

Lockdown 3.0

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

Session 10

Warm Up

10 – 15mins

Include:

- Pulse raiser – slow jogging/skipping – gradually increasing pace
- Mobility – Arm circles/Monkey swings/Leg swings etc
- Stretching

Main Session –

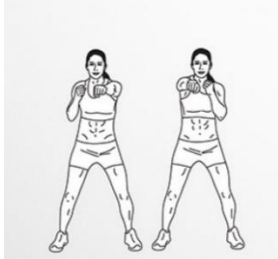
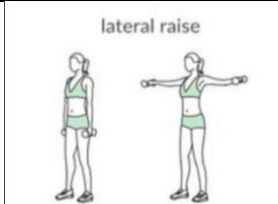
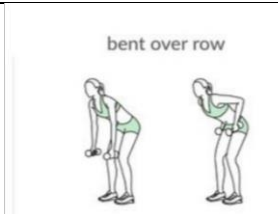
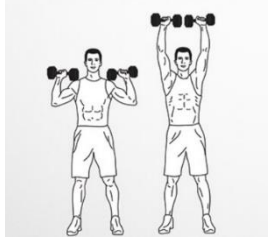
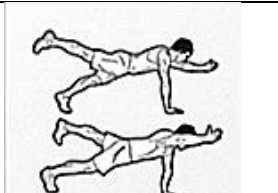
Repeat twice

30secs work, 15secs rest – to make harder – increase length of work to 45secs

**exercises require weights –

Juniors/Less experienced use full water bottles;

Seniors/Experienced use weights or bands to suit.

Exercise	No. of Reps	How	Demo
<p>Punches</p> <p><i>(Punch air unless you have access to a bag, or someone is willing to hold a cushion for you to aim at!)</i></p>	2 x 30secs (15secs rest)	<p>Start with hands at shoulder height, thumbs towards shoulder.</p> <p>Punch hands forward whilst twisting to palms down position.</p> <p>Alternate arms.</p>	
<p>Lateral Raise</p> <p>**</p> <p><i>(Bands could be used here)</i></p>	2 x 30secs (15secs rest)	<p>Standing with feet shoulder width apart.</p> <p>Keeping arms straight, move from arms by side out to the sides, keeping them extended.</p>	<p>lateral raise</p> 
<p>Bent over row</p> <p>**</p> <p><i>(Shopping bags work with this one!!)</i></p>	2 x 30secs (15secs rest)	<p>Standing, bent over with one arm supporting.</p> <p>Lift and lower weight in controlled manner.</p>	<p>bent over row</p> 
<p>Shoulder Press</p> <p>**</p> <p><i>(Bands could be used here)</i></p>		<p>Standing, start with weights at shoulder height.</p> <p>Lift arms to extend overhead.</p>	
<p>Alternate Arm/Leg plank</p>	2 x 30secs (15secs rest) 30secs each side.		

Secondary Set – Aerobic Exercises

3 – 2 – 1 (3mins each exercise, 2mins each exercise etc.)

- Step ups.
- Jump lunges.
- Skipping or Running on spot
- Squat Jumps.