

All workouts should follow this structure:

Warm up:

- Run on spot- 30 sec jog, 10 sec sprint x 3
- High knees (run on spot lifting knees high) x 30
- Jumping jacks x 20
- Frog jumps (crouch to straight jump) x 10
- Repeat x3

Mobilise & stretch gently:

- Arm & shoulder circles
- Hip circles
- Middle body twists
- Wrist & ankle circles
- Cat stretch (back & shoulders)
- Stretch to be ready for splits (not full splits just yet!)

Complete circuit 2-3 times through.

Stretching to finish:

- Mobilise again for splits & bridges like you would do when training at TGC
- Sit in splits for 1 minute on each leg and box-split. If you are flat in your split, raise your front leg with a pillow or platform
- Press into bridge with straight legs x5 seconds
- Bridge with one leg held up x5 seconds each leg. Extension- without leg lowering, try to kick over

Strength circuit (1):

- 1) Legs Power Single Leg Reverse Hops 10-15 each side (older ones can build up to using weights)! <https://youtu.be/sM9idpcULyU>
- 2) Core Power Star Press-ups 5-10, try without the press-ups first (just jump out and in) <https://youtu.be/spWroKNXKY4>
- 3) Core Frog Sit-ups 25-30 <https://youtu.be/JvNEfAGMYts>
- 4) Legs Butt Back Deadlift with band OR with light weights (whichever you have) 15-20 <https://youtu.be/uNkTgWkRCgo>
- 5) Arms sit up shrug out shrug up 15-20 (use a broom handle, two hand weights or food cans) **Legs must NOT be held for this as could hurt your back** <https://youtu.be/AhDVQtLatk8>
- 6) Core legs X v-ups 15-20 <https://youtu.be/CSQS6uv8JMY>
- 7) Hamstring Single Leg tuck ups 10-15 each leg https://youtu.be/YnqSTpb_xGg
- 8) Arms Power Press from Block (chair/ step) 10-15 <https://youtu.be/k2uSGsqVm8w>
- 9) Side Swimmers and Side Straddle V-ups 15-20 of each <https://youtu.be/raG1WeePBmA>
- 10) One Arm Carries 6 lengths, stay on HIGH RELEVE (tip-toe) 20-30 steps per length <https://youtu.be/DmkkRNExvqk>