

Lockdown 3.0

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

Session 11

Warm Up

10 – 15mins

Include:

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

Aerobic Set


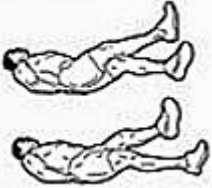


1 min of each exercise – rest for 30secs


As many as you can in the time allocated

Repeat 5 times.

- Mountain Climbers
- Jumping Jacks
- Squat jumps (hip width squat to jump)
- Skipping or high knee run.

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

Exercise	No. of Reps	How	Demo
High Crunches	3 x 30secs (15secs rest)	Lying on Back. Arms pointing to ceiling. Lift shoulders off floor, reaching to the ceiling	
Scissors	3 x 30secs (15secs rest)	Lying flat on your back. Raise both legs off the floor, keep straight. Open and cross legs continuously without feet touching floor	
Plank	3 x 30secs (15secs rest)	Hold press up position or on elbows. Keep back straight. Hold position.	
Twisting crunch	3 x 30secs (15secs rest)	Raise alternate shoulders off the floor whilst keep feet flat (knees bent) and still.	

<p>Cycling/Cross crunches</p>	<p>3 x 30secs (15secs rest)</p>	<p>Lay flat on back. Raise left knee to right elbow and alternate.</p>	
<p>Alternate arms and legs</p>	<p>4 x 30secs (15secs rest) *2 x 30secs each side</p>	<p>On hands and knees. Hold left arm and right leg out straight, eyes to floor. Hold balance. Swap each 30secs.</p>	