



Age Group Squad Week 13

Hey team, well done on the efforts of last weeks training. I was particularly impressed by the Wednesday Zoom call.

Keep up the good work and keep an eye out for a slight change in the Zoom schedule for this coming week – there will be a Tuesday call rather than a Monday call. Also, I'll be running a Sunday Yoga and Mobility session.





Warm Up

6x

1 Minute Skip

30s Rest

45s Jumping Jacks

20s Rest

3x 20s Pulses each position

3 x 15 Internal External Rotations

3 x 10 Swords Draws each arm

60s Seated Cat and Cows (Sit your bum back on your calves and complete Cat and Cow as usual)







Saturday Workout 13/06

Warm Up

Mini Meta Fit (High Intensity!)

10 seconds on/ 5 seconds rest

5 Rounds

High Knees/Mountain Climbers/Heel Flick

Circuit

Performed back to back with no rest in between exercise and make sure to count reps

30 seconds max reps squats/30 seconds max reps down ups

Take as much rest as you need up to 4 minutes

Repeat the squats and down ups and aim to hit the same number of reps

Take as much rest as you need up to 4 minutes

Repeat the squats and down ups and aim to hit the same number of reps

Core Workout

2x through

20s Plank 10s Rest

20s Crunches 10s Rest

20s Bikes 10s Rest

20s Glute Bridges 10s Rest

20s Leg Raises 10s Rest

20s V-Sits 10s Rest

20s V-Sit Hold 10s Rest

20s Russian Twists 10s Rest

20s High Low Planks 10s Rest





Sunday Zoom and Mobility 14/06

See you on Zoom – check out the website for times

Monday Workout 15/06

Warm Up

It would be good for you guys to get out for a run or at least a walk today – I'd like you to aim for between 15000 and 20000 steps for the day.

Tuesday Workout 16/06

Zoom Workout with Jamie

Wednesday Workout 17/06

EMOM Workout with Jamie on Zoom





Thursday Workout 18/06

Challenge Workout!

30 MINUTE AMRAP

100 Skips

30 High Knees

20 Squats

25 Crunches

15 Glute Bridges

5 Press Ups

Final minute drop down and hold plank for as long as you can up until the time runs out

Friday Workout 19/06

Short HASfit Core Video

<https://www.youtube.com/watch?v=u0wmzo-mkWY>

