While starting in a pushup form, tap your right hand to your left shoulder. Bring it back down to the floor, then tap your left hand to your left shoulder. Do this 10 times with each arm. Plank taps pictured.
 - v. Repeat circuit 2-3 times.



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Week 5



Nutrition Focus

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

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- iii. Squats: 2 sets of 15 repetitions. Start with your feet shoulder width apart, bend your knees and lower your bottom until your knees are bent to 90 degrees (pretend like you are sitting down in a chair). Straighten your legs and repeat.
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Week 6

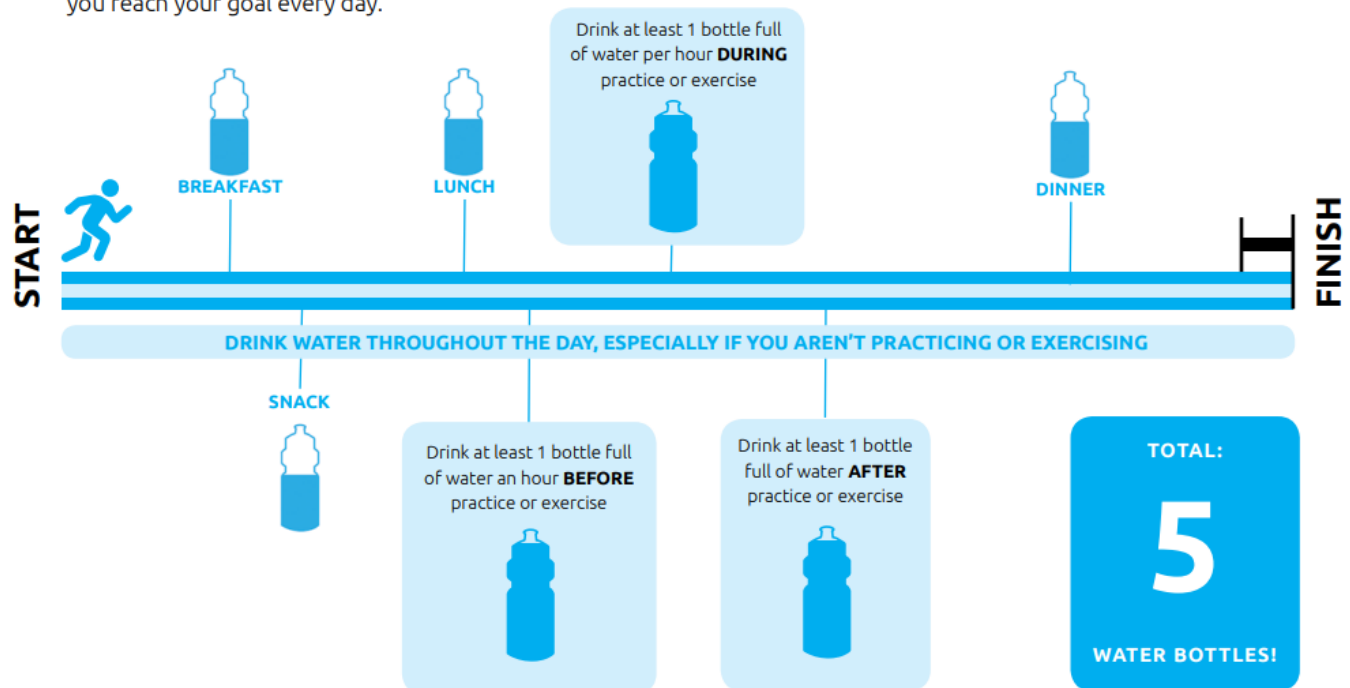
Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.

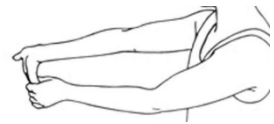




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Week 7

Nutrition Focus

There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

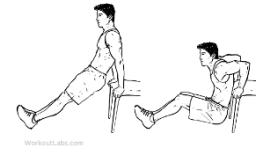
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 - iii. Wrist Stretch: Extend your arm out in front of you. With your other hand, grasp your fingers and lightly pull down until you feel a stretch along your forearm. Hold for 10 seconds each arm.A line drawing of a person's arm extended horizontally, with the other hand pulling the fingers down towards the wrist.
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Week 8

Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

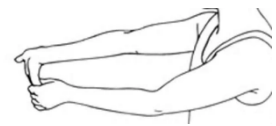
ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.



Training

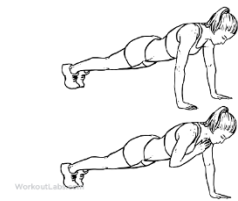
1. Warm up

- a. 3 minutes of walking.
- b. Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Overhead Stretch: Lift your arm up over your head and bend down at the elbow. Your fingers should be tickling the back of your neck. With your free hand, grasp your elbow and pull slightly. Hold for 15 seconds each arm.
 - iii. Wrist Stretch: Extend your arm out in front of you. With your other hand, grasp your fingers and lightly pull down until you feel a stretch along your forearm. Hold for 10 seconds each arm.
 - iv. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.



2. Training

- a. Working on strength and endurance.
 - i. Backwards lunge: Start by standing straight and bracing your core muscles. Then take a giant step backwards with your left foot. Bend your right knee until it's at 90° and lower your left knee until it is also bent at a right angle. Then push back up and return to the starting position. Make sure you keep your torso upright throughout the movement. You can opt to alternate legs with your reps or do all of them on one leg before switching to the other. Do 10 repetitions with each leg.
 - ii. Lunge Jumps: Start with a standard forward lunge. Stand with your feet hip-width apart, then take a big step forward and lower until both knees are bent at a 90° angle. Make sure your torso is kept upright and as straight as possible throughout. From this position, summon the energy to push explosively off the ground, switching the positions of your legs while airborne so that you land and can immediately drop into another lunge but with the opposite leg forwards. Make sure you land as softly as possible.
 - iii. Squat Jumps: 2 sets of 10 repetitions. Perform the squat exercise, but when you stand back up, jump!
 - iv. Plank Tap: While starting in a pushup form, tap your right hand to your left shoulder. Bring it back down to the floor, then tap your left hand to your left shoulder. Do this 10 times with each arm. Plank taps pictured.
 - v. Repeat circuit 2-3 times.





3. Cool Down

- a. 5-minute walk
- b. Stretching
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
 - iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
 - iv. Lying Knee Roll-over Lower Back and Core Stretch: While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.