

Lockdown 3.0

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

Session 6

Warm Up

10 – 15mins

Include:

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

On the Minute, Every Minute

Repeat x 6

Start each exercise on the minute.





Rest is after completion of reps.

Start next exercise on next minute.

30secs rest after each round

Too hard? Reduce reps each minute to 20 or increase rest after each round.

Too easy? Increase reps each minute to 30 or no rest between rounds.

Burpees	25	Press up position. Jump feet in towards arms and back out. Follow with Streamline Jump into the air.	 <p>How to do Burpees</p> <p>1 Squat 2 Kick feet back 3 Push-up 4 Return to squat 5 Stand and end with jump</p>
Squats	25	Feet shoulder width apart Sit backwards, knees to 90*	 <p>GOBLET SQUAT</p>
Press Ups	25	On knees as a lower alternative	 <p>push-ups</p>
Triceps Dips	25	Hands by shoulders, fingers facing forwards. Controlled lower and lifting of the body with your arms. Body does not break position	
Crunches	25	Feet flat on floor, knees bent. Using stomach muscles, lift your body so that your shoulders move towards your knees.	