

Lockdown 3.0

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

Session 7

Warm Up

10 – 15mins

Include:

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

Aerobic Set –

Skipping Challenge...

How many jumps can you do in 5mins?

You get two goes...

Count how any successful jumps you can do in the allotted time.

Your jump does not count if your rope gets caught but carry on counting.




Take a minute rest...





Can you beat your number?

Main Session – 30reps or secs work, 15secs rest –

Too easy? Increase length of work to 45secs/reps

Too hard? Increase rest or reduce reps

Exercise	No. of Reps	How	Demo
Goblet Squats Experienced athletes can use weight.	2 x 30 (15secs rest)	Feet shoulder width apart. Sit backwards. Slow and controlled.	 GOBLET SQUAT
Glute bridge	2 x 30 (15secs rest)	Shoulders and feet flat on floor. Knees bent. Lift butt off floor, squeezing butt cheeks together. Return to floor and repeat.	 Glute Bridge
Side Lunges	2 x 30 (15secs rest)	Feet wide apart. Keeping one leg straight, lean over to other side in a slow and controlled motion. Return to middle and change sides.	

<p>Plank</p>	<p>2 x 30secs (15secs rest)</p>	<p>High or low plank. Keep back flat</p>	
<p>Bulgarian split squat Experienced athletes can use weight.</p>	<p>2 x 30reps 30 on each leg (15secs rest)</p>	<p>Standing on one leg. Back leg supported on chair or box. Lower body (knee to 90*) Stand back up.</p>	
<p>Single Leg Glute bridge</p>	<p>2 x 30reps 30 on each leg (15secs rest)</p>	<p>As Glute bridge but with one leg outstretched.</p>	
<p>Lunge Jumps</p>	<p>2 x 30reps (15secs rest)</p>	<p>Starting in lunge position (one leg forward, the other backwards) Jump to swap legs</p>	 <p>Jump Lunges</p>
<p>Spiderman press ups</p>	<p>2 x 30reps (15secs rest)</p>	<p>Holding press up position. Lift one leg so that knee goes towards elbow. Press up in this position, return to start and swap legs.</p>	