Lockdown 2.0

Sessions 21-23

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

Session 21

## 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

* 20 x Squats
* 20 x Burpees
* 2 min Skipping
* 1 min Plank

Repeat x 10

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 22

## 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

Each exercise (excluding Plank) 20 sec on – 10secs rest; Repeated x 8

* Squats
* 1 min Plank
* Bulgarian Split Squats (Back leg raised)
* 1 min Plank
* Alternate Glute kick backs – leg raise
  + Press up position
  + Back leg raises
  + Same leg comes through, underneath body trying to touch knee to elbow
  + Return to press up position
  + Change leg after each 20sec
* 1 min Plank
* Burpees
* 1 min Plank
* Alternate Squat Jump and Star Jump
* 1 min plank

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 23

## 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

* 10 x Star Jumps
* 10 x Ground to Overheads (Lift object from floor to stretch overhead then return to floor
* 10 x Burpees
* 10 x Press Ups
* 10 x Squats
* Hold Plank for 1min

1 minute rest

Repeat x 10

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 24

## 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

* 25 x Squats
* 25 x Walking Lunges
* 25 x Pulsing squats (Quick)
* 25 x Lateral Lunges (Sideways)
* 25 x Curtsy Lunges (Leg backwards and crosses over)
* 25 x Sumo Squats (wide legs, deep squat)
* 25 x Glute Kickbacks (Press up position, leg lifts)
* 25 x Bulgarian split squats (Back leg raised)
* 25 x Glute bridges
* 25 x Lateral side walk (Sideways walk in press up position)

Repeat x 4

Rest 15 secs between each exercise

Rest 1 min between rounds

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching