



## Youth Land Training

### Week 9

Complete these sessions throughout the week

#### Exercise alternatives:

Exercises should only be adapted if you are physically unable to perform the written exercise through injury. If anyone needs an alternative I have missed please get in touch, do not just miss the exercise.

Squats – Glute bridge

Press ups – Press up on knees or press up against wall

Lunges – Single leg glute bridge

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:

(Complete before each session)

10x Bear crawls

30 sec High knees

10x Spiderman crawl (with press)

10x Donkey kicks

10x Side press up lank walks

10x Squat, rotate to other side and squat

00:30 Sprint

00:30 High Knees

00:30 Pogos

02:30 Skipping

5 minutes foam rolling and tennis ball myofascial release





## Session 1

### Superset 1 (2 rounds)

Dips (on edge of sofa or chair) – maintain flat body pos from shoulders to toes

Split Squats

12 12 (total) / 14 14 / 16 16 / 18 18

### Core (1 round)

1 min Plank

20 Crunches

1 min side plank

20 Russian twists

1 min side plank

20 toe touches

1 min plank up downs

### Superset 2 (2 rounds)

Star jumps

Kneeling press ups

20 8 / 30 10 / 40 12 / 50 14 / 60 16





## Session 2

### Set 1

2 x (50 on 10 rest for 10 exercises)

1. Lunge lunge squat jump
2. Glute bridge
3. Calf raises
4. High knees
5. Wall sits
6. Kneeling push ups
7. Dips
8. Reverse lunges
9. Side lunges
10. Split squats

### Core AMRAP

12 minutes

10 crunches

10 plank up downs

10 Russian twists





## Session 3

### Strength set

2 x rounds – 02:00 rest between

1. Step ups (with knee kick) – 1 minute
2. Squats – 15 reps
3. Pistol Squats – 10 each leg
4. glute bridge (single legs) – 10 each leg
5. Lunge lunge Squat jump – 15 each leg

### Cardio

For 20 minutes continuously, do:

3 minute skipping

1 minute plank

1 minute Mountain climbers or High knees





## Session 4

0 - Back raise	1 - Russian twist	2 - Burpees	3 - Toe touches	4 - Side plank	5 - Plank	6 - Penguins	7 - Press up hold	8 - Sit ups	9 - Crunches
----------------------	-------------------------	----------------	--------------------	----------------------	--------------	-----------------	----------------------------	-------------------	-----------------

### Core circuit

Write your birthday in this format DD/MM/YYYY using the numbers above and then complete each exercises for 1 minute. You will get 1 minute rest after you complete each block. So for example, if your birthday is 28/04/1995 you will do burpees, sit ups then one minute rest then back raises side plank and then another 1 minute rest. Then you will do Russian twists crunches crunches and plank.

### Circuit

500 reps for time

Mixture of exercises use all exercises at least once.

### Step ups

Plank up down (up and down count as one)

Pike push ups

Dips

Split squats





## Session 5

Thursday Zoom call session – Prepare for land training – Pilates session





Session 6

Day off.







Bonus session

(Complete more than once if you would like)

Tapout XT – Cardio XT – Let's go!!

<https://www.youtube.com/watch?v=cK8VaQcmlqI>

