



Age Group Squad Week 2

Warm Up

Please complete this warm up before every session:

5 Minutes of heart rate raising of your choice

3 x 10 Internal and External Theraband Rotation

3 x 10 Sword Draws

3 x 10 Glute Bridge

3 x 10 Streamlined Slides standing, lying and sitting





Saturday Workout 28/3

Warm Up from page 1

6 Rounds 30s on/30s off

Mountain Climbers

Dying Bugs

Squat Jumps

Leg Raises

Heel Flicks

Swimmer Crunches

Stretch down **including** 3 x 15s cobra, 3 x 30s hanging touching toes 3 x 20s down dog

Monday Workouts 29/3

Warm Up from page 1

Swim with Jazz video that's on the website

Monday Challenge - find as many places/surfaces to do 5 elevated press ups in your home/garden **(ONLY WITH YOUR PARENTS PERMISSION)** I will be asking how many you managed!

Tuesday Workouts 30/3

Either a 20-minute run/30-minute cycle/50-minute walk

4 rounds of

30 second plank

30 second v-sit hold

30 second flutter kicks





Wednesday Workout 31/3

Warm Up from page 1

Skipping set

For 10 minutes

20 seconds easy skip/20 seconds rest

20 seconds high bounce skip/20 seconds rest

20 seconds fastest you can manage/20 seconds rest

2-minute rest

3 times

20 seconds wall sit/20 second rest

20 second plank hold/20 seconds rest

20 second v sit hold/20 second rest

Thursday Workout 01/4

Warm Up from page 1

Swim with Jazz video that's on the website

Monday Challenge - find as many places/surfaces to do 5 elevated press ups in your home/garden **(ONLY WITH YOUR PARENTS PERMISSION)** I will be asking how many you managed! **DID YOU MANAGE MORE?**

Friday Workout 02/4

No specific work out for today

Make sure to spend some time on your accessory work

Thoracic mobility, shoulder strengthening and general maintenance on any sore or problem areas with a tennis ball or roller and enjoy a day off!

