

Strength and Conditioning (Legs) 15/20 mins

Level 1

Warm up

30 secs Jogging on spot

30 secs Jumping jacks

Repeat 3 times

Main set

10 x Squats

10 x lunges

10 x lunges other leg

10 x high knees

30 secs rest and repeat

Cool down

3x Curl downs (imagine bending over a ball and curl down pulling tummy in all the way down to touch the floor, relax at the bottom and unroll all the way up onto your toes)

