



## Development Squad – Week 4

### Key:

ES = each side      EP = each position      opp= opposite      EL = each leg  
Skipping = with or without rope (pretend holding it)

### This week!

I am continuing to recommend Joe Wicks Daily Workout at 9am, he varies the moves which is good for hand eye coordination as well as challenging your body awareness!

I'll lead some mobility work over Zoom (Hopefully Monday/ Thursday - tbc)

**Challenge** taken from @MrJaggsPE: Sitting or standing try to throw a tennis ball (stress ball, or similar ball) into your foam roller. Try with both hands!

Level 1 – Underarm

Level 2 – Overarm

Level 3 – with a bounce

### Daily Warm Up (before every session below!)

3x (Plank walkout + 10 Mountain Climbers)

3x EP Cat Camels (Happy Cat/ Angry Cat)

4x Tabletop position Thoracic twist (elbow to ceiling then to elbow)

8x ES Monster Walks (wrap theraband around ankles/ calves – half squat & side step staying in a half squat only moving your leg)

10x Deadbugs

### Daily Cooldown stretches (After every session below!)

Downdog – Seal – Childs Pose

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

2/ Draw the alphabet with your big toe! Remember to do it with each foot.

Along with any other stretches for the muscles worked during the session

4x Tabletop position Thoracic twist with straight (reach to ceiling then reach under your other arm)

10x Seated Hip Rotations (see Hip & Ankle Health Basics)

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





## Day 1 – Strength [Focusing on controlled good technique/quality reps]

4 Rounds of 6 exercises with 15s between exercises where possible:

10x Push Ups (Best Quality: Like Butterfly full press ups with proper form switching to knees when you can't keep elbows tucked back straight - body in straight line from knees to shoulders, squeezing stomach & glutes)

10x ES Plank Shoulder Taps (Slow & controlled movement squeezing abs & glutes)

5x ES Split Squat (start from the floor, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

10x Tri (Bench) - Dips

10x Back Raises in streamline – keep feet on the floor.

5x EL Single leg balance + water bottle in opp hand (RDLs - Lift knee up to 90, reach bottle to the ceiling, bend at the hip, keeping back straight, shoulders back, touch the floor with your bottle then reach to the ceiling bringing your knee up)

## Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Circuit: 3 rounds of the following...

80x Skips

30x Mountain Climbers

80x Skips alternate feet

20x Squats alternate high knees

80x Skips

10x Burpees

\*Remember when skipping to stay on the balls of your feet!

## Day 3 – Mobility (Coach Led)





## Day 4 - Strength [Focusing on controlled good technique/quality reps]

4 Rounds of 6 exercises with 15s between exercises where possible:

10x Plank Up Downs/ Walks

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

5x EL Single Leg Glute Bridges

30x Scissor Flutter Kicks in Streamline

5x Press Ups (Best Quality as before but chest to floor with hand release ie let go at the bottom)

10x Squat jumps into streamline (Aim for height, try and land softly/ quietly by bending your knees pushing them wide. Don't rush, set yourself properly between reps and then explode up!)

## Day 5 – Energy Systems [Contrast, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds)

- animal movements or for reps slow & controlled

- For time aim for as many reps as possible

10x Plank - touch opp hand to foot

30s Alternating side lunge - touch opp hand to foot

10x Bear Crawl - alt hand/ foot march (Staying in Bear - tabletop with knees off the ground – slowly lift opp hand & foot)

30s Jumping Jacks

30s Mountain Climbers

10x Frog crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands off the floor)

## Day 6 - Mobility (Coach Led)

