



## Development Squad – Week 9

### 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** taken from @MrJaggsPE: Balance on 1 leg, non-balancing leg tucked in touching your other leg, hands in streamline & eyes closed. Try both legs holding for 30s.

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

8x Dondog – Seal (Make sure you slowly lower down from plank)

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

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

8x ES Fire Hydrants

8x ES Deadbugs

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 Pigeon pose (15s both sides)

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:

6x ES Elevated Split Squat in streamline (front foot is on a step // 2 weight discs // small box, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

10x ES Plank Shoulder Taps (Slow & controlled movement, try to keep hips still, squeezing abs & glutes)

10x Face Pulls (with Band anchored at hip level pull it up towards your face, keeping shoulders back and elbows high)

8x EL SL Glute Bridge

10x EL Flutterkicks

8x Push Ups (Best Quality: keep elbows tucked try not to let your back bend)

6x ES Side Plank with leg raise (Start in Side plank and try to lift your top leg up an inch slowly & carefully)

## 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 Penguins

60s Skipping

10x Crunches

60s Skipping

4x ED Plank 'Around the world's (in plank lift left hand, then right hand, then left leg then right leg off the ground = 1 rep)

60s Skipping

10x Leg Raises

60s Skipping

## 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:

10x Toe Taps

10x Prone WIYTs

40s Wall Sit

10x Leg Raises

10x Tri (Bench) – Dips

5x EL Single leg balance + water bottle in opp hand (RDLs -Lift knee up to 90, reach bottle to the ceiling, bend at the hip, keeping back straight, shoulders back, touch the floor with your bottle then reach to the ceiling bringing your knee up) 10x Back Raises in streamline (keep feet on the floor, keep head in neutral)

4x EL Wall Drill <https://www.youtube.com/watch?v=Qt6q--Lx4KM> but only do one leg at a time pausing between reps.

4x ES Lateral (Skater) Jumps (Jump from one foot to the other foot, hold balance on one leg with knee bent between jumps)

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

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

30s Skipping – Not with a rope, as if skipping through a field aiming for height and a high knee!

4 “steps” Forward/ back/ side/ side Crab crawl

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>)

30s Side Skips

8x Frog Crawl & REVERSE (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands back up)

10x Burpees w/ rotation (turn around as you jump)

## Day 6 - Mobility (Coach Led)

