

# Lockdown 3.0

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

## Session 6

### Warm Up

10 – 15mins

Include:

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

### On the Minute, Every Minute

#### Repeat x 6

Start each exercise on the minute.





Rest is after completion of reps.



Start next exercise on next minute.

30secs rest after each round

Too hard? Reduce reps each minute to 20 or increase rest after each round.

Too easy? Increase reps each minute to 30 or no rest between rounds.

<p>Chest Fly</p> <p>**Two weights or water bottles required</p>	<p>25</p>	<p>Lying on back, weight or water bottle in each hand. Arms straight out to the side, raise to touch above chest.</p>	
<p>Squats Jumps</p> <p>Alternate wide and narrow base</p>	<p>25</p>	<p>Feet wider than shoulder width apart Sit backwards, knees to 90* Jump and land with feet inside shoulder width, repeat.</p>	
<p>Russian Twists</p> <p>** Weight or water bottle required</p>	<p>25</p>	<p>Sat down, knees bent. Touch floor either side of body, alternately</p>	
<p>Side Lunges</p>	<p>25</p>	<p>Feet wide apart. Bend one knee, keeping feet still. Change legs each round</p>	

Single Knee push up	25	Hands and one knee. Other leg stretch out behind. Change legs each round	
Lunge Jumps	25	One leg forwards, other backwards, dip body downwards then jump to swap legs	 <p data-bbox="1038 622 1171 645">Jump Lunges</p>