

Lockdown 3.0

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

Session 2

Warm Up

10 – 15mins

Include:

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

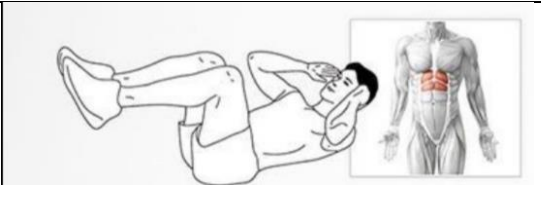

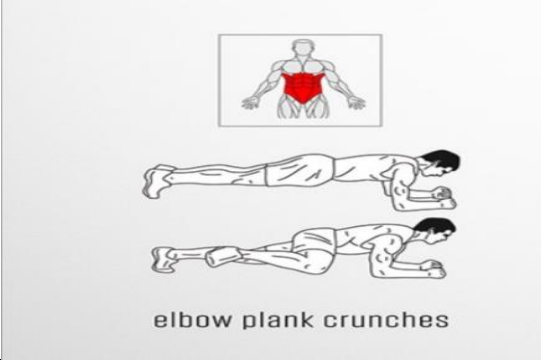

Aerobic Set

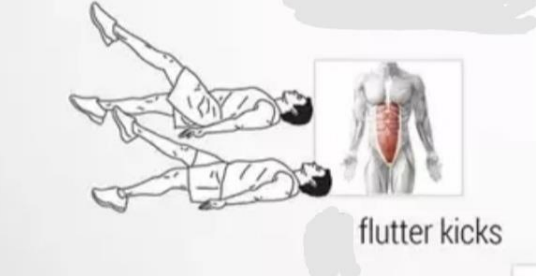
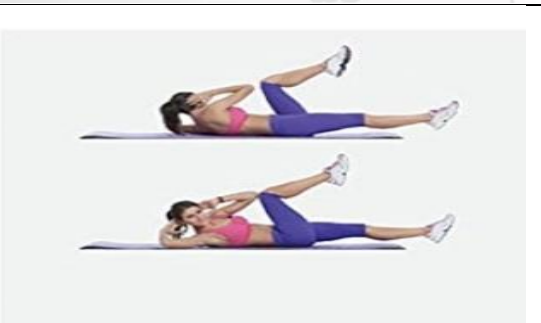

2 mins of each exercise – rest for 30secs

Repeat 3 times.

- Skipping
- Jumping Jacks
- Mountain Climbers
- Squat Jumps

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

Exercise	No. of Reps	How	Demo
Knee Crunches	3 x 30secs (15secs rest)	Lying on Back. Legs raised (can be propped on a chair or against the wall) Lift shoulder off the floor, then return to the floor.	
Leg Raises	3 x 30secs (15secs rest)	Lying flat on your back. Raise both legs off the floor and return, without feet touching the floor again.	
Plank crunches	3 x 30secs on each leg (15secs rest)	Holding plank position. Raise on knee towards the elbow and return. Alternate to other leg.	 <p>elbow plank crunches</p>
Superman Hold	3 x 30secs	Lying on front with arms outstretched. Lift arms and legs off the floor and hold.	

Flutter kicks	3 x 30secs (15secs rest)	Lying on back. Raise legs off the floor and perform backstroke kick	
Cycling/Cross crunches	3 x 30secs (15secs rest)	Lay flat on back. Raise left knee to right elbow and alternate.	
Up and Down planks	3 x 30secs (15secs rest)	Alternate from press up position to plank on elbows, without moving your feet. Back stays flat throughout.	
Dish Hold	3 x 30secs (15secs rest)	Laying on back. Arms above head, legs stretched out. Raise arms and legs off the floor and hold position	