

Lockdown 3.0

Advanced Session 1

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

These sessions are directive without diagrams.

If you are unsure please use the first section of land training sessions that are more descriptive.

Session 1

Warm Up

10 x High Knees

10 x Press Ups

10 x Squat Jumps

10 x Star Jumps

Repeat x 3

Main Set

1 minute per exercise – no rest in between

- Squat position – shuffle 3 steps left to right (stay low the whole time)
- Press Up with toe touch each time
- Jump Lunges
- Burpees
- Crab toe touches

Repeat x 4

Set Two – Abs!!!

50 x each exercise

30 x each exercise

10 x each exercise

- Crunches
- V-ups
- Plank Twists
- Bicycles
- High to Low plank

Cool down

5 mins – Mobility

5 mins stretching