



# U14 FITNESS SESSION - 3

APRIL 2020

**1**

## WARM UP

- 5 Burpees
- 50 Star Jumps
- 1 minute running on the spot

Repeat 5 times

Complete your own stretches - they must be dynamic and static.

**2**

## WALL WORK

- 100 chest passes
- 100 left shoulder
- 100 right shoulder
- 100 overhead

As hard as you can and as accurate as you can!

**3**

## CARDIO HIIT

- Push ups
- High Knees
- Jump Lunges
- Burpees
- Tricep Dips

35 seconds on

35 seconds rest

Repeat the circuit 4 times with no breaks in between.

**4**

## PLYOMETRICS

- [20 Right leg hops](#)
- [20 Left leg hops](#)
- 20 Seated right leg dips
- 20 Seated left leg dips
- 40 [Frog hops](#)

Repeat the circuit 3 times with a one minute break in between.

- 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**