

Lockdown 3.0

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

Session 4

Warm Up


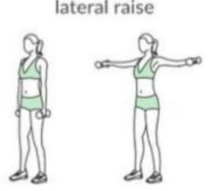


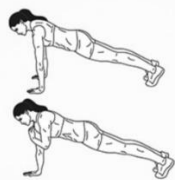
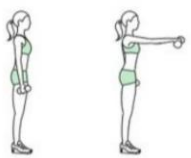
10 – 15mins

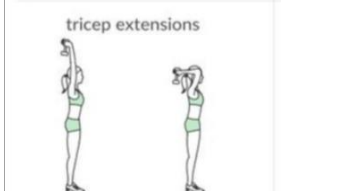
Include:

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

Main Session – 30secs work, 15secs rest – to make harder – increase length of work to 45secs

**exercises require weights – Juniors/Less experienced use full water bottles; Seniors/Experienced use weights or bands to suit.

Exercise	No. of Reps	How	Demo
Triceps Kickbacks **	2 x 30secs on each arm (15secs rest)	Support body on hands and knees. Elbow at 90*, tucked into side. Extend arm backwards. Return to starting position.	
Lateral Raise **	2 x 30secs (15secs rest)	Standing with feet shoulder width apart. Keeping arms straight, move from arms by side out to the sides, keeping them extended.	
Bicep Curl **	2 x 30secs on each arm Or 2 x 30secs double arms (15secs rest)	Arms by side, palms facing forward. Bend at elbows to bring palms towards upper arms.	
Triceps Dips	2 x 30secs (15secs rest)	Feet flat on floor, hands on floor or on raised surface eg chair, fingers facing forward. Move body by bending and extending elbows.	
Shoulder Taps	2 x 30secs (15secs rest)	Press up position. Raise alternate arms to touch opposite shoulder, keeping body as still as possible.	
Front Raise **	2 x 30secs (15secs rest)	Arms by side, palms facing backwards. Keeping arms straight, lift in front to shoulder level and return to by side.	

Triceps Extension **	2 x 30secs (15secs rest)	Arms above head. Bend arms behind head, keeping elbows up, and return.	
-------------------------	-----------------------------	---	--

Secondary Set – Aerobic Exercises

2mins for each exercise, repeat circuit twice, take 1min rest after each exercise.

- Skipping
- High Knees
- Jumping Jacks
- Mountain Climbers

Count how many you do, try to beat it second time around.