

Lockdown 3.0

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

Session 5

Warm Up

10 – 15mins

Include:

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

Aerobic Set

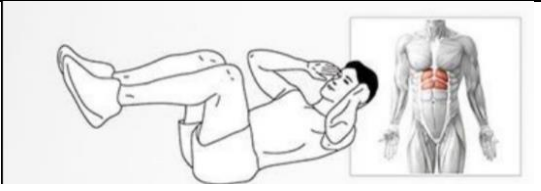
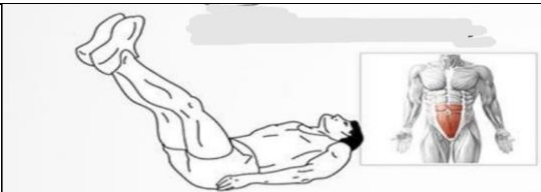


1 min of each exercise – rest for 30secs



As many as you can in the time allocated

Repeat 5 times.

- Squat Thrusts (Press up position, feet jump in and out)
- Step ups (First step of stairs or something of similar height)
- Plank Jacks (High or low plank, Feet jump out sideways)
- Tuck jumps (from standing, tuck knees up as you jump)

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	3 x 30secs (15secs rest)	Hold press up position or on elbows. Keep back straight. Hold position.	 plank
Cycling/Cross crunches	3 x 30secs (15secs rest)	Lay flat on back. Raise left knee to right elbow and alternate.	

Flutter kicks	3 x 30secs (15secs rest)	Lying on back. Raise legs off the floor and perform backstroke kick	 <p>flutter kicks</p>
Heel Touches	3 x 30secs (15secs rest)	Lay on back. Arms by side. Shoulders off the floor. Slide arms down to touch ankles	 <p>heel touches</p>
Superman Hold	3 x 30secs	Lying on front with arms outstretched. Lift arms and legs off the floor and hold.	