

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

SESSION RECORD CARD Record the no. of Sets and Reps each time you use an exercise as part of a session

GROUP	EXERCISE	1	2	3	4	5	6	7	8
A	1. BULGARIAN SQUAT								
	2. 1 LEG CHAIR SQUAT								
	3. REVERSE LUNGE								
	4. CHAIR STEP UP								
	5. GOBLET SQUAT								
B	1. S/L HAM RAISE								
	2. HIP THRUST 2 LEG								
	3. HIP THRUST 1 LEG								
	4. S/L DEADLIFT (KB)								
	5. 1 LEG S/L DEADLIFT								
	6. KB SWING								
C	1. STAIR SPRINT X3								
	2. LUNGE JUMP								
	3. POGO S/L JUMP								
	4. SINGLE VERT JUMPS								
	5. HOP + STICK								
	6. SPEED SKATE								
	7. CHAIR HOLD 30s								
D	1. PRESS UP								
	2. DIPS								
	3. LATERAL/FRNT RAISE								
	4. HANDSTAND HOLD								
	5. FLOOR FLY								
E	1. BANDED ROW								
	2. BAND PULL APART								
	3. BAND OVERHEAD								
	4. CHIN/PULL UP								
	5. BENCH ROW								
F	1. GECKO RAISES								
	2. RUSSIAN TWIST								
	3. INCHWORM								
	4. LEG RAISE OVERS								
	5. FLUTTERKICK								
	6. GLTE BRDGE L RAISE								
	7. GLUTE AIRPLANE								
	8. PLANK + HAM CURL								
	9. SIDE PLANK								
	10. ADDUCTOR PLANK								