

Strength and Conditioning (Core) 15/20 mins

Level 1

Warm up

30 secs Jogging on spot

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

Repeat 3 times

Main set

10 x Glute bridges last one hold for 10 secs

10 x Crunches (hands on thighs sliding arms up legs, remember your orange under your chin)

10 x Reaches, legs crossed and in the air touch your toes one hand then the other.

10 x Plank hold 30 secs

30 secs rest and repeat.



Cool down

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

