



Development Squad – Week 5

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.

I'll lead some mobility work over Zoom (Hopefully Monday/ Thursday - tbc).

Challenge Try to juggle, start by throwing and catch one ball (try with both hands), then two balls (throw one up, then throw the other one to the other), then try to add a third (start with two in one hand and one in the other).

Daily Warm Up (before every session below!)

3x (Plank walkout + 10 Mountain Climbers)

3x EP Cat Camels (Happy Cat/ Angry Cat)

4x Tabletop position Thorasic twist (elbow to ceiling then to elbow)

8x ES Monster Walks (wrap theraband around ankles/ calves – half squat & side step staying in a half squat only moving your leg)

10x Deadbugs

Daily Cooldown stretches (After every session below!)

Downdog – Seal – Childs Pose

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.

2/ Draw the alphabet with your big toe! Remember to do it with each foot.

Along with any other stretches for the muscles worked during the session

4x Tabletop position Thorasic twist with straight (reach to ceiling then reach under your other arm)

10x Seated Hip Rotations (see Hip & Ankle Health Basics)

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 – Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 7 exercises with 15s between exercises where possible:

10x Back Raises in streamline – keep feet on the floor.

5x ES Bulgarian Split (BS) Squat (Like a split squat but back foot raised on a chair/sofa etc. front leg toes pointing forwards, keep weight on front foot, knee in line with ankle as you lower)

10x Negative Push Ups (Best Quality: keep elbows tucked – start in plank, lower slowly to the ground then start again)

5x ES Side Plank with leg raise (Start in side plank and try to lift your top leg up an inch slowly & carefully)

5x ED EL Single leg balance + water bottle (Lift knee up to 90, and pass your water bottle around you)

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

5x ES Deadbug 3-2-1 (Deadbugs lowering alternate arm & leg but lower for 3s, hold just off the floor for 2s, and bring back up quickly, in 1s)

Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Circuit: 3 rounds of the following...

80x Skips

5x Plank 'Around the world's (in plank lift left hand, then right hand, then left leg then right leg off the ground = 1 rep)

80x Skips High knees

10x Squats

80x Skips

10x Squat Jumps Aim for height!

*Remember when skipping to stay on the balls of your feet!

Day 3 – Mobility (Coach Led)





Day 4 - Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 7 exercises with 15s between exercises where possible:

30s Wall Sit (squeeze a football, or similar sized object, between knees)

12x Band Pulls (standing with band around a fixed/ sturdy pole or seated with band around feet – keep shoulders down & back, pull to hips, controlled action in both directions)

6x ES Birddogs into Awkward Airplanes (Opp to a deadbug, extend arm then opp leg, keeping back flat by squeezing core then carefully stretch arm & leg out to the sides then bring it back to birddog)

6x ES SL Glute Bridge

12x Tri (Bench) – Dips

12x Knee Tucks (Lying on your back bring your knees up and then straighten legs keeping feet off the floor)

6x ES Plank pull through (Bottle or tin on left side, holding plank, use right hand to pull the bottle or tin under you to the right then use your left hand to pull it through to the left)

Day 5 – Energy Systems [Contrast, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds)

10x Plank (touch opp hand to foot)

30s Side skips (touch floor before changing direction)

15s Fast feet (fast running on spot, low knees)

10x Burpees (no push up)

15s Tight streamline on tip toes

30s Crab Crawl

Day 6 - Mobility (Coach Led)

