

Lockdown 3.0

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

Session 8

Warm Up


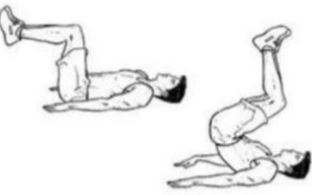

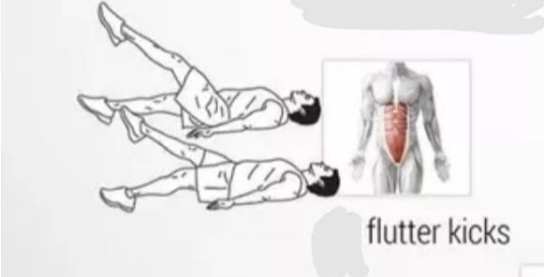
10 – 15mins


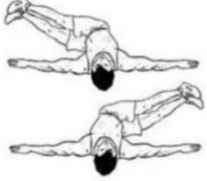
Include:

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

Core Set – 30secs work, 15secs rest – to make harder – increase length of work to 45secs

Repeat set twice.

Exercise	No. of Reps	How	Demo
Crunches	2 x 30secs (15secs rest)	Lying on Back. Lift shoulder off the floor, then return to the floor.	
Reverse Crunches	2 x 30secs (15secs rest)	Lying flat on your back. Feet raised knees bent. Lift hips as far as you can off the floor, then return. Try not to let your feet touch the floor.	 Reverse Crunch
Russian Twists Inexperienced use bottles Experienced use weights	2 x 30secs	Feet planted on the floor. Shoulders off the floor. Twist at waist, weight reaches as close to the floor as possible.	 Russian Twist
Flutter Kicks	2 x 30secs (15secs rest)	Lying flat on back. Keep feet off the floor. Alternate legs without your feet touching the floor.	 flutter kicks

Knee to Elbow	2 x 30secs (15secs rest)	Crunches. Opposite knee to elbow.	
Wipers	2 x 30secs (15secs rest)	Using bottle or weight as a "hurdle". Keep legs straight and lift from side to side over object, without feet touching the floor.	 <p style="text-align: center;">Windshield Wipers</p>

Aerobic Set

Fast pace.

Repeat 3 times

Rest only between rounds

- 50 Running on spot
- 40 Jumping Jacks
- 30 High Knees
- 20 Mountain Climbers
- 10 Jump Lunges