

Strength & Core

Strength/Core session (1)	Session details	Session Notes
Warm up	Run 5 – 10 min	Stretch
Main session	Fit Ball sit up 20 × 3 Squats 20 × 3 Walking Lunges 20 × 3 Push Ups 20 × 3 Chin Ups 10 × 3 Step Up on bench 30 × 3 Bridge on elbows hold 1 min	Sitting on Ball Standing/own weight Step out and drop knee On knees for juniors Pull up to chin Can squat on step Keep straight Back and hold
This program can be repeated x2		
Cool Down	5 – 10 min	Stretch