



Development Squad – Week 14

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.

Similar to last week, the sessions are going to have a slightly different structure, there will be 2 strength workouts to be repeated with additional aerobic/ movements after the strength work.

Challenge taken from @MrJaggsPE:

See how many times you can bounce a ball down in one hand & juggle a ball in the other for 30seconds. Switch hands for each level as well.

Level 1 seated

Level 2 half squat

Level 3 standing

Daily Warm Up – before every session below.

30s Jog – 30s Jumping Jack – 30s Walking high knees

4x EP Plank walkout – seal – downdog

4x EL Spiderman + slight bend in back knee

4x EP Cat – Camel (Happy Cat/ Angry Cat)

4x ES Deadbugs

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 Streamline Childs Pose – reaching to 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 (+ Day 4) – Strength + Aerobic

2x 10 Reps (5 ES) +15s rest between exercises

Bulgarian Split Squat (Back foot elevated)

Reverse Lunge + bring knee up (instead of standing)

Wall Sit (60s)

Bird dog into Awkward Airplane

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

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

Blackbirds (Land Butterfly like Prone IYWTs)

Prone IYWTs

Str Back Raise

Finish with an aerobic exercise of either

A: 6x 100 Skips (or 600 broken as you want)

B: 12x Stair walks (4x Up normal, Up both feet every step, Up backwards)

C: 4x [20 Jumping jacks + 20 Spotty dogs + 10 Side skips each direction]





Day 2 (+ Day 5) – Strength + Movement

2x 10 Reps (5 ES) +15s rest between exercises

SL Glute Bridge

SL balance + water bottle reach (Reach to North, East, Up & West)

Calf Raises (either just standing coming onto tip toes or standing with toes on the edge of a step – can use bannister for balance)

Deadbugs 3-2-1

Knee tucks (on your back, don't let your feet touch the floor)

Crunches

Press Ups

Tri (Bench) - Dips

Negative Press Ups

2x (20s rest between exercises)

5x ES Lateral Gorilla walks (Gorilla walk meets side skips - straight legs, hands on ground move side ways with legs side skipping)

5x ES Flat footed Duck Walk (stay in a low squat as you “walk” making sure your heels land on the floor each time)

5x 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>)

5x EP High Crab – Low Crab (“Seat” position keeping bottom off floor, legs straight)

Day 3 (+ Day 6) – Mobility (Coach Led)

