

Strength and Conditioning (Legs) 15/20 mins

Level 2

Warm up

- 30 secs Jogging on spot
- 30 secs Jumping jacks
- 30 secs Burpees
- 30 secs Mountain climbers
- 30 secs High knees

Repeat 3 times

Main set

- 10 x squats down for 4 secs up for 1 sec (Squeeze bottom on way up)
- 10 x lunges one leg
- 10 x lunges other leg
- 10 x Squats onto toes
- 10 x Squats 3 pulses and up

30 secs rest and repeat.

Cool down

- 3 x Hamstring stretch
- 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)

