Lockdown 2.0

Sessions 1-4

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

Session 1

## 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

## Main Session – Repeat x 3 (to make it harder – repeat more times)

* Pyramid of Press Ups – Rest 30secs
  + 20 – 15 – 10 -15 – 10
  + Hold flat back position either on toes or knees
* 10 x Squats – hold deep squat for count of 5 each time
  + Prem squad – consider weighted (2-3kg or kit bag)
* Pyramid of upright rows – Rest 30secs
  + 20 – 15 – 10 – 15 – 10
  + Prem squad - weighted or bands
  + Juniors – band if you have access to one or full drinks bottle
* 20 x Lunge jumps (swap legs each time)
* Pyramid of Triceps dips – Rest 30 secs
  + 20 – 15 – 10 -15 -10
  + Triceps dips (hands facing forward on chair or stairs)
* 10 x Run up and down stairs (assuming you have them – be careful!!)
* 2 x 30secs Plank – Rest 30 secs
* 2 x 30secs Wall Sit – Rest 30 secs
  + Knees @ 90 – Arms above head, streamline against wall

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 2

## 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 – 30mins

Reps begin at the start of each minute, rest until the start of the next minute.

3 rounds – 1) 30 reps – 2) 25 reps – 3) 20 reps

Hold form on each exercise – reduce reps if form failing.

* Burpees
* Flutter Kicks
* Mountain Climbers
* Sit ups
* Lateral Plank walk (press up position – move sideways – don’t forget to go both ways)
* Rowboats (tuck then extend body whilst balancing on your bottom)
* Triceps Dips
* Russian Twists (use full water bottle or equivalent to tap to each side)
* Lunges
* Glute Bridges (On back – knees bent – squeeze glute muscles as you lift your hips up)

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 3

## 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

Advanced workout requiring a box or chair to elevate the exercises.

40 secs on – 20 secs off

* Single leg hip thruster
* Plank
* Elevated lateral squat – one foot on elevated surface (Lower = regular squats)
* Double leg lowers
* High knee taps – tap toes on elevated surface in running motion (lower = Spotty dogs)
* Press ups with rotation – press up then turn to side to elevate arm into T shape. (higher – feet elevated/lower – feet on floor)
* Knee to Elbow crunches
* Single leg squats
* Press ups
* Squats
* Triceps dips

Circuit repeated x 4

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 4

## 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 – 30mins

Reps begin at the start of each minute, rest until the start of the next minute.

3 rounds – 1) 30 reps – 2) 25 reps – 3) 20 reps

Hold form on each exercise – reduce reps if form failing.

* Burpees
* Double leg raises
* Spiderman press ups (one knee to elbow, press up, swap sides)
* Crunches with legs elevated
* Sumo squats (deep squat moving sideways)
* Single leg V-sits
* Triceps Dips
* Russian Twists (use full water bottle or equivalent to tap to each side)
* Lunges with double twist
* Glute Bridges with leg extension

(On back – knees bent – squeeze glute muscles as you lift your hips up – extend leg when hips are raised – hold for 2secs)

Circuit repeated x 3

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching