

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 (2):

- 1) Legs Calves Releve Pops x10-15 <https://youtu.be/3i2ZhWbgcFc>
- 2) Core shoulders one arm kettle swing in pushup x10-15 each side https://youtu.be/MeDw8AB_VSc
- 3) Arch rocks x15-20 (U8's no weight, 9+ try holding something in each hand if challenge needed) <https://youtu.be/Sr3cWHL13IY>
- 4) Legs Hips Circle Arounds x10-15 each side (use a chair or piece of furniture) https://youtu.be/T_Bx8Zh1Ch4
- 5) Basic Pressups x10-15 (you know those!) progressing to Shoulder Taps Pressups x10-15 each side (use pillows instead of BOSU) https://youtu.be/euqOPEA1_qU
- 6) Dish rocks x 15-20 (U8's no weight, 9+ try holding something in each hand if challenge needed) <https://youtu.be/Sr3cWHL13IY>
- 7) Legs Hips Bosu Leg Overs (use pillows instead of BOSU) x15-20 each side, increase repetitions if you don't have ankle weights https://youtu.be/a6oIe0_0g3g
- 8) Arms Power up with big ball or weight (rucksack with books then filled with a cushion) x15-20 <https://youtu.be/mYNTWg2ro1c>
- 9) Core backs Straddle Outs x20-30 <https://youtu.be/blPtvzmlpcA>
- 10) Holding long front support- Back should be rounded with hands as far away from feet as possible & everything squeezed. How long can you hold?