

Strength Training 4

Dynamic Warm up 10 minutes

High knees
Skips
Light jogging
Stretches

Exercise 1 – Push Ups 10x3

Coaching Points

- * Hands slightly wider than shoulder width
- * Keep feet together
- * Keep Back straight

Exercise 2 – Steam Engines 12x3

Coaching Points

- * Lock hands behind head
- * Drive knee up to elbow
- * Alternate each side

Exercise 3 – Jumping Jacks 12x3

Coaching Points

- * Engage Glutes
- * Flex knees
- * Hands above head

Exercise 4 – Calf Raises 12x3

Coaching Points

- * Push onto balls of feet
- * Keep shoulders back
- * Hold for a second at the top

Exercise 5 Ankle Taps 12x3

Coaching points

- * Keep arms straight
- * Sit up slightly as you reach
- * Keep lower back grounded

