



Development Squad – Week 10

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 Tues/ Thursday 5pm tbc) & a fun session!

Challenge Starting from the floor, stand up...

Level 1: Start on back & use one hand (hold bottle in the other)

Level 2: Start on back & use no hands

Level 3: Start on your front & use no hands (keep your hands behind your back)

(Make sure the floor is carpeted/ you are on a mat! & be careful)

Daily Warm Up – same as last week (before every session below!)

4x Downdog – Seal (Make sure you slowly lower down from plank)

4x EL Spiderman with opp arm lift then try to touch elbow to foot

8x Cat – Camel (Happy Cat/ Angry Cat)

8x Glute Bridges

8x ES Fire Hydrants

4x Squat to straight legs (Keeping hands holding toes whole time)

8x EL Flutterkicks

4x ES Birddogs into Awkward Airplanes

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 Childs Pose – Arms outstretched, walking right hand to meet left & vice versa.

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 8 exercises with 15s between exercises where possible:

5x ES Forward Lunge + Pause (Pause at the bottom for 3s, keeping back knee just off the floor checking front knee is over the ankle in line with the toes)

10x EL Straight Leg Crawl

5x EL Single leg balance + water bottle in opp hand North, East, South, West (RDLs - Lift knee up to 90, reach bottle to the ceiling, bend at the hip, keeping back straight, shoulders back stretch)

10x Knee Tucks (Avoid feet/ legs touching the floor when you straighten your legs)

10x ES 3-2-1 Deadbugs (lower for 3s, hold for 2s, up in 1s)

10x ES Plank Up/ Downs (Try to keep hips still, squeezing abs & glutes as you move from high plank to low plank)

10x Negative Push Ups (Best Quality: keep elbows tucked try not to let your back bend as you lower slowly to the ground)

10x Tri (Bench) – Dips

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

Circuit: 3x (10s rest between exercises, 60s between rounds)

60s Skipping

10x Shoulder Taps

60s Skipping

10x Walkouts – Avoid hips moving side to side!

60s Skipping

10x Penguins

60s Skipping

10x Toe Taps

60s Skipping

Day 3 – Mobility (Coach Led)





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

3 Rounds of 8 exercises with 15s between exercises where possible:

10x 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)

10x EL Scissor Kicks

10x Back Raises in streamline (keep feet on the floor, keep head in neutral)

10x Side Pulls (with band anchored at hip level, pull band to just past hips, keeping shoulders back/ down and arms straight – NOT Band pulls)

10x Prone WIYTs

40s Wall Sit

5x EL SL Glute Bridge

5x EL Wall Drill <https://www.youtube.com/watch?v=Qt6q--Lx4KM> but only do one leg at a time pausing between reps.

Day 5 – Energy Systems [Contrast, challenging movement – low intensity aerobic]

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

5x ES Lateral (Skater) Jumps (Jump from one foot to the other foot, hold balance on one leg with knee bent between jumps)

10x “steps” Bear Crawl Backwards

5x EL Skipping – Not with a rope, as if skipping through a field aiming for height and a high knee!

10x “steps” Side Crabs

6x 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>)

10x ES Side Skips

Day 6 - Mobility (Coach Led)

