Lockdown 2.0

Sessions 13-16

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

Session 13

## 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

Start each exercise on the minute, every minute – rest once you’ve completed 25 reps:

* Burpees
* Figure of eight Squat – Squat down - use bottle to thread through legs in figure of 8.
* Press ups
* Lateral raises – lie on back move legs up and down – as fly kick – don’t put feet down
* Squats
* Triceps dips

Repeat x 6

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 14

## 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

Repeat as many times as possible in 30mins.

* 1 min Skipping
* 10 x Ground to stretch
  + Weighted object (not too heavy), Non-weighted i.e. cushion (for inexperienced)
  + touch floor in deep squat, stretch object up as high as you can.
* 10 x Burpees, with Streamline jump.
* 10 x Squats
* 30secs rest

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 15

## 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 –

40secs work – 20secs rest

* Walkouts (Inch worm)
* Plank taps (Shoulder)
* Side plank
* Plank taps (Forward reach)
* Press ups
* Walkout into press up
* Lateral plank walk (Press up position, move sideways)
* Press up into Burpee

Repeat x 6

Rest for extra 30secs after each round

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 16

## 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

This one is hard as there is no planned rest during the round.

Rest for 1min after each round

Inexperienced land trainers take 30 secs rest after each exercise

* 2min skipping
* 50 burpees (with jump)
* 50 single leg squats (change every 5)
* 2min skipping

Repeat x 5

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching