

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

SLIDERS – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
2 ROWS EACH DIRECTION	FRONT SUPPORT – BOTH FEET ON SLIDER – WALK ALONG FLOOR LINE – FORWARDS THEN BACKWARDS	Short stop after one row each direction – hold correct front support shape
7	FRONT SUPPORT – BOTH FEET ON SLIDER – PULL INTO TUCK, THEN PIKE, THEN STRADDLE	Correct front support shape each time – straight legs in pike and straddle. One slide into each shape = 1 rep.
2 ROWS EACH DIRECTION	SLIDER UNDER BOTTOM – TUCK INTO PIKE SHAPE ALONG LINE FORWARDS THEN BACKWARDS	Use core muscles to pull into shapes

LEG POWER – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
30	MOUNTAIN CLIMBERS	Hold correct front support shape, knees come in between elbows each time, keep core strong
10 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
15	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
2 LENGTHS OF FLOOR	WALKING LUNGES	Lunge with legs both at 90 degrees, push off back leg to step it forwards into lunge

LEG POWER – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
15	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
20 SECONDS	SPRINT ON SPOT	Run as fast as possible, use arms and run on toes not flat feet
5 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
3 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

GLUTES – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
15	CURTSY 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
15	KNEELING LEG RAISES	On hands and knees, one leg behind straight, lift and lower leg with slight hold at highest point
15	KNEELING LEG PULSES	Same as above – once at highest point, pulse leg up and down gently
2 lengths of floor – can have break between	CRAB WALKS – RESISTANCE BAND	Put resistance band around thighs, squat, walk sideways keeping feet facing forwards and knees going over toes

GLUTES – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
15	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
15 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

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

SPINS AND BALANCE

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

CORE – 10 MINUTES

REPS	EXERCISE	TECHNIQUE
15	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.
7 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.
7 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
7 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.

ARMS / SHOULDERS – 10 MINUTES

REPS	EXERCISE	TECHNIQUE
7	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.
5	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.

5	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.
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ARMS / SHOULDERS – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
10 each side	FRONT SUPPORT TWISTS	Start in correct front support shape. Twist hip to tap the floor and repeat on other side.
10 each arm	FRONT SUPPORT SHOULDER TAPS	Start in correct front support shape. Lift one hand to tap opposite shoulder. No wiggling or big movement in body.
20 seconds	PLANK HOLD	Correct front support shape but with elbows on floor instead of hands.
10	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.

ARMS / SHOULDERS – 10 MINUTES		
REPS	EXERCISE	TECHNIQUE
5	PRESS UP HOPS/CLAPS	Start in correct front support shape, lower down, fast push up to try and do small hop off hands to land back in front support. Feet stay on ground. This can be performed on knees if needed. For extra challenge – try to clap in the hop.
10 seconds	FRONT SUPPORT WITH HANDS ON WALL – EXTENDED	Perform a front support shape with feet by wall, walk feet up wall keeping body in strong shape. Feet in line same height as shoulders.
10 seconds	SPIDER HANDSTAND	Place hands on the floor, fingers pointing away from wall. Walk feet up the wall into handstand shape and hands in as close as possible. Aim is to get nose and toes against wall for best shape. Challenge – shrug shoulders up and down or attempt push up in the handstand shape