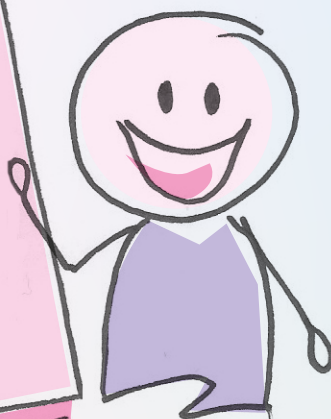


Bluefins Land Training

Here's what we recommend...

Land Training Checklist

- Water Bottle
- Exercise Mat
- Jump Rope
- Resistance Bands
- Foam Roller



Water Bottle

All Squads

Suggested Link:
Bluefins Water Bottle

Exercise Mat

Recommended For All Squads

Essential For:

Senior Performance

Senior Race

Junior Performance

Junior Race

Senior Competitive

Junior Competitive

Suggested Link:
Exercise Mat

Jump Rope & Light Resistance Bands

Senior Performance

Senior Race

Junior Performance

Junior Race

Senior Competitive

Junior Competitive

Suggested Link:
Jump Rope
Light Resistance Band

Foam Roller

Senior Performance

Senior Race

Junior Performance

Suggested Link: Foam Roller

Clothing ready to work hard!

Please ensure for on-site Land Training, you come ready to train with Trainers for running and jumping (no fashion ones!).

