

Strength and Conditioning (arms) 15/20 mins

Level 1

Warm up

30 secs jogging on spot

30 secs jumping jacks

Repeat 3 times

Main set

10 x Full arm circles each direction backwards and forwards

20 x Fast Support scull arms at 90°

10 x Fast Flashing hands (open and close hands full extension)

10 x Arms out like a scarecrow small circles forwards and backwards

30 secs rest and repeat.

Cool down

10 x Cat and camel

