

## Squad & Performance Strength & Conditioning

### Warm Up

Complete two of the temperature raisers below for 2 minutes each:

- Skipping
- Jogging on the spot
- High knee jogging
- Mountain climbers
- Spiderman switches

### Set 1

3 x 12 press ups

Take 30 seconds rest between sets

Half press up are fine if full press ups are too challenging make sure you do them properly .

3 x 3-5 press up with clap

*(If you cant do this you need to do an extra set of 12)*

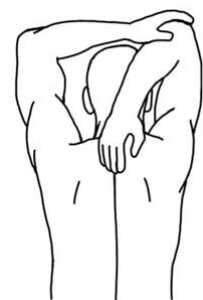
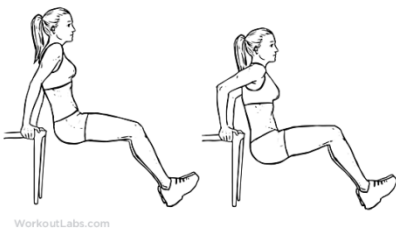
Take 30 seconds rest between sets



### Set 2

4 x 15 triceps dips with 30 secs rest

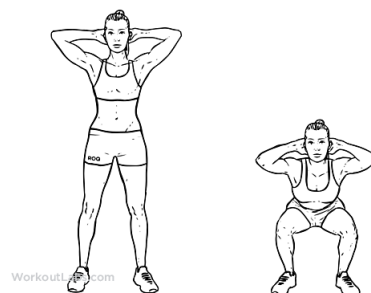
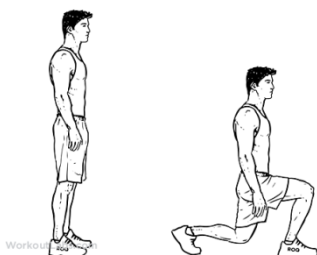
Triceps Stretch – hold for 20 sec x 2 rest for 15 secs between stretches



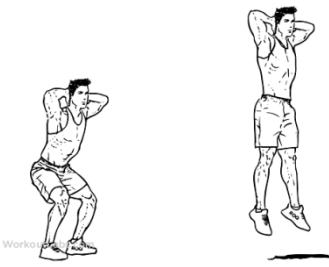
### Set 3

2 x 10 inline lunges each leg with 30 secs rest between sets.

3 x 10 full squats (hands on chest) with 15sec (done slowly).



3 x 3-5 squat jumps with 10 sec rest.

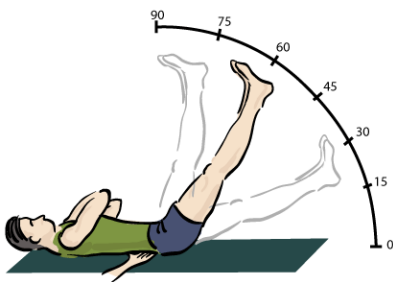


Set 4

4 x 10 combination of abdominal work of your choice with 30 secs rest between sets

Choose from:

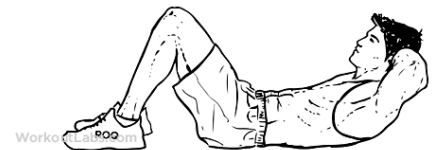
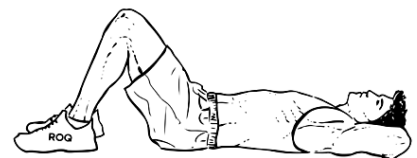
Leg Raise with partner push downs



Sit up with twist



Crunches



V sits

