

Lockdown 3.0

Advanced Session 2

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.

Warm Up

20 secs on – 10secs off

Repeat 3 times

- Jumping Jacks
- Push ups
- Butt Kicks
- Lateral Lunges
- Half Burpee (no press up)
- Goblet Squat

Main Set

3 Rounds

Round One = 30 secs on – 10 secs off

Round Two = 20 secs on – 10 secs off

Round Three = 10 secs on – 10 secs off

- Dive Bomb/Prowlers
- Ski Jumps
- Push Up into Burpee
- Alternate wide and narrow Press Ups
- Squat Jumps
- Single Leg Burpee
- Power Push Up
- Power Tuck Jumps

Core Set

2 Rounds

30secs on – 15secs rest

- Cross Plank
- Curl Up (Get Ups)
- Bicycles
- Plank with Crunch
- V-ups
- Sit up with pelvic crunch

Cool down

5 mins – Mobility

5 mins stretching