



Development Squad – Week 8

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: Throw a tennis ball into a foam roller or shoe or PLASTIC cup. Try to do it three times in a row!

Level 1 - underarm throw

Level 2 - overarm throw

Level 3 – bounce throw

Daily Warm Up (before every session below!)

8x Dondog – 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 Tabletop position Thoracic twist with straight (reach to ceiling then reach under your other arm)

8x ES Fire Hydrants

8x ES Deadbugs

8x EL Flutterkicks

4x ES Bird dogs into Awkward Airplanes

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.

4x ES Scorpion

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

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]

4 Rounds of 6 exercises with 15s between exercises where possible:

6x ES Elevated Split Squat (front foot is on a step // 2 weight discs // small box, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

6x Squat jumps into streamline (Aim for height, swing arms up into streamline try and land softly/ quietly by bending your knees pushing them wide. Don't rush, set yourself properly between reps and then explode up!)

10x ES Plank Shoulder Taps (Slow & controlled movement, try to keep hips still, squeezing abs & glutes)

10x Leg Raises (squeeze tummy into the floor, avoid heels touching the floor between reps)

6x Push Ups (Best Quality: keep elbows tucked try not to let your back bend)

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...)

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

Same as last week, stair climbs working on co-ordination – stairs in your house/ block are fine (as long as your parents are ok with it) Minimum 12 steps, all at steady pace.

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)

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

Day 3 – Mobility (Coach Led)





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

4 Rounds of 6 exercises with 15s between exercises where possible:

4x EL Wall Drill <https://www.youtube.com/watch?v=Qt6q--Lx4KM> but only do one leg at a time pausing between reps.

4x ES Lateral (Skater) Jumps (Jump from one foot to the other foot, hold balance on one leg with knee bent between jumps)

10x Back Raises in streamline (keep feet on the floor, keep head in neutral)

10x Plank Up Downs/ Walks (Keep hips still)

10x 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)

8x Tri (Bench) – Dips

Day 5 – Energy Systems [Contrast, challenging movement – low intensity aerobic]

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

30s Skipping

4x EL Spiderman Crawl (like the warm up, bring the foot forward then walk hands forwards until in plank then bring other foot forwards)

30s Skipping

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>)

30s Skipping

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 Skipping

Day 6 - Mobility (Coach Led)

