



### **Age Group Squad Week 11**

I have listened to your feedback and we'll take a week off the from the videos and go with my workouts this week. This means its on you guys to motivate yourself – maybe you could shout at yourself in a cheesy American voice like the Tapout guy?

Also, after we discovered that “testing” sets are some of your favourite sets as a squad we're going to be doing some home “testing”. I'll be putting out a set of instructions for you and your parents to test your vertical jump and you'll complete a leg power program after which you'll test your vertical jump again and see if there is any change. Keep an eye out and I'll be releasing it soon.





### Week 11 Warm Up

Make sure to complete

20 seconds jog on spot

20 seconds High Knees

20 seconds heel flicks

X 6

Shoulder routine

3 x 15 internal and external rotations

3 x 10 sword draws

3 x 15 reps of the first **3** exercises in this video link

[https://www.instagram.com/p/CAogfFJnc6o/?igshid=1lmou6bwglx3&fbclid=IwAR3dbbfirkTfnc77LTcv-zNsA2VenBs10J8\\_vzb5F\\_16o-1yFqS1-GriDJQ](https://www.instagram.com/p/CAogfFJnc6o/?igshid=1lmou6bwglx3&fbclid=IwAR3dbbfirkTfnc77LTcv-zNsA2VenBs10J8_vzb5F_16o-1yFqS1-GriDJQ)





### Saturday Workout 30/05

EMOM Skipping 10 Minutes or Fail

Every minute on the minute for 10 minutes or until you can't manage all the reps in the minute

Minute 1: 40 2: 50 3: 60 4: 70 5: 80 6: 90 7: 100 8:100 9: 100 10: 100

Circuit 1

4 exercises 4 rounds 30s:10s

Jumping Jacks

Down Ups

Squat Jumps

Wall Sit

Circuit 2

For time:

9 – 15 – 21 – 15 – 9 reps

Burpees

Crunches

### Sunday 31/05

30 minute AMRAP

400m Run

30s plank

30 Mountain Climbers





### Monday Workout 1/6

Zoom Workout with Jamie

### Tuesday RUN DAY 2/6

This week I'm looking for you guys to run again – aim for a decent distance if you can reach 5k or further that's where we should be aiming roughly now.

### Wednesday Workout 3/6

Zoom Workout with Jamie

### Thursday for time challenge 4/6

This one is a **FOR TIME** workout – as with last week its choose your own adventure but this week I'd like some results! Well done to those who let me know their times!

Starter 1km run

4 Minutes V-Sit Hold

100 Down Ups

40 Squat Jumps

100 Russian Twists

Finisher 1km run

### Friday Rest Day!

