



# #MoveNow

## Training Plan

Created by professional coach Guido Bensen in collaboration with Paralympic athletes; Nico Langmann, Mary Fitzgerald and Fleur Jong.

### **Disclaimer:**

The following drills can be adapted to suit your individual disability, however they are not fully inclusive.

# Let's do this!

Through our MoveNow programme, we're committed to getting you moving from Day 1 and beyond. This training plan contains 15 different drills categorised into core areas; strength, explosive power, agility, coordination, balance and flexibility.

On pages 19-21 you'll find a comprehensive 21-day training plan template, consisting of a combination of drills. Pick your appropriate drills to make it your own.

Each drill is split into a simple 2-step structure that is designed to be repeated. And each one can be adapted to suit your individual disability. However, if some of them aren't appropriate simply find another one to complete. Okay, ready? Let's go!

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# arm lifts

Good for strengthening  
shoulders & wrists.



Stretch your arms out.  
Make sure your palms  
are flat.



Move your wrists up and  
down with your arms.

**VIEW IN ACTION**

Scan or click the link



[Allianz.com/arm-lifts](https://Allianz.com/arm-lifts)

## Note:

You can do this standing up  
or sitting down.



# power lifts

Good for strengthening arms.

## What you'll need

2 weighted objects

If you don't have them, don't worry.  
Just grab similar household items.



Hold a weighted object like a can of beans in each hand.



Lift them above your shoulders, then back down. Then hold them straight in front of you and lower them.

## Note:

You can do this standing up or sitting down.

## VIEW IN ACTION

Scan or click the link





# hip lifts

Good for building core strength.

## What you'll need

1 yoga mat

If you don't have one, don't worry.  
Just grab a similar household item.



Lie on your back with your legs raised, arms flat on the floor.



Lift both legs and hips upwards, towards the sky.

## VIEW IN ACTION

Scan or click the link



[Allianz.com/hip-lifts](https://Allianz.com/hip-lifts)

## Note:

Alternatively, attempt with both arms stretched upwards.



# rocket

Good for improving explosive power in your arms and legs.

## What you'll need

1 water bottle

If you don't have one, don't worry. Just grab a similar household item.



Crouch down as low as possible, holding a water bottle. Alternatively, if you're seated hold the water bottle at full arm's length, as low as you can.



Push yourself upwards to launch the water bottle like a rocket, then catch it. Alternatively, if you're seated lift your arms as fast as possible to launch the water bottle like a rocket, then catch it.

