

# Lockdown 3.0

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

## Session 9

### Warm Up

10 – 15mins

Include:

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



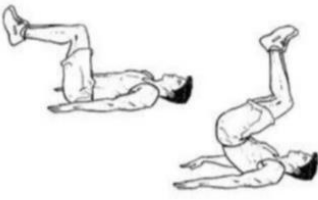

### Set 1 of 2



#### Repeat x 4

Every minute, on the minute.

Experienced athletes take graded option.



Inexperienced athletes stick to the lowest or mid option for all 4 rounds.

<p>Overhead Pull downs</p> <p><i>Inexperienced athletes use cushion or water bottle.</i> <i>Experienced athletes use weighted object.</i></p>	<p>30 – 25 – 25 – 20</p>	<p>Lying flat on back with knees bent. Arms above head. Bring arms over knees and return. Arms stay straight</p> <p><i>*Stability ball not necessary – exercise can be done lay flat on the floor*</i></p>	
<p>Lunge with twist</p> <p><i>Weights can be used as appropriate</i></p>	<p>30 – 25 – 25 – 20</p>	<p>Step forward, dropping back knee towards floor, and twist trunk towards bent knee.</p>	
<p>Reverse Crunch</p>	<p>30 – 25 – 25 – 20</p>	<p>Lying on back. Legs bent and off the ground. Lift legs towards the ceiling, taking hips off the ground and return. Do not let feet touch the floor.</p>	 <p>Reverse Crunch</p>
<p>Triceps Dips</p>	<p>30 – 25 – 25 – 20</p>	<p>Hands by shoulders, fingers facing forwards. Controlled lower and lifting of the body with your arms. Body does not break position</p>	

<p>Squats</p> <p><i>Weights as pull downs..</i></p>	<p>30 – 25 – 25 – 20</p>	<p>Feet shoulder width apart Sit backwards, knees to 90*</p>	
<p>Crunches</p>	<p>30 – 25 – 20</p>	<p>Feet flat on floor, knees bent. Using stomach muscles, lift your body so that your shoulders move towards your knees.</p>	

Set 2 of 2

Repeat x 4

Exercise	No. of Reps	How	Demo
<p>Skipping</p> <p>Running on spot or step ups (first step of stairs) if inside or no access to skipping rope.</p>	<p>3mins</p>	<p>Steady skip. Jumping rather than stepping.</p>	
<p>Burpees</p>	<p>2mins</p>	<p>Press up position. Jump feet in towards arms and back out. Follow with Streamline Jump into the air.</p>	
<p>Plank</p>	<p>1min</p>	<p>On Elbows and tiptoes. Keep back Flat.</p>	