

# Lockdown 3.0

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

## Session 3

### Warm Up

10 – 15mins

Include:





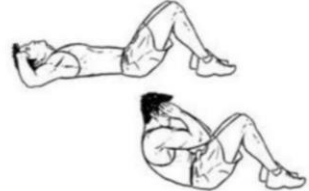
- Pulse raiser – slow jogging/skipping – gradually increasing pace
- Mobility – Arm circles/Monkey swings/Leg swings etc
- Stretching

### Set 1 of 2

### Repeat x 3





Circuit to be done fast, maintaining effective technique.

No planned rest during round, however Juniors are to take rest after each exercise.

Burpees	50	Press up position. Jump feet in towards arms and back out. Follow with Streamline Jump into the air.	 <p>How to do Burpees</p>
Squats	40	Feet shoulder width apart Sit backwards, knees to 90*	 <p>GOBLET SQUAT</p>
Press Ups	30	On knees as a lower alternative	 <p>push-ups</p>
Triceps Dips	20	Hands by shoulders, fingers facing forwards. Controlled lower and lifting of the body with your arms. Body does not break position	
Crunches	10	Feet flat on floor, knees bent. Using stomach muscles, lift your body so that your shoulders move towards your knees.	

Set 2 of 2

Repeat x 8

Exercise	No. of Reps	How	Demo
Squats	20	Feet shoulder width apart Sit backwards, knees to 90*	 A woman in a dark blue leotard stands with feet shoulder-width apart, holding a kettlebell in front of her chest. She then squats down, sitting back on her heels with her knees bent at a 90-degree angle. The text "GOBLET SQUAT" is written below the images.
Burpees	20	Press up position. Jump feet in towards arms and back out. Follow with Streamline Jump into the air.	 A sequence of five numbered illustrations showing the steps of a burpee: 1. Squat (woman in a red top and black pants squats), 2. Kick feet back (woman in a red top and black pants kicks her feet back into a plank position), 3. Push-up (woman in a red top and black pants performs a push-up), 4. Return to squat (woman in a red top and black pants returns to a squat position), 5. Stand and end with jump (woman in a red top and black pants stands and jumps with her arms raised). The text "How to do Burpees" is written above the illustrations.
Skipping	2mins	Steady skip. Jumping rather than stepping.	 Two images: on the left, a blue skipping rope with blue handles; on the right, a woman in a light blue top and grey pants jumping rope.
Plank	1min	On Elbows and tiptoes. Keep back Flat.	 A black and white line drawing of a person in a plank position, resting on their elbows and the balls of their feet, with their back flat.