## VIEW IN ACTION

Scan or click the link



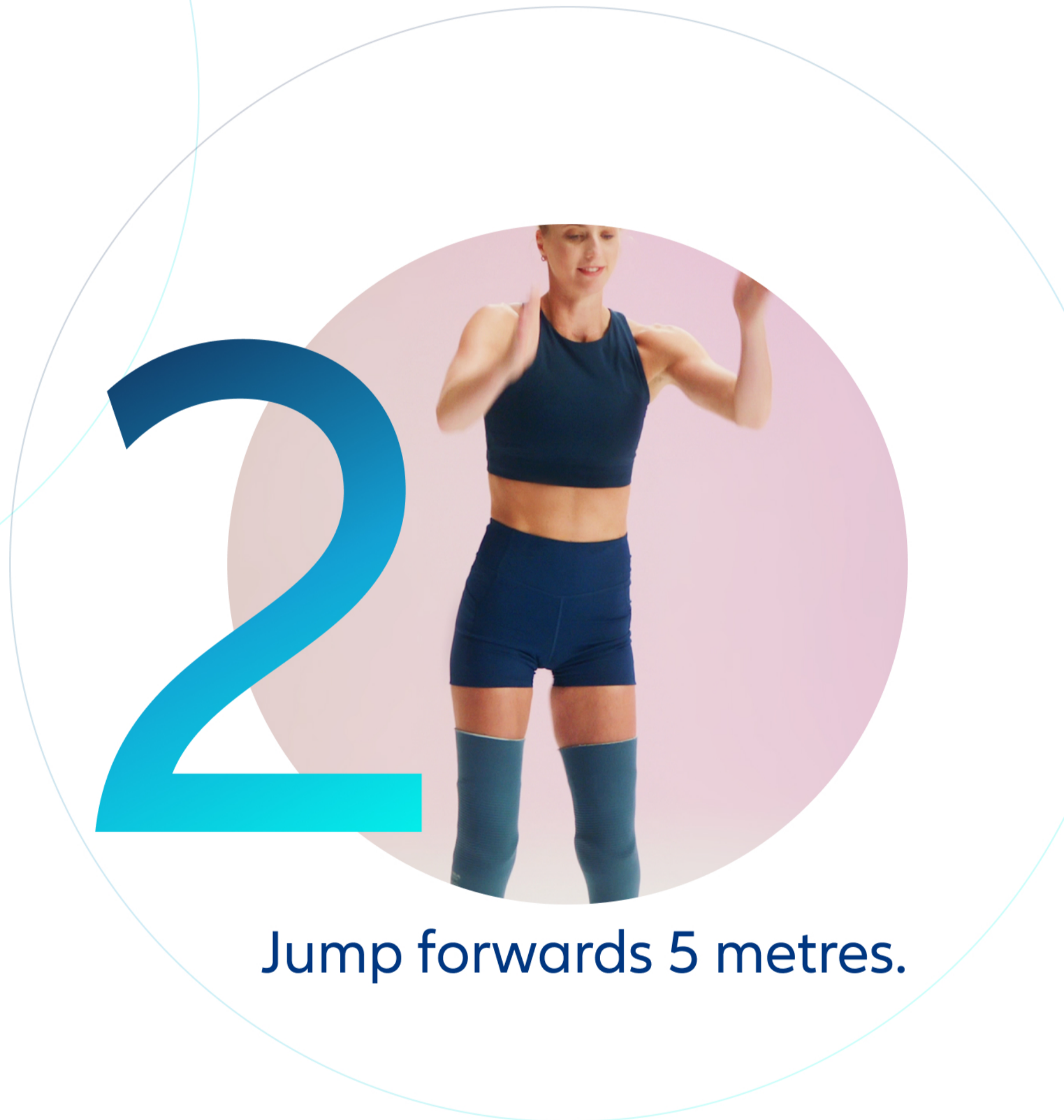


# power hops

Good for developing explosive power in your legs.



Stand with feet shoulders width apart and bend your knees.



Jump forwards 5 metres.

**VIEW IN ACTION**

Scan or click the link



[Allianz.com/power-hops](https://Allianz.com/power-hops)

## Note:

Alternatively, attempt to hop on one leg. Then alternate.



# speed slalom

Good for improving agility.

## What you'll need

5 training cones

If you don't have them, don't worry.  
Just grab similar household items.



Place 5 objects on the ground, 1 metre apart. You can use cones, t-shirts, water bottles etc.



Move around the objects as smoothly as possible and slowly increase your speed.

## VIEW IN ACTION

Scan or click the link







# shuttle dash

Good for improving explosive acceleration.

## What you'll need

5 tennis balls , 1 bucket

If you don't have them, don't worry.  
Just grab similar household items.



Place 5 tennis balls and a small bucket on the floor, around 5 metres apart. If you don't have tennis balls you can use golf balls, apples or stones.



Start by the bucket and move as quickly as you can and pick up a tennis ball, turn and drop it in the bucket. Complete this until all 5 items are in the bucket.

## VIEW IN ACTION

Scan or click the link





# dishcloth challenge



Good for improving speed.

## What you'll need

1 dishcloth

If you don't have one, don't worry.  
Just grab a similar household item.

Hold the dishcloth in one hand, either standing up or sitting down.



Throw the dishcloth in the air and move your legs (or arms) as fast as possible before you catch the dishcloth again.

## Note:

Alternatively, you can do this drill without a dishcloth by counting to 2 seconds as you move your legs or arms as fast as possible.

## VIEW IN ACTION

Scan or click the link



[Allianz.com/dishcloth-challenge](https://Allianz.com/dishcloth-challenge)



# double juggle

Good for coordination.

## What you'll need

2 tennis balls

If you don't have them, don't worry.  
Just grab similar household items.



Hold a tennis ball in  
each hand.



Throw them up at the same  
time and catch them at the  
same time.

## VIEW IN ACTION

Scan or click the link



[Allianz.com/double-juggle](https://Allianz.com/double-juggle)

## Note:

Alternatively, you can throw one ball up and catch with both hands. Or simply pass the ball from one hand to the other. This is still good for coordination and muscle development.



# balance ball

Good for improving hand-eye coordination.

## What you'll need

1 tennis racket , 1 tennis ball

If you don't have them, don't worry.  
Just grab similar household items.



Hold a tennis racket  
(or frying pan) in  
front of you.



Slowly move the ball  
around the rim. To make  
it more challenging speed  
it up.

## VIEW IN ACTION

Scan or click the link



## Note:

You can attempt this standing  
up or sitting down. And try  
moving the ball around the rim  
in both directions.



# clock twists

Good for coordination  
and balance.

## What you'll need

4 training cones

If you don't have them, don't worry.  
Just grab similar household items.



Stand with feet shoulders  
width apart - and face  
forwards at 12 o'clock. If  
you're seated, sit upright  
with shoulders open and  
chest out.

## VIEW IN ACTION

Scan or click the link



[Allianz.com/clock-twists](https://Allianz.com/clock-twists)



Get someone to shout out  
numbers between 1 and  
12 and twist your body to  
that direction on the  
imaginary clock face,  
keeping your arms high.

## Note:

You can shout out the  
numbers yourself.



# ready steady

Good for improving balance.

## What you'll need

1 weighted object

If you don't have one, don't worry.  
Just grab a similar household item.



Hold a can of beans by the side of your neck. Then stretch your other arm outwards horizontally, whilst standing on one leg. If you're seated stretch one arm outwards, leaning as far as you can.

## VIEW IN ACTION

Scan or click the link



[Allianz.com/ready-steady](https://Allianz.com/ready-steady)



Lift the can of beans up and then down.

## Note:

Alternatively, try this drill standing on both legs.



# by the book

Good for posture and balance.

## What you'll need

1 book

If you don't have one, don't worry.  
Just grab a similar household item.



Stand up and place a book on your head.



Try to move forward with high knees, whilst balancing the book on your head.

**VIEW IN ACTION**  
Scan or click the link



[Allianz.com/by-the-book](https://Allianz.com/by-the-book)

## Note:

Alternatively, try this drill without balancing a book on your head.



# flexi- throw

Good for flexibility.

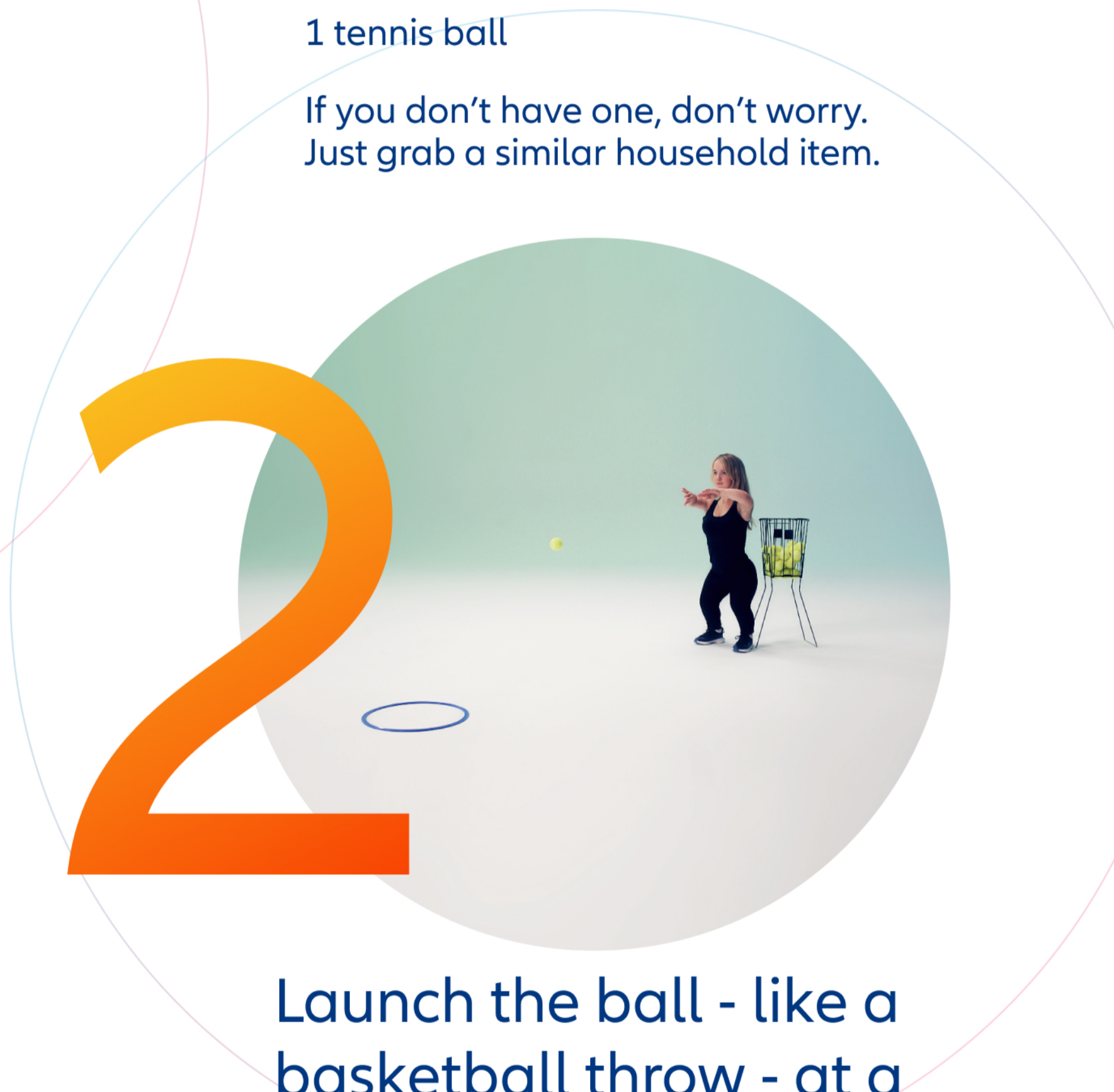
## What you'll need

1 tennis ball

If you don't have one, don't worry.  
Just grab a similar household item.



Shoulders open, chest up. Hold 4 fingers behind the ball, with your elbows up.



Launch the ball - like a basketball throw - at a target on the floor (you can use a hoop or a net as your target).

## VIEW IN ACTION

Scan or click the link







# flexi- knees

Good for improving flexibility  
and balance.



Lift both elbows up  
above your head.



Balance on one leg and  
lift your knee upwards to  
touch your alternate  
elbow. Then alternate.

**VIEW IN ACTION**  
Scan or click the link



[Allianz.com/flexi-knees](https://Allianz.com/flexi-knees)

## **Note:**

Alternatively, lift one leg up and  
try to touch your knee with your  
alternate hand.



# Coach notes

// The most important thing for improvement is variation. The human body is very lazy and if you do something twice the second time is less effective because the body anticipates it. That's why I have specifically designed this Training Plan to be as varied as possible;

- Different drills/exercises
- Varying repetition and time
- Increasing the number of sets
- Reducing rest times

This will also give you the opportunity to repeat drills you're comfortable with as well as introducing new drills into your training plan. Best of luck. //

Guido Bensen - Professional Paralympic coach

**Rep:** It's short for "repetition". Reps keep track of your workout. Each time you complete the entire movement that's called a rep.

**Set:** Completing several reps of a specific exercise in a row is called a set.

**Rest:** This is the amount of 'rest' time you get in-between a set, so you can take a breather and have some water.

# Daily Plan / Record

DAY	DRILL	EXAMPLE	SET	REPS OR TIME	REST	COMPLETED
1	Strength	Arm Lifts	1	30	–	Yes / No
	Agility	Dishcloth Challenge	1	10	–	Yes / No
	Flexibility	Flexi-Throw	1	30	–	Yes / No
2	Explosive power	Rocket	1	10	–	Yes / No
	Coordination & balance	Balance Ball	1	10	–	Yes / No
	Agility	Dishcloth Challenge	2	10	2 min	Yes / No
3	Flexibility	Flexi-Knees	1	30	2 min	Yes / No
	Explosive power	Power Hops	3	10	1 min	Yes / No
	Strength	Arm lifts	3	30	1 min	Yes / No
4	Agility	Shuttle Dash	1	10	–	Yes / No
	Flexibility	Flexi-Knees	2	20	1 min	Yes / No
	Coordination & balance	Balance Ball	2	10	–	Yes / No
5	Strength	Arm Lifts	3	20	1 min	Yes / No
	Agility	Dishcloth Challenge	3	10	2 min	Yes / No
	Flexibility	Flexi-Throw	2	20	–	Yes / No
6	Explosive power	Rocket	2	10	–	Yes / No
	Coordination & balance	Double Juggle	1	10	–	Yes / No
	Agility	Dishcloth Challenge	4	10	2 min	Yes / No
7	Flexibility	Flexi-Throw	3	15	–	Yes / No
	Explosive power	Power Hops	2	20	1 min	Yes / No
	Strength	Arm Lifts	4	10	1 min	Yes / No

