



### Age Group Squad Week 5

Hi team, we will continue with three zoom sessions again next week – keep an eye out for the timings that will go up on the website soon. The times might be slightly different this weeks as I have different shifts so pay attention.

I had a couple history of swimming submissions which were really good – thanks to those who did, and if anyone wishes to submit one in future I'd really enjoy reading it.

I have added a ted talk to the website also which is about 15 minutes long and really worth watching as the speaker is a truly inspirational person.

Remember to do your hip and ankle mobility and keep safe!





### Week 5 Warm Up

Please complete this warm up before every session:

5x (20s high knees, 20s skip, 20s Dynamic Lunges, 20s Rest)

3 x 20 Glute Bridges

4 x 20 Split Squats Each Leg

3 x 50s Cat and Cows

3 x 30s Thoracic Rotations





### Week 5 Challenge

This week guys we're continuing on with the press up strengthening routine. Hopefully, we all completed the negative press-ups from last week – if you **didn't** please go back to last weeks challenge (week 4) and complete the negative press ups before moving on to this challenge.

Every day this week I would like you to work on kneeling press ups – it does not matter if you can do full press ups this is part of a build up process.

Each day you are to do as many reps of kneeling press ups as you can in a row then take 60s rest after the last press up then after the 60s rest do as many reps of kneeling press ups as you can.

( MAX REPS KNEELING PRESSUPS – 60s rest – MAX REPS KNEELING PRESS UP)

It is important you do this safely and remember to tuck your elbows and stop if it is hurting its not about how many reps you can manage compared to others, its about using this time to build yourself up.

Good luck guys!





### Saturday Workout 18/4

Warm Up

Set 1

30s work/ 20s rest

4x

Jumping Jacks

High Knees

Squat Jumps

Skaters **WATCH THIS VIDEO FIRST** <https://www.youtube.com/watch?v=EkESodXYDRM>

Calf Raises

Set 2

4 Minute AMRAP

5 Crunches

10 Russian Twists

5 Leg Raises

10 Back Raises

Set 3 Finisher

Max time wall sit!!!

### Sunday Workout 19/04

Watch out for the Sunday Challenge on the website





### Monday Workout 20/04 Run and Yoga

Follow the below instructions to introduce yourself to running and remember to know your limits and stop if you need a break.

10-minute brisk walk to warm up

30 seconds easy jog – keep chest strong and eyes looking forward

2-minute walk

30 seconds easy jog

2- minute walk

20 seconds easy jog

10 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 30 seconds

2- minute walk

As long as you can at a fast pace up to 30 seconds

10-minute easy walk to cool down

Yoga call with Jamie – keep an eye on the website for times

### Tuesday Workout 21/04

Warm up

Tapout XT video again

Remember your kneeling pressups





### Wednesday Workout 22/04

Group exercise on zoom

### Thursday Workout 23/04

#### Run and Exercise Workout

This one is for everyone but if you are struggling to run you can change it to a brisk walk

This is best if you pick a small loop and follow it:

25 Minute Workout

Steady Jog or Brisk walk for 25 minutes

Every 2 minutes stop your jog and complete 3 squats/3 press ups/10 mountain climbers (minute 2,4,6,8,10,12,14,16,18,20,22,24) – if you have anytime left in your mountain climbers hold a plank for the remaining time.

### Friday Workout 24/04

Rest Day – See you on Zoom! Check the times

