



## DEVELOPMENT SQUAD TAKEOVER – Week 15

### 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 Workouts at 9am when you can.

Members of the squad designed two of these workouts and the other two are based off of squad members favourite exercises and ones they feel they could improve on the most.

**Challenge** taken from @MrJaggsPE: Wearing a baseball cap or hat. Throw the ball, remove your cap & catch the ball. Add in a clap each time you are successful. Try with both hands and see how many claps you can get to.

### Daily Warm Up – before every session below.

Stretch Band Shoulder Overs

4x EP Plank walkout – seal – downdog

30s Skipping

4x ES Scorpion

X-Band Walks w/ Stretch Band

20s Hold “Complicated Pose”

4x ES Slow Mountain Climbers

### 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 Streamline Childs Pose – reaching to both sides

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

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 + Mobility Lori/ Alice

- 3x** +15s rest between exercises
- 15x Star Jumps (Jumping Jacks)
  - 10x Press Ups
  - 10x Leg Raises
  - 10x Squats
  - 10x ES Penguins
  - 30s ES Pigeon Pose
  - 10x ES Deadbugs
  - 30s Hold Dolphin Pose

## Day 2 – Strength + Aerobic Lucy D/ Meadow

- 2x** +15s rest between exercises
- 60s Plank
  - 15x Press Ups
  - 20x Squat Jumps
  - 25x Crunches
  - 10x Plank Up Downs
  - 60s Skipping
  - 60s High Knees
  - 60s Wall Sit
  - 60s Heel Flicks
  - 10x Burpees





(Based off the Squads Favourites & could improve the most)

#### Day 4 – Strength + Aerobic

**3x** +15s rest between exercises

10x Press Ups

10x Sit Ups

5x ES Elevated Split Squat (Front foot elevated)

30s High Knees

10x Negative Press Ups

30s Plank

10x Squats

10x Burpees

#### Day 5 – Strength + Movement

**3x** +15s rest between exercises

10x ES Plank Shoulder Taps

10x ES Slow Mountain Climbers

10x ES SL Glute Bridge

10x Press Ups

5x ES Reverse Lunges

5x ES Press Ups with rotation

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>)

5x EP High Crab – Low Crab (“Seat” position keeping bottom off floor, legs straight)

Day 3 (+ Day 6) – Mobility (**Coach Led**)

