



## Be ready to return with our exercise routine

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**Posted On:** April 29, 2020

The 2019/20 league season may have ended abruptly because of the coronavirus lockdown, but our new exercise video led by Table Tennis England Technical Director Alan Cooke aims to help players keep in trim ready for next season.

Alan, who retired as a six-time national champion and former world No 27, has designed a workout of around 30 minutes which is based on the movements used by table tennis players.

It is suitable for players of any age and includes instructions on how to make the particular exercises easier or harder according to physical capability.

Greg Yarnall, Table Tennis England Head of Development and Volunteering: "We recently launched a TT Kidz at home section and live online sessions aimed at helping young people to stay active through table tennis, and we wanted to make sure we were supporting our adult members in a similar way.

"Hopefully, this will help our members stay active in a way which is relevant to table tennis and help them to avoid injury when we can return to action.

"We share our members' sorrow at not being able to play the sport we love but this situation will not last for ever, so we urge everyone to continue to follow the Government advice and to stay as active as possible and be ready for a return to action whenever that will be."

Table Tennis England is planning for a normal 2020/21 season but recognises that the situation will evolve and we may have to adapt our plans. We will continue to communicate with clubs, leagues and individual members as the current restrictions are eased and a way forward for sport becomes clearer.

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