Lockdown 2.0

Sessions 5-8

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

Session 5

## 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

2mins work – 1 min rest

* 10 press ups – 10 sit ups (repeated)
* Mountain climbers
* 10 V-sits (easy = bent legs/hard = straight legs) – 10 superman (lie flat on stomach, arms and legs elevated - arms bent to streamline)
* Jumping Jacks
* 10 Glute bridges – 10 flutter kicks (both legs = 1)
* Lunges
* 10 up & down planks (elbows to hands) – 10 Russian twists
* Squat Jumps
* 10 rowboats – 10 triceps dips
* Skipping / running on spot
* 10 double leg lowers – 10 squats

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 6

## 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 – Repeat x 5

40secs work – 20secs rest

* Step ups (alternating lead leg)
  + Step up on one leg, raise other leg to right angles before stepping down
* Squats (feet shoulder width apart)
* Lunges (alternating legs)
* Squat jumps (with tuck)
* Calf raises (on a step if possible)
* Sumo squats (legs wide, feet pointed out)
* Burpees

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 7

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 –

Every minute – on the minute

* 25 x Squat jumps with half twist
* 25 x Press Ups
* 25 x Tuck Jumps
* 25 x Crunches
* 25 x Bulgarian Split Squat (back leg raised – change leg each round)
* Hold Wall Sit for at least 30 secs

Repeat x 6

To make it harder – increase number of reps per minute

Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 8

## 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

30secs each exercise – 20secs rest

Add exercise each time to build pyramid

Once you are doing all of them, then start taking away the first exercises until you just do the last one on its own.

i.e 1 – 1+2 – 1+2+3…. 1+2+3+4+5+6+7+8 – 2+3+4+5+6+7+8 – 3+4+5+6+7+8…. 7+8 - 8

1. Burpees
2. Rowboats
3. Squat jumps
4. Press ups
5. Side lunges (feet wide apart, slide body weight from side to side without moving feet)
6. Spiderman (Press up position, take foot to hand and return, alternating leg each time)
7. Squats
8. Mountain climbers

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching