



Physical training # 1 for the Lillehammer Digital Curling Camp: Injury prevention

What	How	Tips
Preperations	<ol style="list-style-type: none"> 1. Log on to http://fittoplay.org/ 2. Click the «choose your sport» button, and choose curling. 3. Scroll down and pushcheck your program (direct link if you get lost: http://fittoplay.org/sports/curling/curling/) 4. Look through the exercises, choose 4-6 of them (or as many as you like) and plan a training session. 	The fit to play website has many more sports and exercises that you can do later on, and they even made an app called “Get Set” that you can download to your phone.
Warm up	<p>Make sure you get good and warm in your muscles joints and tendons. We would not like to see you get hurt doing injury preventative training.</p> <p>Your warm-up should be at least 10 minutes, starting with jogging, swimming, cycling or what else activity you choose, then do some easy more sport specific exercises: lunges, push-ups, sit-ups etc. whatever you need to get warm. Think about your normal pre-game warm-up routine.</p>	A good tip for a good warm up is to: Start big - finish small, meaning – work on the biggest muscles in the body first (legs, back- and abdominal muscles, buttocks and arms (biceps, triceps) and then the smaller more skeletal-close muscles.
ain session	Follow the instructions from your chosen exercises and run through them. Rememeber: quality over quantity. Injury prevention is all about focusing on technique and the task at hand, this is how you get results and avoid getting injured.	The fit to play site is an evidence based resource free for all. Which means that they gather information and articles on injuries in different sports and then design exercises based on preventing the same injuries. The site also contain articles on the different injuries, how to prevent them, and what you can do if injured.