



U14 FITNESS SESSION - 2

MARCH 2020

1

WARM UP

- 30 jumping jacks
 - 30 upright mountain climbers
 - 15 burpees
 - 10 walking lunges
 - 15 squats
- Repeat 3 times

2

PLYOMETRICS

- [15 Right Leg Hops \(side to side\)](#)
 - [15 Left Leg Hops \(side to side\)](#)
 - [15 seated right leg dips](#)
 - [15 seated left leg dips](#)
 - [30 Frog Hops](#)
- Repeat three times with a one minute rest in-between

3

CARDIO HIIT

- Running on spot
 - Jumping jacks
 - Jump squats
 - Burpees
 - Invisible jump rope
- 30 seconds on, 30 seconds rest
- Repeat the circuit 4 times with no breaks in between.

4

AB FINISHER

- 30 seconds on, 15 seconds rest
- [Cycling crunches](#)
 - [V sits](#)
 - [Reverse crunches](#)
 - [Russian twists](#)
 - [Flutter kicks](#)
- Repeat two times

5

OTHER IDEAS!

- Choose a player to watch in a netball game and analyse their performance. Think about how you can use the information to improve your skills.
- Try and complete the Netball Emoji Quiz sent to your parents!

- Try to complete three times a week
- Sessions will progress each week

- Activities are hyperlinked for photos / videos / instructions
- Share videos and photos of yourself completing these activities with us!



#fun #friendship #fitness

