

# Strength and Conditioning (Core) 15/20 mins

## Level 2

### Warm up

30 secs Jogging on spot

30 secs Star jumps (from crouch position to full star)

30 secs Diagonals reach to the side pull in and touch knee as knee bends

30 secs Pencil jumps explosive and stretched arms with tight core

30 secs squats

Repeat 3 times

### Main set

10 x Glute bridges and extend leg at top, last one hold for 10 secs each leg

10 x Crunches (hands locked behind head wide elbows, remember your orange under your chin) hold last one for 10 secs

10 x V-sits hold last one for 10 secs

10 x Plank hold 1-2 mins

30 secs rest and repeat.

### Cool down

3 x on all fours keep hips level lift one arm and opposite leg so you are in a straight line hold for 10 secs

3 x Childs pose move arms to one side, then to the other hold each side 20 secs



