Lockdown 2.0

Sessions 17-20

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

Session 17

## 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 –

Each exercise done x 4 (20secs on – 10secs off) before moving to next exercise

* Burpees
* V sit cross overs (Hold legs off the ground, move from side to side over an object)

(Harder with shoulders off the floor, easier- legs only raised)

* Plank Jacks
* Star jumps or Jumping Jacks
* Press Ups
* Static Plank

Repeat x 2

To make it harder – increase number of reps per minute

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 18

## 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

* 10 x Burpees
* 10 x V-sits
* 10 x Press Ups
* 10 x Squat Thrusts (Burpees without the jump)
* Squats

Repeat x 5

Round 1 - 50 x Squats

Round 2 - 40 x Squats

Round 3 - 30 x Squats

Round 4 - 20 x Squats

Round 5 - 10 x Squats

30 secs rest between each round

Seniors – no rest until Squats completed

Juniors – 10 secs rest after each exercise

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 19

## 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

45 sec on – 15secs rest (Juniors 30sec on – 15 secs rest)

* Burpees
* V-Sit crossovers
* Squats
* Mountain Climbers
* Bulgarian Split Squats (lung position, back leg raised)
* Crunches
* Glute bridges

Repeat x 5

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching

Session 20

## 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

Every minute, on the minute

* 25 x Burpees
* 25 x Chest raises (Lie on front, raising chest off the floor)
* 25 x star jumps or jumping jacks
* 25 x Press Ups
* 25 x Squat Thrusts
* 25 x Lateral raises (Band/Weight/Bottles)
* 25 x Leg Raises
* Hold Plank for 1min

1 minute rest

Repeat x 3

## Cool down

5 mins – Mobility (as per warm up)

5 mins stretching