

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 (3):

- 1) Leg tightening taps bands (two positions, abduction side to side and right leg leading, left leg leading) If no bands just squeeze tightly! x15-20 each way <https://youtu.be/d2vXNiVgrZ4>
- 2) Arms Elevated Plank x10 each side. Challenge- add a press-up if you can! <https://youtu.be/4dk9njjY6W4>
- 3) Core back slider one arm twists (use a plastic plate or just move hand 1cm above floor) x15-20 each side <https://youtu.be/R8uJY94CGF4>
- 4) Legs hamstrings twisting glute squeezes (if no band just squeeze tightly) x15-20 each side <https://youtu.be/lbTGhMuK61k>
- 5) Arms Reach Back to wall x10 Start close to the wall and gradually move away until you find the right spot. Ask an adult to help you reach back the first few times and until you are confident. <https://youtu.be/XxOEhPxBMyY>
- 6) Core Leg kick arounds on BOSU (use cushions or just on the floor) x10-15 each side https://youtu.be/RsFRgwl_qOs
- 7) Legs Power Releve Glute lift to calf raise x10-15 <https://youtu.be/qtGfLbDImB8>
- 8) Arms Chest Flies to Situps (sit up as far as you can with control) x10-15 No weight unless you can sit up without legs leaving the floor. **Legs must NOT be held for this as could hurt your back.** <https://youtu.be/zdn05cjqUmE>
- 9) Core Reverse Plank Leg Lifts Up x5-10 each side (use cushions or a step) <https://youtu.be/v-FivhGTBvk>
- 10) Wall sit- 90 degree knees, back flat against a wall, hands free from legs. How long can you hold? Challenge an adult- can you beat them?