



Development Squad – Week 13

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.

The sessions are going to have a slightly different structure, there will be 2 strength workouts to be repeated with additional aerobic/ movements after the strength work.

Challenge taken from @MrJaggsPE: (Mat or carpet recommended)

Starting on your knees, try and jump up into a squat position. As with anything be careful, make sure you're in a clear space and soft floor.

Daily Warm Up – before every session below.

30s Jog – 30s Jumping Jack – 30s Walking high knees

4x EP Plank walkout – seal – downdog

4x EL Spiderman + slight bend in back knee

4x EP Cat – Camel (Happy Cat/ Angry Cat)

4x ES Deadbugs

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 Streamline Childs Pose – reaching to 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 (+ Day 4) – Strength + Aerobic

2x 10 Reps +15s rest between exercises

Elevated Split Squat (Front leg elevated)

Overhead Squats (holding towel or band above head)

Split Squat + twist (hold hands in front and twist towards front leg)

Toe Taps

Leg Raises

Scissor Kicks

Face Pulls (pull up to shoulders, high bent elbows)

Band Pulls (pull to hips, bent elbows)

Side Pulls (pull past hips, straight arms)

Finish with an aerobic exercise of either

A: 6x 100 Skips (or 600 broken as you want)

B: 12x Stair walks (4x Up normal, Up both feet every step, Up backwards)

C: 4x [20 Jumping jacks + 20 Spotty dogs + 10 Side skips each direction]





Day 2 (+ Day 5) – Strength + Movement

2x 10 Reps +15s rest between exercises

Straight Leg Crawl

SL Glute Bridge

SL RDL

Plank Up Downs

Plank “Around the World”

Plank Shoulder Taps

Press Up Hand Release

Crocodile Press Ups

Press Ups

2x (20s rest between exercises)

5x ES Lateral Gorilla walks (Gorilla walk meets side skips - straight legs, hands on ground move side ways with legs side skipping)

5x ES Flat footed Duck Walk (stay in a low squat as you “walk” making sure your heels land on the floor each time)

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)

