

# Strength and Conditioning (arms) 15/20 mins

## Level 2

### Warm up

- 30 secs Jogging on spot
- 30 secs Jumping jacks
- 30 secs Squat jumps
- 30 secs Mountain climbers
- 30 secs Burpees

Repeat 3 times

### Main set

- 10 x Full arm circles each direction backwards and forwards
  - 30 x Fast Support scull arms at 90°
  - 10 x Pushups (can have knees bent if needed)
  - 10 x Arms out like a scarecrow small circles forwards and backwards
- 30 secs rest and repeat.

### Cool down

- 10 x Cat and camel hold each position for 10 secs
- 10 x Downward dog to cobra hold each position for 10 secs



