

Lockdown 3.0

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

Session 13

Warm Up

10 – 15mins

Include:

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




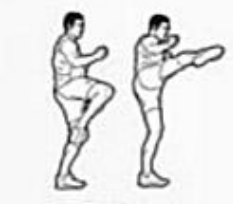

Main Session –


Too easy? Increase number of reps or increase number of rounds

Too hard? Increase rest or reduce reps

Minimum 3 sets

No rest between exercises – 2 minutes rest between rounds

Exercise	No. of Reps	How	Demo
Squat Jumps	40	Feet shoulder width apart. Sit backwards. Slow and controlled. Jump to standing	
Glute Bridge	20	Supported on feet and shoulders, raise hips, squeezing but muscles and lower.	
Lunge Jumps	40	Lunge forward, jump to swap legs	
Side Kicks	20 each side	Standing on one leg, kick other out to side.	
Calf Raises	40	On edge of step if possible. Raise onto toes and lower repeatedly.	

Side Lunges	20 each side	Feet wide apart. Keeping one leg straight, lean over to other side in a slow and controlled motion. Return to middle and change sides.	
Wall Sit	20secs	Leaning against wall, knees at 90*	