



**Week Beginning 26/7/20**

Welcome to another week guys, this week will run the same as usual, but our Friday zoom will go back to normal at 12.

It would be good to see as many as people this week as there are some faces I haven't seen recently so even if you can just manage one call this week it would be good to see you – you will need some extra equipment for the Zoom calls so make sure to be ready.





### Warm Up

Heart Raise Circuit

20 mins of

150 Skips

10 Dynamic Lunge

20 Skaters

Mobility Circuit

4 Rounds

10 Hamstring walkout with negative press up

30s Cat/Cow

20s Deep Squat Hold

Finish with alphabet ankles





Sunday 26/7

Mobility Zoom With Jamie

Monday 27/7

Workout with Jamie on Zoom – Bring a theraband

Tuesday Workout 28/7

We're bringing back this challenge workout! Good Luck!

Please record you time and let me know how you did an Wednesday!

Starter 1km run

4 Minutes V-Sit Hold

100 Down Ups

40 Squat Jumps

100 Russian Twists

Finisher 1km run

Wednesday Workout 29/7

Zoom call with Jamie – Bring a kick board and a band

Thursday Workout 30/7

For this one you'll need to find somewhere to do step ups – just enough to step up and get your quads working

5 rounds of 30s work 30s rest





Squats

Alternating Step Ups

Split Squat right

Split Squat Left

### Core Flow Finisher

3 Minutes Bear->Plank-> 6 Shoulder Taps->Bear->Down Dog->Down Dog Press up x3 ->Bear

### Friday 31/7

No Workout – Rest day and chat with Jamie

### Saturday 1/8

#### Circuit 1

50 seconds on 30 seconds off

4 rounds

Mountain Climber

Jumping Jacks

Broad Jumps

Dynamic Lunge Squat Combo (L/RSquat)

#### Core Session

4 Round no rest

10 crunches

20 ankle taps

20 v-sits

20s v-sit hold



