



Land Training Week 15

I hope you enjoyed having a lighter week to recover and regenerate a bit before we get into this week where we will change things up a bit. Hopefully, you've all managed to get your hands on some skipping ropes as the next two weeks will be skipping focussed. We will continue to have 4 zoom sessions with Monday and Wednesday as harder workouts.





Warm Up

Please remember to warm up before your skipping sessions with this small movement sessions.

4x

10 High Knees

10 Heel Flicks

10 Jumping Jacks

10 Cossack Squats

3x

30s Hip rotations

30s Alphabet Ankles

30s Glute Bridge





Saturday Workout 27/6

Skipping Workout 1

Warm Up

Standard Bounce = normal jump, Left Right Bounce = switch from right to left foot while jumping,
Single Leg Bounce = jumping on one foot

30s Standard Bounce 15s Faster Bounce 30s Rest

30s Standard Bounce 15s Faster Bounce 30s Rest

30s Standard Bounce 15s Single L Leg Bounce 30s Rest

30s Standard Bounce 15s Single R Leg Bounce 30s Rest

1 minute Rest

30s Left Right Bounce 30s Rest

30s Hamstring Walk Out Press Up 30s Rest

30s Left Right Bounce 30s Rest

30s Hamstring Walk Out Press Up 30s Rest

1 minute Rest

20 Skips

20 Crunches

19 Skips

19 Crunches

.....Descend until 0 reps





Sunday Workout 28/6

Mobility Zoom with Jamie

Monday Workout 29/6

Group Challenge workouts with Jamie

Tuesday Workout 30/6

Skipping Workout 2

Warm Up

Hip Twist Bounce = Turn toes to face right to left on each landing, Shuffle Bounce = Jump a few inches side to side on each jump

30s Standard Bounce 15s Hip Twist 30s Rest

30s Standard Bounce 15s Hip Twist 30s Rest

30s Standard Bounce 15s Single L Leg Bounce 30s Rest

30s Standard Bounce 15s Single R Leg Bounce 30s Rest

1 minute Rest

30s Shuffle Bounce 30s Rest

30s Body Weight Squats Press Up 30s Rest

30s Shuffle Bounce 30s Rest

30s Body Weight Squats Press Up 30s Rest

1 minute Rest

20 Standard Bounce

20s Plank

19 Standard Bounce

19s Plank

Repeat until 0 Reps





Wednesday Workout 1/7

Zoom EMOM with Jamie

Thursday Workout 2/7

Skipping Workout 3

Warm Up

10-minute EMOM

20 Standard Bounce 5 Jump Squats every minute on the minute for 10 Minutes

8-minute AMRAP

20 Left Right Bounce

20 Shuffle Bounce

10 Bodyweight Squats

10 Bear Crawl to Planks

FINISHER

50 Standard Bounce

50 Crunches

40 Standard Bounce

40 Crunches

30 Standard Bounce

30 Crunches

20 Standard Bounce

20 Crunches

10 Standard Bounce

10 Crunches





Friday Workout 3/7

REST DAY AND ZOOM CATCH UP WITH JAMIE

