



## Development Squad – Week 11

### 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.

We'll still have all 3 zoom's this week, even though there are other ELST zoom's as well. Don't stress if you don't have time for all of them, come along to what you can.

**Challenge** taken from @MrJaggsPE: Try to bounce & catch a ball off a wall (sideways), with your PARENTS PERMISSION.

Level 1 – Right hand throw catch behind the back left hand

Level 2 – Left hand throw catch behind the back right hand

Level 3&4 – same as 1&2 but count how many you can do in 30s!

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

4x Dondog – 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 9 exercises with 15s between exercises where possible:

10x Leg Raises

10x ES Alt V-Sits (Like a V-Sit except only bring opposite arm & leg up touching your toes with a straight leg)

5x ES Plank Around The World (in planklift left hand, then right hand, then left leg then right leg off the ground= 1 rep)

4x 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)

8x Overhead Squats (Grip a towel/ theraband overhead, hands slightly wider than shoulders – try to keep your arms slightly behind your head, don't let the band pull forwards as you squat down)

EL Single leg balance + full water bottle passing it round you 4x ED trying to maintain balance (Lift knee up to 90, keeping back straight, shoulders back)

6x Press Up Hand Release (keep elbows tucked try not to let your back bend as you lower down, take hands off the floor before you push back up)

6x Face Pulls (with Band anchored at hip level pull it up towards your face, keeping shoulders back/ down and elbows high)

6x Blackbirds (Like Prone WIYTs, except start with hands behind back palm up, sweep the arms round like in Butterfly, then bring your heads behind your head palms down – keep shoulders squeezed down & back)

## 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 Plank Up Downs

60s Skipping – High Knees

10x EL Scissor Kicks

60s Skipping

10x ES Penguins

60s Skipping – High Knees

10x EL Flutter Kicks

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 Shoulder Taps

5xES Side Plank Leg Raises

10x Toe Taps

5x ES Bulgarian Split 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)

45s Wall Sit

5x EL SL Glute Bridge

8x Press Ups (Best Quality! – if you need to do them on your knees to keep your elbows tucked and back straight then do)

8x Tri – Dips

8x Side Pulls (with band anchored at hip level, pull band to just past hips, keeping shoulders back/ down and arms straight – NOT Band pulls)

## 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)

5x Bear to Crab + Crab to Bear (remember to lift opposite hand & foot and follow the way your body wants to twist!)

5x ES “steps” Seal slide (In seal position, then walk/ drag yourself forwards using your hands)

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 High Alligator Walk (In high plank, keep legs straight as you move forwards)

## Day 6 - Mobility (Coach Led)

