**Wednesday -** *Energy system day*

***Repeat all exercises five times. 2 mins rest between each round***

**1. Star Jumps/Jumping Jacks**

[**https://www.youtube.com/watch?v=c4DAnQ6DtF8**](https://www.youtube.com/watch?v=c4DAnQ6DtF8)

1. **Stand straight with your feet together and hands by your sides**
2. **Jump up, spread your feet and bring both hands together above your head.**
3. **Jump again and return to the starting position**
4. **Repeat for 30 seconds**



**2. Sprinting on the spot**

**https://www.youtube.com/watch?v=O7Kyyws7gEI**

Complete for 45 seconds

**3. Reverse Lunge and Hop**

**https://www.youtube.com/watch?v=k8qPGcnlwSM**

1. Take a step backward and lower your hips so that your back knee is just above the floor and your front thigh is parallel to the floor
2. Bring your back leg forward, lift your knee as high as you can and hop in the air
3. Repeat on the same leg 20 times then change legs

20 times on each leg



**4. Burpess**

**https://www.youtube.com/watch?v=dZgVxmf6jkA**

1. Stand straight with your feet shoulder width apart
2. Squat and place your hands in front of your feet
3. Jump back until your legs are fully extended and your body is in a plank position
4. Do a push up, jump forward and then push through the heels to return to the starting position
5. Keep your core engaged at all times,

Complete for 30 seconds

 

**5. Skipping with a rope**

1. **Hold the rope while keeping your hands at hip level**
2. **Rotate your wrists to swing the rope and jump**
3. **Jump with both feet at the same time**
4. **Engage your abs, keep the upper body straight, knees slightly bent and jump on the balls of your feet**

Complete for 30 seconds