

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Session 1

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.

1A Squat Jump 4 sets x 5 reps

- A squat jump is an exercise that involves squatting down and then powerfully jumping into the air. The exercise is performed by setting feet about shoulder width apart, squatting until the tops of the thighs are parallel with the ground, and then jumping up as hard as possible

1B Plyo Push Up 4x3

- Plyometric push-up (plyo push-up): perform a push up, but exert enough upward force to lift the hands and body off the ground. Split: the split, on the contrary of what people might think, also helps the plyometrics by improving flexibility and letting the athlete to reach toes higher with straight legs.

2A Band Resisted Push Up w/ Weighted Rucksack 4x 3

- Resistance Band Push-Up Use a tube-like band with handles or a strip of resistance band without handles to perform the resisted push-up. Wrap the band behind your upper back and hold a handle or end in each hand. If the band is too long, choke up until it's taut – If no band you can use a rucksack on your back bag weighted. Use anything that is safe around your home to fill rucksack.

2B Pistol Squat to Box w/ Rucksack 4x8

- A pistol squat, also known as a one-legged or single leg squat, is an advanced bodyweight exercise where you squat using only one leg. You can progress the pistol squat by doing the same movement of a box/step etc.

3A Wide-Grip Push Up 3xAMRAP

- The wide grip push up is a variation of the push up and an exercise used to build the pushing muscles of the upper body. It'll primarily target the chest, but will also indirectly hit the shoulders and triceps. AMRAP – As many reps as possible – to failure.

3B SL Hip Thrust 4x10 E/S

- Step 1: Lie down with back on an exercise mat and arms at your sides. Palms facing down.
- Step 2: Place feet flat on the floor about a foot away from your buttocks (about as close to your butt as is comfortable).
- Step 3: Next, raise your right foot up until your knee is locked. Hold this position.
- Step 4: Next, begin exercise by squeezing your glutes and raising hips up until your body forms a straight line from your knees to your shoulders. Hold for at least 5 seconds, then lower back down. Repeat as necessary.

4A Towel Rows 3x30s

- Use a strong towel. You can wrap it around a post/banister grip tightly feet together lean back whilst standing so the towel is tight and pull yourself in towards the banister. Controlled pull towards the post/bannister.

4B Weighted Dead Bug 3x10

- Lay on your back, slowly and with control, you alternate lowering one arm over your head while extending the opposite leg to the ground and bringing them back up while keeping your core engaged and your lower back pressed to the floor.

4C Side Plank Hip Drop 3x10 E/S

- Step 1: Get down on your forearms and feet (plank position).
- Step 2: Make your body into a straight line so that it is parallel to the ground.
- Step 3: Rotate at the waist and touch your right hip to the ground.
- Step 4: Rotate back up and then to the left and touch your left hip to the ground.
- Step 5: Alternate back and forth for the desired amount of repetitions.