# Daily Plan / Record

DAY	NOTES
1	
2	
3	
4	
5	
6	
7	

# Daily Plan / Record

DAY	DRILL	EXAMPLE	SET	REPS OR TIME	REST	COMPLETED
8	Strength	Arm Lifts	5	10	–	Yes / No
	Agility	Dishcloth Challenge	3	20	–	Yes / No
	Flexibility	Flexi-Throw	3	30	–	Yes / No
9	Explosive power	Rocket	3	20	–	Yes / No
	Coordination & balance	Balance Ball	2	20	–	Yes / No
	Agility	Dishcloth Challenge	5	10	2 min	Yes / No
10	Flexibility	Flexi-Knees	3	20	2 min	Yes / No
	Explosive power	Power Hops	4	10	1 min	Yes / No
	Strength	Arm lifts	2	20	1 min	Yes / No
11	Agility	Shuttle Dash	2	20	–	Yes / No
	Flexibility	Flexi-Knees	2	30	1 min	Yes / No
	Coordination & balance	Balance Ball	3	10	–	Yes / No
12	Strength	Arm Lifts	3	30	1 min	Yes / No
	Agility	Dishcloth Challenge	4	10	1 min	Yes / No
	Flexibility	Flexi-Throw	4	20	–	Yes / No
13	Explosive power	Rocket	3	10	–	Yes / No
	Coordination & balance	Double Juggle	2	20	–	Yes / No
	Agility	Dishcloth Challenge	5	20	2 min	Yes / No
14	Flexibility	Flexi-Throw	4	20	–	Yes / No
	Explosive power	Power Hops	3	20	1 min	Yes / No
	Strength	Arm Lifts	4	20	1 min	Yes / No

# Daily Plan / Record

DAY	NOTES
8	
9	
10	
11	
12	
13	
14	

# Daily Plan / Record

DAY	DRILL	EXAMPLE	SET	REPS OR TIME	REST	COMPLETED
15	Strength	Arm Lifts	5	30	–	Yes / No
	Agility	Dishcloth Challenge	4	20	–	Yes / No
	Flexibility	Flexi-Throw	4	20	–	Yes / No
16	Explosive power	Rocket	4	20	–	Yes / No
	Coordination & balance	Balance Ball	3	20	–	Yes / No
	Agility	Dishcloth Challenge	4	20	1 min	Yes / No
	Strength	Hip Lifts	2	20	1 min	Yes / No
17	Flexibility	Flexi-Knees	3	20	–	Yes / No
	Explosive power	Power Hops	4	30	–	Yes / No
	Strength	Arm lifts	2	10	1 min	Yes / No
	Agility	Shuttle Dash	2	20	–	Yes / No
18	Agility	Shuttle Dash	2	20	–	Yes / No
	Flexibility	Flexi-Knees	2	10	2 min	Yes / No
	Coordination & balance	Balance Ball	3	20	1 min	Yes / No
	Strength	Power Lifts	2	20	1 min	Yes / No
19	Strength	Arm Lifts	3	30	–	Yes / No
	Agility	Dishcloth Challenge	4	10	1 min	Yes / No
	Flexibility	Flexi-Throw	4	20	1 min	Yes / No
	Explosive power	Rocket	3	20	–	Yes / No
20	Explosive power	Rocket	3	10	–	Yes / No
	Coordination & balance	Double Juggle	2	20	–	Yes / No
	Agility	Dishcloth Challenge	5	20	–	Yes / No
	Strength	Power Lifts	3	20	2 min	Yes / No
	Flexibility	Flexi-knees	4	20	1 min	Yes / No
21	Flexibility	Flexi-Throw	4	20	–	Yes / No
	Explosive power	Power Hops	3	20	–	Yes / No
	Strength	Arm Lifts	4	20	1 min	Yes / No
	Coordination & balance	Balance Ball	4	20	1 min	Yes / No
	Agility	Dishcloth Challenge	5	20	1 min	Yes / No

# Daily Plan / Record

DAY	NOTES
15	
16	
17	
18	
19	
20	
21	



# Want more?

Through our MoveNow programme, we're committed to supporting more people move around the world, through 24 initiatives in the upcoming months until the Olympic and Paralympic Games in Paris 2024. So follow Allianz on social platforms such as Instagram, Twitter and YouTube and stay tuned!

However, if you haven't found any of our drills that work for you, we'd love to hear from you to take on feedback and input in designing the next wave as inclusively as we can.

Contact: [olympics@allianz.com](mailto:olympics@allianz.com)



**Website:**

[www.allianz.com/MoveNow](http://www.allianz.com/MoveNow)



**Instagram:**

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**Twitter:**

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