

Warm Up

15 minutes RMAP - <https://www.swimming.org/sport/land-warm-up-swimmers/>

5 - 10 minutes foam rolling

Pre-Set

30 secs jogging on the spot

10 walk outs <https://youtu.be/R6SMJ-TzgZo>

10 walk outs to push up <https://youtu.be/zR7oQp1Ucq8>

10 sit-ups

10 secs v-sit hold

Main Set - challenge Saturday!

10 secs rest between each exercise, 3 times through, 60 seconds rest between sets. As always, keep hydrated!

Max number of press-ups in 10 secs - write down count

30 secs skipping (or imaginary skipping if no rope)*

Max number of sit-ups in 10 secs

30 secs skipping (or imaginary skipping if no rope)*

Max number of streamlined lunges in 10 secs

30 secs skipping (or imaginary skipping if no rope)*

6 streamlined lunge jumps <https://youtu.be/3J45wzEjbNw>

* If you cannot do this outside and your ceiling is too low then substitute for 60 seconds as 45 seconds jogging on spot 15 seconds running on spot.

Send scores to me by copying the below with your scores added. Please leave as a comment or ask a parent to forward to me via WhatsApp.

Round 1 Press-ups -

Round 1 Sit-ups -

Round 1 Lunges -

Round 2 Press-ups -

Round 2 Sit-ups -

Round 2 Lunges -

Round 3 Press-ups -

Round 3 Sit-ups -

Round 3 Lunges -

Warm down

15 minutes stretching