

Strength Training 3

Dynamic Warm up 10 minutes

High knees
Skips
Light jogging
Stretches

Each exercise for 1 min rest for 30 secs repeat x3

Exercise 1- Jump Rope (with or without rope)

Coaching points

- * Stay on balls of feet
- * Knees slightly bent
- * Try and keep low (1 to 2 inches)

Exercise 2 – Flutter Kicks

Coaching Points

- * Hands underneath butt
- * Engage core
- * Get into a rhythm



Exercise 3 – Burpees

Coaching Points

- * Feet slightly wider than shoulder-width apart, weight in your heels
- * Squat down, hands between knees
- * Explosively jump up into the air while reaching your arms overhead.

Exercise 4 – Alternating Superman

Coaching Points

- * Keep head down
- * Engage core
- * Legs and arms lifted to same level

Exercise 5 – Plank

Coaching Points

- * Keep upper body straight
- * Keep hips low