



All in one training programme

Warm up: dynamic stretches

- Jog on the spot high knees up to your stomach (30reps)
- Butt kicks (20reps)
- Jumping Jacks (50reps)
- Stationed lunges (20 on each side)
- Jumping squats (20reps)
- Push ups (10reps)

Compound training:

- Walking lunges 1minute
- Burpees 1minute
- Squat jumps 1minute
- Bear crawl 1minute forward and back (distance between marker 10metres)
- Jumping jacks 1minute.

NB! Repeat these exercises 3 times (3sets)

Cool down and static stretches:

•Stretch from your neck down to your toes, each muscle group stretch for seconds each side.

While doing these exercises push yourself until you can't anymore. **Don't give up!**

Coach Jacob