



YOUTH 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 the spot
 - Jumping Jacks
 - Jump Squats
 - Burpees
 - Invisible jump rope
- 40 seconds on, 20 seconds rest.
Repeat 4 times, with no breaks.

4

AB FINISHER

- 45 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