

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Session 2

This session is designed for athletes of all ages and sits within a generic conditioning phase for programming, within the current climate the following allows the athlete to work the whole body and develop explosive power and condition the core. All abilities can do this together so empower everyone in the home to take part.

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- **Equipment: 2kg – 20kg Kettle Bell/Med Ball**
 - **Repeat 2 – 4 sets (as required) 3 – 5 minutes recovery**
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The Session

1. Wide Stance Squats x 10 reps
2. Side Lunge x 10 reps each side
3. Glute Bridge x 10 reps
4. Split Lunge x 10 reps each leg
5. Squat Press x 10 reps
6. Single Leg V Sit x 10 reps each leg
7. Straight Leg Sit Ups x 20 reps
8. Plank to Press Up x 20 reps
9. Side Plank Raise x 10 reps each side
10. Straight Leg Raise x 10 reps
11. Single Leg Raise x 10 reps each leg
12. Rotations x 20 reps

The Exercises:

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1. **Wide Stance Squat** x 10 Reps – Stand with feet slightly wider than shoulder width apart, feet slightly turned out. Squat down to roughly 90 degrees & return to upright. Maintain good posture during full movement. *Focus on controlled movement & deep range through the squat
 2. **Sidestep Lunge** x 10 Reps – Stand feet together, lunge to the side keeping chest up & transfer weight over towards the lunging leg. *Focus on working through a range that is controllable
 3. **Double Leg Glute Bridge** x 10 Reps – Laying on your back with knees bent, squeeze glutes to raise your hips up off the ground *Focus on an even squeeze through both glutes & not to hyper extend the back at the top of the bridge

4. **Split Lunge** x 10 Reps Each Leg – Standing in a wide front split lunge, front foot pointing directly in forwards, transfer the weight down towards the ground & return to upright maintaining posture. *Focus on maintaining stable base and taking weight directly down towards the ground
5. **Squat to Press** x 10 Reps – Stand feet around shoulder width apart, perform a control squat holding weight at chest height. At the top of the squat press the weight above your head. *Focus on a controlled squat movement keeping your weight through your heels & using the squat to help accelerate the weighted press.
6. **Single Leg V Sit** x 10 Reps Each Leg – Laying on your back raise one leg & your torso at the same time. Alternate back and fore between legs. Use your arms to reach up towards the raised foot. *Focus on controlling the movement & keep a slight bend in the raising leg
7. **Straight Leg Sit Up** x 20 Reps – Laying on your back raise both legs up, trying to keep the straight and stable reach up towards your toes with your arms. *Focus bracing through your abdomen to reach towards your toes in a controlled manner
8. **Plank to Press Up** x 20 Reps – Form a plank position on your elbows & feet. Keeping a solid position and the posture as neutral as possible, press up on one arm, then the other until you're in a press up position. Lower back down and repeat, alternating the arm pressing up on. *Focus on maintaining a strong core and neutral pelvis position through the movement.
9. **Side Plank Raise** x 10 Reps Each Side – Raise into a side plank, maintaining solid base of support, lower the hips towards the ground & raise them back to the starting position. *Focus on maintaining a straight line through your body and controlling the movement down & up.
10. **Straight Leg Raise** x 10 Reps – Laying on your back, keeping your feet together raise both legs up towards 90 degrees. Then lower back down towards the ground in a controlled movement. For support if required place your hands under your glutes. *Focus on bracing the abdomen, particularly while lowering the legs & controlling the movement
11. **Single Leg Raise** x 10 Reps Each Leg – While in the same position as the above movement. Raise each leg individually to around 45 degrees and lower in a scissor motion. *Focus on Bracing through the abdomen and pulling the toes towards you
12. **Rotations x 20 Reps** – laying on your back, raise your torso & lift your feet of the ground keeping the knees bent. Rotate back and fore across the midline of the body. *Focus on controlling the rotation & maintaining stability while performing the movement.