



WARM UP: Light jogging 5mins + running technique drills.
 REST B/W SETS & EXERCISES: 90secs (exercises 1-7) 20-30secs (exercises 8-10)
 TOTAL SESSION TIME: <40mins

1. Jumps balance 02153



3*4 each side
 Jump off both legs and land softly on one leg by absorbing your bodyweight. As you land and stabilise with solid technique.

2. Jumps balance 01254



4*6
 Jump off both legs over an object and stabilise and land with each jump (briefly). Aim for height in each jump - drive up hard!

3. Lateral jumps 01256



4*3 each direction
 Jump off both legs over an object and stabilise and land with each jump (briefly). Aim for height in each jump - drive up hard!

4. Push up claps 05278



4*6
 Land soft and push up to maximum air time with each jump.

5. Jumps balance 01321



3*4
 Jump off both legs and do a 360. Land and stabilise before moving into forward roll. Aim is for height.

SUPERSET 5 & 6

6. Forward roll jumps 03025



3*4
 Complete a somersault/forward roll - remember to tuck chin in! Roll and using momentum roll up and complete a vertical jump.

7. Squat jumps 01279



4*4
 Jump off both legs as high as possible each rep. Remember to land softly - continuous reps with excellent technique. Land on whole foot.

8. Sit up rotation 04855



4*12-16
 Perform with control = better 'abs'! Move elbows to knees (which remain fixed) by lifting upper back off the ground, touch elbow each rep.

9. Prone arm-leg raise 04809



3*12-16
 Perform with control. Pause for 1-2secs at the top of each rep. Avoid jerking at any point, keep it smooth and controlled.