

Get in Shape for Summer Sports with Fitness World

Summer in BC means sunshine, fresh air, and endless opportunities to get active. After months of cold weather and indoor routines, it's the perfect time to get outside and enjoy your favourite sports — whether that's basketball, golf, volleyball, tennis, or soccer.

For student-athletes, families, and coaches, summer is also an ideal time to cross-train and stay fit for the season ahead. Having a balanced fitness routine helps prevent injuries, builds strength, and improves performance — so you can enjoy every game and activity to the fullest.

As the official fitness partner of BC School Sports, [Fitness World](#) is here to help with training tips to get you summersport ready.

Why In-Gym Training Matters for Summer Sports

Summer sports provide a great workout on their own, but adding a structured gym routine can make a big difference. Cross-training helps:

- Build strength and endurance
- Improve flexibility and balance
- Reduce the risk of common injuries
- Support recovery between practices and games

Here are some popular summer sports — and simple exercises you can do to support your performance:

Golf

We get it. Most people don't immediately look at golf as "the sport" for getting you ripped and lean, but we're here to tell you, that's not true.

Golf not only works the hips, glutes, core, AND pelvis, it also works the mind as it's a relaxing sport that involves strategy, so it requires an intense amount of focus and patience.

Best Exercises for Golf

- **Lunges**
- **Split Squat**
- **Single Leg Deadlift**

Tennis

While most people might look at tennis and think two things: solely an arm workout and Serena Williams, we're here to erase (one) of those misconceptions. Tennis *is* actually a full-body workout, incorporating more than just upper body. It also works the lower back, core, and leg muscles, while improving flexibility and balance — a true superstar of a sport.

Best Exercises for Tennis

- **Triceps Push-up**
- **Skaters**
- **High Knees**

Soccer

On the other side, we have soccer: the perceived “only lower body workout.” False.

Have you seen Cristiano Ronaldo’s abs? There’s a reason they’re so fantastic. Core and upper body strength are a vital part of achieving the distinct synergistic movements that are required for balance, shielding positions, and twists.

Best Exercises for Soccer

- **Lateral Hurdle Sprints**
- **HIIT**
- **Sumo Squats**

Basketball

Basketball is arguably one of the best full-body workouts that incorporates short-sprints and rhythmic upper body motions to create a really fun, easy-to-understand team sport.

While playing basketball, the shoulders, biceps, triceps, and chest are the key muscles being used in this dynamic, summer-friendly sport!

Best Exercises for Basketball

- **Goblet Squats**
- **Rows**
- **Pull-Ups**

Train Smart This Summer with Fitness World

Fitness World is proud to support the BC School Sports community and its students athletes.

With [17 gym locations](#) across the Lower Mainland and Vancouver Island, Fitness World offers student-athletes, families, and coaches access to:

- 500+ group fitness classes weekly
- State-of-the-art equipment
- Recovery tools like HydroMassage, NORMATEC Compression Sleeves, Human Touch Chairs, and much more
- Certified personal trainers who can help customize your summer training routine

Plus, you can redeem a [3-day free pass](#) to help you get started — and when you visit, you’ll be automatically entered for a chance to win a FREE 1-year membership!