



ESPORTS MOBILITY TRAINING

**A health and fitness program for
gamers**

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WELCOME

This one is for you gamers out there! If you love esports and all things video games, then you know you are sitting down **A LOT**.

Thankfully, SOWA has you covered.

We decided to put this packet together with tips and tricks to keep you moving and staying healthy after sitting down for extended periods of time.

In this packet you'll find health tips, and stretches and exercises specific for esports athletes.

These tips and tricks will keep you fresh and in the zone so you can compete at your best.

How can you use this information?

Try setting a timer when playing video games to make sure you get some movement in every 30 minutes.

Choose your two favorite exercises and spend a couple of minutes treating yourself. You can do these any time of the day!

So... what are you waiting for?

Please note all exercises and stretches were written by a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

UPPER BODY



Blue Angels

This exercise will help give you good posture!

Perform 1 - 2 sets of 10 repetitions at a relaxed pace.

If it is challenging on the floor, you can do this standing up.

Step 1

Lie on your belly on the floor with your hands behind your back.



Step 2

Raise your hands up your sides without touching the ground and your palms facing up.



Step 3

Without touching the ground, flip your palms to face down when your hands reach shoulder height.



Step 4

Continue to raise your hands until they reach above your head like the picture.



Step 5

Follow your path backwards now. Lower your hands down your sides until you reach your starting position in Step 1



UPPER BODY

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Open Books

This stretch will take away that back stiffness!

Perform 1 - 2 sets of 8 - 10 repetitions per side at a relaxed pace.



Step 1

Kneel down on one knee, with your high knee up against the wall.

place both hands on the wall in front of you, as shown in the picture to the left.

Step 2

Raise the hand closest to the wall up and over your head until you reach behind you. Be sure to follow your hand with your eyes.



Step 3

Follow the same path back to your starting position. Perform 8 - 10 repetitions and switch sides.



Snack Attack!

Prepare healthy snacks to munch on as you play! Some of our favorites are veggies and dip, freshly cut fruit, and pretzles with hummus!

UPPER BODY

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Overhead Stretch

This stretch will keep those shoulders loose!

Hold the stretch for 30 -60 seconds..



Step 1

Find a surface that is about waist-high or slightly higher.

Place both hands on the surface with your fingertips facing forward and your arms straight.



Step 2

Keeping your arms straight, walk your feet back and slowly lower your chest to the ground. Keep your belly tight and your knees slightly bent or straight. Hold this position for 30 - 60 seconds.

Thirst Buster!

Don't forget to stay hydrated! Avoid sugary drinks like soda, gatorade, and fruit juice. Focus on drinking water instead! Is plain water too boring? Add in some fresh cut strawberries, orange slices, or mint leaves for delicious, natural flavor!

UPPER BODY

**Special
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Shoulder Lift & Extension

This exercise will keep those shoulders strong!

Perform 1 - 2 sets of 10 - 15 repetitions. If it is difficult to lie on the floor, perform standing up against a wall.



Step 1

Lie on your belly with your palms flat on the floor at about ear height.

Step 2

Lift your palms up off the ground while squeezing your shoulder blades together.



Step 3

Extend your arms straight ahead without touching the ground. Reach as far as you can and hold for 1 second.



Step 4

Bring your hands back down towards your ears (same position as Step 2) without touching the ground. Then, gently place your palms on the ground to complete the rep. Perform for 10 - 15 repetitions.



LOWER BODY



Couch Stretch

This stretch will help loosen those hips!
Hold the stretch for 30 - 60 seconds on each leg. If it is difficult on the floor, perform the stretch standing while holding your foot behind you.



Step 1

Find a low chair or couch to perform the stretch. Kneel down on one knee in front of the couch or chair.

Cool Cardio!

Give your gaming thumbs a break and get your body moving! How many jumping jacks can you do in 30 seconds? What about arm circles? Can you jog in place for a minute straight? What can you do to get a sweat going?!



Step 2

Lift your foot and place it on the top of the chair or couch as shown in the picture. Stay tall with your back straight.

If the stretch is too much, move your knee on the floor further away from the chair or couch.

LOWER BODY



Spiderman Stretch

This stretch will help loosen those hips!

Hold the stretch for 30 - 60 seconds on each leg.

Step 1



Start by kneeling on the ground on one knee just like the picture shown.

Step 2



Lower your chest towards the floor and place your hands flat on the floor. Hold this stretch for 30 - 60 seconds and then switch sides.

Looking for something extra on this stretch?

Try opening your hip more by gently pushing your front knee outward while keeping your front foot flat on the ground.



Next, try lowering your elbow to the floor next to your front foot.



LOWER BODY



Fire Hydrants

This exercise will help strengthen your hips!

Perform 1 - 2 sets of 10 - 15 repetitions on each side.



Step 1

Start by getting on all fours on the ground. Keep your back and arms straight, with your head in line with your spine.



Step 2

Lift one knee up as if you are pointing your knee at someone sitting next to you, as shown in the picture. Be sure not to move any other part of your body.



Step 3

Slowly return your knee back to your starting position from Step 1. Complete 10 - 15 repetitions per side.

Time for Tunes!

Tired eyes from all of the e-sports action? Take a break by listening to your favorite music! Bonus: What's better than listening to music? Dancing to music! Blast your favorite song and whip out your favorite moves.

LOWER BODY

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Hip Circles

This exercise will help strengthen your hips!

Perform 1 - 2 sets of 10 - 15 repetitions on each side.



Step 1

Start by getting on all fours on the ground. Keep your back and arms straight, with your head in line with your spine.



Step 2

Create a circle with one knee by bringing it up toward your elbow first.



Continue that circle by bringing the knee back to draw a circle.



Step 3

Slowly return your knee back to your starting position from Step 1. Complete 10 - 15 repetitions per side.



Phone a Friend!

Talking with your friends over E-sports is great, but it's important to stay in contact with your other friends too! Take a 5 minute phone break and call a friend or family member. Ask them how they are, and don't forget to tell them all about the SOWA STAY FIT Challenge!

LOWER BODY



90/90 Box Stretch

This exercise will help loosen your hips!

Perform 1 - 2 sets of 10 repetitions on each side.



Step 1

Sit on the ground with your back straight and tall. Place your feet flat on the ground with your knees bent.



Step 2

Slowly rotate your hips so that both knees touch the ground, creating a 90/90 degree on both legs as shown in the picture. Hold for 3 seconds.



Step 3

Rotate your hips so that your knees return to the same starting position as in Step 1.



Step 4

Repeat Step 2, but rotating to the other side now. Stay tall and keep your back straight. Hold for 3 seconds.

If it is challenging at first to stay tall, you can modify this by leaning back and using a hand to prop you up.



FINAL THOUGHTS

Congrats! You made it through the E-sports Mobility Training packet! Be sure to continue incorporating these stretches and tips into your daily life.

Share your thoughts!

Post a picture of yourself completing your favorite stretch or movement on our Health & Wellness Challenges Facebook group or email it to fitness@sowa.org for a chance to be featured on our social media!

How else do you stay healthy and fit?

Maintaining a healthy and active lifestyle requires every day commitment. For more resources and information on how to stay healthy and fit, be sure to check out SOWA's Health Programs.

Stay up-to-date on all SOWA programming



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