

Advanced Session 3

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

Warm Up

1min on – 10 secs rest

- Jogging on spot
- High knees
- Hand to toe taps
(Standing – bend at waist - opposite arm to foot – stand in between swapping sides)
- Arms circles, varying size/

Repeat x 3

Set 1

45 secs on – 15 secs rest

Repeat circuit x 3

- Star Jumps or Jumping Jacks
- Burpees
- Mountain Climbers
- V-sits
- Reverse lunges (step backwards)
- Alternate wide & narrow squats
- Alternate wide & narrow press ups (make sure elbows point backwards towards feet)
- 1 min rest (water break)

Squats can be done using weight appropriate to your size (don't overload too much)

Set 2

10mins – as many rounds as possible

- 10 burpees
- 20 Ground to overheads (use weighted object, touch floor to full stretch to ceiling)
- 30 squat Jumps with half turn

Cool down

5 mins gentle exercise and stretching