

<b>SKIPPING – CARDIO/PLYOMETRICS – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
1 MINS	2 FOOT SKIPPING – NO STOPS	Push through straight legs, try to point toes
20 SECONDS PER LEG	1 LEG SKIPPING – NO STOPS	Push through straight leg, keep other leg knee up
20	SQUAT JUMPS	Knees over toes, push through straight legs, full squat, point toes in jump

<b>SLIDERS – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
2 ROWS EACH DIRECTION	FRONT SUPPORT – BOTH FEET ON SLIDER – WALK ALONG FLOOR LINE – FORWARDS THEN BACKWARDS	Short stop after each row – hold correct front support shape
10 OF EACH SHAPE	FRONT SUPPORT – BOTH FEET ON SLIDER – PULL INTO TUCK, PIKE, AND STRADDLE	Correct front support shape each time – straight legs in pike and straddle. Do all 10 of one shape before moving onto next
2 ROWS EACH DIRECTION	SLIDER UNDER BOTTOM – TUCK INTO PIKE SHAPE ALONG LINE FORWARDS THEN BACKWARDS	Use core to pull into shapes

<b>LEG POWER – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
20	MOUNTAIN CLIMBERS	Hold correct front support shape, knees come in between elbows each time, keep core strong
5 PER LEG	LUNGE HOPS	Lunge with legs both at 90 degrees, back knee just above floor, push to hop with back leg staying behind, hopping leg must straighten
10	LUNGE SWITCH JUMPS	Lunge with legs both at 90 degrees, back knee just above floor, push through straight leg jump to switch to other leg lunge
1 LENGTH OF FLOOR	WALKING LUNGES	Lunge with legs both at 90 degrees, push off back leg to step it forwards into lunge

<b>LEG POWER – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
10	SUMO SQUAT JUMPS	Squat with wide legs, bottom in line with knees, jump to straight shape with legs together and land back in wide squat
15 SECONDS	SPRINT ON SPOT	Run as fast as possible, use arms and run on toes not flat feet
5 ATTEMPTS EACH LEG	ROCK TO STAND ON ONE LEG	Rock back in tuck shape, come up with one leg straight in front (ideally at 90 degrees) push to stand with leg staying up, no hands on the floor to help
5 ATTEMPTS EACH LEG	PISTOL SQUATS	Stand on one leg with other leg in front at 90 degrees, squat down and low as possible and stand back up without dropping leg

<b>GLUTES – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
10	CURTSEY SQUATS	Stand with feet parallel, cross one foot behind in a crossed leg lunge motion, lower down to a squat, push off floor back to parallel
10	KNEELING LEG RAISES	On hands and knees, one leg behind straight, lift and lower leg with slight hold at highest point
10	KNEELING LEG PULSES	Same as above – once at highest point, pulse leg up and down gently
1 length of floor	CRAB WALKS – RESISTANCE BAND	Put resistance band around thighs, squat, walk sideways keeping feet facing forwards and knees going over toes

<b>GLUTES – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
10	HEEL RAISES	Lie on stomach, forehead on floor and arms up by ears, lift straight legs off floor, squeeze glutes at highest point and lower down slowly
10 each leg	KNEELING SIDE KNEE LIFTS	On hands and knees, lift leg out to side, keeping knee at 90-degree angle, ensure body doesn't twist, lower down slowly

10	GLUTE BRIDGES	Lie on back with legs bent and feet flat on floor near bottom, bottom and lower body off floor, lower down slowly
10 each leg	SINGLE LEG GLUTE BRIDGES	Repeat as above with one leg lifted off the floor straight.

<b>SPINS AND BALANCE</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
10 seconds x 3 each leg	HOLD 1 LEG BALANCE ON TIP TOE	Toe pointed by knee, bottom leg straight, ankle stable and not wobbling
10	½ SPIN FROM STATIC	Start on one leg, toe pointed by knee and base leg straight, use arms from
10	HEEL RAISES	Stand with feet together, rise up onto tip toes and lower down slowly, keep ankles together, straight legs, keeps core still
10 on each leg	HEEL RAISES ON 1 LEG	Repeat as above but with one leg up, toe pointed by knee

<b>CORE – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
10	LEG RAISES	Lying flat on back, lift legs straight up to 90 degrees and then back down. Make sure back is pressed into floor, legs straight. Arms either out to side or straight by body – not under bottom to help lift.
5 each leg	BICYCLES	Start in dish shape with arms bent and hands behind head, bring one leg in bent and one elbow across so they tap (opposite arm to leg), straighten back out and do the same on other side.
5 each leg	DEAD BUGS	Lie on back with arms straight up to ceiling and legs bent at 90 degrees, open out opposite arm and leg straight to touch floor and bring back in slowly. Repeat on other side
5 each side	RUSSIAN TWISTS	Balance on bottom in loose tuck shape. Twist body so both hands tap the floor by hip, repeat on other side.

<b>ARMS / SHOULDERS – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>

5	WIDE ARM PUSH UPS	Start in correct front support shape with arms wider than shoulder width. Lower until nose taps floor, body staying straight and push back up.
3	TRICEP PUSH UPS	Start in correct front support shape. Keeping arms alongside the body - lower until nose taps floor, body staying straight and push back up.
3	TRIANGLE PUSH UPS	Start in correct front support shape with hands making a triangle. Lower until nose taps floor in triangle, body staying straight and push back up.

<b>ARMS / SHOULDERS – 10 MINUTES</b>		
<b>REPS</b>	<b>EXERCISE</b>	<b>TECHNIQUE</b>
5 each side	FRONT SUPPORT TWISTS	Start in correct front support shape. Twist your hip to tap the floor and repeat on the other side.
5 each arm	FRONT SUPPORT SHOULDER TAPS	Start in correct front support shape. Lift one hand to tap the opposite shoulder. No wiggling or big movement in body.
10 seconds	PLANK HOLD	Correct front support shape but with elbows on floor instead of hands.
5	FRONT SUPPORT TO ELBOWS	Start in correct front support shape, lower down one arm at a time to plank and then rise back up one arm at a time. Minimal movement in body.