



## Development Squad – Week 6

### Key:

ES = each side      EP = each position      opp= opposite      EL = each leg  
Skipping = with or without rope (pretend holding it)      ED = each direction

### This week!

Keep up the Joe Wicks Daily Workout at 9am.

I'll lead some mobility work over Zoom (Hopefully Tues/ Thursday 5pm tbc) & a fun session!

**Challenge** taken from @MrJaggsPE: Standing back to the wall, roughly a step away with a tennis ball (stress ball, or similar ball your parents are happy for you to throw against a wall – ask PERMISSION) see how many times you can manage it in 30s for L1 & 2 looking back, and how many attempts it takes for level 3.

Level 1 throw 1 hand and catch one ball with 2 hands

Level 2 throw 1 hand & catch one ball with 1 hand (try with both hands)

Level 3 throw no look and react to catch

### Daily Warm Up (before every session below!)

8x Downdog – Seal (Make sure you slowly lower down from plank)

4x EL Spiderman with opp arm lift then try to touch elbow to foot

4x ES Scorpion

4x ES Reverse Scorpion – try to keep leg straight and touch your hand

8x Glute Bridges

4x ES Deadbugs

4x EP Holding toes, Squat to Standing Hamstring Stretch

### Daily Cooldown stretches (After every session below!)

3x EP Cow – Cat (Cow- a lunge with hands on the floor pushing hips towards floor look forwards, then Cat- push hips up straightening both legs aiming to feel stretch in front leg)

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

3x ES Tabletop position Thoracic twist with straight (reach to ceiling then reach under your other arm)

3x ES Pigeon pose (15s both sides)

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





## Day 1 – Strength [Focusing on controlled good technique/quality reps]

\*This week during the strength session we are going to the 3 lower body exercises then 3 upper body then 3 core\*

3 Rounds of 9 exercises with 15s between exercises where possible:

30s Wall Sit (squeeze a football, or similar sized object, between knees)

6x ES Split Squat (start from the floor, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

3x 5s ES Hamstring Curl (Lying on your front on a flat surface, with one knee bent, with theraband anchored down, tie it around your calf and pull your heel towards your glute and hold. If you can't tie your theraband to anything ask your mum/ dad/ sibling to hold your calf @90degrees whilst you pull your heel towards her glute)

10x Negative Push Ups (Best Quality: keep elbows tucked – start in plank, lower slowly to the ground then start again)

10x Face Pulls (with Band anchored at hip level pull it up towards your face, keeping shoulders back/down and elbows high)

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

6x ES Plank pull through (Bottle or tin on left side, holding plank, use right hand to pull the bottle or tin under you to the right then use your left hand to pull it through to the left)

12x Knee Tucks (Lying on your back bring your knees up and then straighten legs keeping feet off the floor)

20x EL Scissor Flutter Kicks in Streamline





## Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Slightly different this week with some stair climbs – stairs in your house/ block are fine (as long as your parents are ok with it)

Minimum 12 steps – so if you only have 8 steps in the house you'll need to go up twice to make 16.

All at steady pace – be careful it some of the variations might feel weird & unnatural!

4mins normal steps (alternate feet each step)

3mins alternate feet every second step

2mins both feet every step (remember to swap which foot steps up first)

1min 2 Up 1 Down

+60s

2mins Walk up backwards – normal steps

2mins both feet every step (alternating which foot steps up first)

+30s

1min 2 Up 1 Down

2mins both feet every step (remember to swap which foot steps up first)

3mins alternate feet every second step

4mins normal steps (alternate feet each step)

+60s

2mins Walk up backwards – normal steps

2mins both feet every step (alternating which foot steps up first)

## Day 3 – Mobility (Coach Led)





## Day 4 - Strength [Focusing on controlled good technique/quality reps]

\*This week during the strength session we are going to the 3 upper body exercises then 3 core then 3 lower body\*

3 Rounds of 9 exercises with 15s between exercises where possible:

6x Press Ups Hand Release (Best Quality as before but chest to floor with hand release i.e. let go at the bottom)

10x Tri (Bench) – Dips

12x Band Pulls (standing with band around a fixed/ sturdy pole or seated with band around feet –keep shoulders down & back, pull to hips, controlled action in both directions)

6x ES Birddogs into Awkward Airplanes (Opp to a deadbug, extend arm then opp leg, keeping back flat by squeezing core then carefully stretch arm & leg out to the sides then bring it back to birddog)

10x Plank Up Downs/ Walks

10x Toe Taps (lie on back legs straight in the air...)

5x ES Bulgarian Split (BS) Squat (Like a split squat but back foot raised on a chair/ sofa etc. front leg toes pointing forwards, keep weight on front foot, knee in line with ankle as you lower)

6x ES SL Glute Bridge

5x ED EL Single leg balance + water bottle (Lift knee up to 90, and pass your water bottle around you)

## Day 5 – Energy Systems [Contrast, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds)

30s Jumping Jacks

4x ED Plank 'Around the world's (in planklift left hand, then right hand, then left leg then right leg off the ground= 1 rep)

30s High Knees

5x ES Side Monkeys – starting in squat reach to the side with your hands and kick your legs up and over returning to a low squat <https://www.youtube.com/watch?v=mu5RzS0hjzw>

8x Burpees

30s Flutter Kicks

8x ES Mountain Climbers

## Day 6 - Mobility (Coach Led)

