



Age Group Squad Week 12

Hi guys, I hope you all managed last weeks training and took advantage of both Jenn's talk and the chat with Jack and David.

We'll put in a video this week as well as two group exercise calls – I am receiving few times for the Thursday workouts – if these are too difficult please let me know and we can look at readjusting the work load.

Keep an eye out as the instructions for the leg power set is coming soon!





Warm Up

12 mins of

30 Second Skipping/ 30 Seconds Jumping Jacks/30 seconds Rest

60s Cat and Cow

3 x 15 Internal External Rotations

3 x 30s Touching Toes

60s Hamstring Walkouts





Saturday Workout 06/06

Warm Up

HASfit video

This a long one but it starts easy and ramps up towards the end

<https://www.youtube.com/watch?v=Pe0INYxAHuw>

Sunday Workout 07/06

Warm Up

Workout 1

3x 30s on 30s off

Dynamic Lunges

Down Ups

Squat Thrusts

Workout 2

30 mountain climbers / 20 Crunches

29 Mountain Climbers/19 Crunches

28 Mountain Climber/18 Crunches

Continue until 0 reps of crunches left

Make sure to stretch properly after this workout





Monday Workout 08/06

Zoom workout

Tuesday Workout 09/06

Warm Up

Workout 1

3x 30s on 30s off

Dynamic Lunges

Down Ups

Squat Thrusts

Workout 2

30 mountain climbers / 20 Crunches

29 Mountain Climbers/19 Crunches

28 Mountain Climber/18 Crunches

Continue until 0 reps of crunches left

Make sure to stretch properly after this workout

Wednesday Workout 10/06

Zoom with Jamie





Thursday Workout 11/06

Warm Up

AMRAP CHALLENGE

30 Minute AMRAP

400m Run

20 Squats

20 Down Ups

20 Jumping Jacks

20 Crunches

20 V-Sits

Friday Workout 12/06

Short HASfit Core Video

<https://www.youtube.com/watch?v=u0wmzo-mkWY>

