

# DS Performance Strength Conditioning Training Program for Badminton Variable



## DS Performance - Strength & Conditioning Training Program for Badminton, Variable-Strength, Level-

**Advanced** by Galit Shmueli

★★★★★ 5 out of 5

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Badminton is a demanding sport that requires a combination of strength, power, speed, agility, and endurance. To improve your performance in badminton, it is important to incorporate a comprehensive strength and conditioning training program into your routine.

The DS Performance Strength Conditioning Training Program for Badminton Variable is a periodized program that is designed to help you develop the specific physical qualities that are necessary for badminton success. The program is divided into three phases: a preparatory phase, a competitive phase, and a transition phase.

## Preparatory Phase

The preparatory phase is designed to build a foundation of strength and fitness. The focus of this phase is on developing general strength, power, and endurance. The exercises in the preparatory phase are typically

compound exercises that work multiple muscle groups at once. Examples of compound exercises include squats, deadlifts, bench press, and pull-ups.

## **Competitive Phase**

The competitive phase is designed to help you develop the specific physical qualities that are necessary for badminton success. The focus of this phase is on developing power, speed, agility, and endurance. The exercises in the competitive phase are typically plyometric exercises, which are explosive movements that involve jumping, hopping, and bounding. Examples of plyometric exercises include box jumps, jump squats, and medicine ball throws.

## **Transition Phase**

The transition phase is designed to help you maintain your fitness gains and prepare for the next season. The focus of this phase is on maintaining strength, power, and endurance. The exercises in the transition phase are typically a combination of compound exercises and plyometric exercises.

## **Sample Training Program**

The following is a sample training program that you can use to improve your performance in badminton.

### **Monday:**

\* Warm-up: 5 minutes of light cardio \* Strength training: Squats, deadlifts, bench press, pull-ups \* Cool-down: 5 minutes of stretching

### **Tuesday:**

\* Warm-up: 5 minutes of light cardio \* Plyometric training: Box jumps, jump squats, medicine ball throws \* Cool-down: 5 minutes of stretching

### **Wednesday:**

\* Rest

### **Thursday:**

\* Warm-up: 5 minutes of light cardio \* Strength training: Hamstring curls, quad extensions, calf raises, abdominal exercises \* Cool-down: 5 minutes of stretching

### **Friday:**

\* Warm-up: 5 minutes of light cardio \* Plyometric training: Lateral jumps, agility drills, speed drills \* Cool-down: 5 minutes of stretching

### **Saturday:**

\* Rest

### **Sunday:**

\* Badminton match or practice

### **Nutrition**

In addition to following a comprehensive strength and conditioning training program, it is also important to eat a healthy diet that will support your training and recovery. A healthy diet for badminton players should include

plenty of fruits, vegetables, whole grains, and lean protein. It is also important to stay hydrated by drinking plenty of water throughout the day.

## Supplements

There are a number of supplements that can help you improve your performance in badminton. Some of the most popular supplements include creatine, beta-alanine, and BCAAs. Creatine is a natural substance that can help you increase muscle strength and power. Beta-alanine is a amino acid that can help you improve your endurance. BCAAs are essential amino acids that can help you promote muscle growth and recovery.

If you are serious about improving your performance in badminton, it is important to incorporate a comprehensive strength and conditioning training program into your routine. The DS Performance Strength Conditioning Training Program for Badminton Variable is a periodized program that is designed to help you develop the specific physical qualities that are necessary for badminton success. By following the program and eating a healthy diet, you can improve your strength, power, speed, agility, and endurance, and take your badminton game to the next level.



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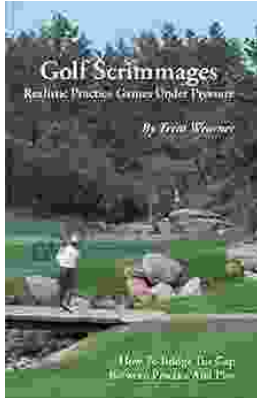
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