Lockdown 2.0

Sessions 9-12

As with all training sessions please make sure there is an adult present, in case of injury.

Session 9

## Warm Up

5 mins – Pulse raiser – slow jogging/skipping – gradually increasing pace

5 mins – Mobility – Arm circles/Monkey swings/Leg swings etc

5 mins – Static stretching

## Circuit Session –

40secs work – 20secs rest

* Press Ups
* Squat Jumps
* Burpees
* Shoulder Press (Bands or weighted bottles) – start with arms at right angles, stretch up
* Mountain climbers
* Split squats (one leg in front of other – lunge position)
* Squat thrust (press up position – two feet jump towards arms and back out)
* Star jumps

Repeat x 5

* 1 min plank
* 30 Press Ups

Repeat x 5

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 10

## Warm Up

5 mins – Pulse raiser – slow jogging/skipping – gradually increasing pace

5 mins – Mobility – Arm circles/Monkey swings/Leg swings etc

5 mins – Static stretching

## Circuit Session

Start each exercise on the minute, every minute – rest once you’ve completed the reps

* 25 Plank rotations (Plank in press up position – rotate to the side, stretching your arm up)
* 25 Triceps dips
* 25 Narrow press ups (elbows should be pointing towards your feet)
* 25 “Sissy” squats (feet together)
* 25 Calf raises (better if you’re on a step)

Repeat x 6

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 11

## Warm Up

5 mins – Pulse raiser – slow jogging/skipping – gradually increasing pace

5 mins – Mobility – Arm circles/Monkey swings/Leg swings etc

5 mins – Static stretching

## Circuit Session

This one is hard as there is no rest until the end of the round.

Juniors take 15 secs rest after each exercise

Repeat as many times as you can in 30mins.

* 1min burpees (try to jump in streamline)
* 20 press ups
* 20 squats
* 1min plank
* 30secs rest

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 12

## Warm Up

5 mins – Pulse raiser – slow jogging/skipping – gradually increasing pace

5 mins – Mobility – Arm circles/Monkey swings/Leg swings etc

5 mins – Static stretching

## Circuit Session

40secs work – 20 secs rest

* Squats
* Walking lunges
* Pulsing squats (stay low and bounce)
* Lateral lunges (step to the side) swap sides each time
* Curtsy lunges (leg goes behind and across body) swap sides each time
* Reverse lunges (leg goes backwards)
* Glute bridges (lie on back, knees bent, lift hips up squeezing butt cheeks together)
* Sumo walk (deep wide squat, moving 5 steps side to side)

Repeat x 5

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching