



YOUTH 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

- 150 chest passes
 - 150 left shoulder
 - 150 right shoulder
 - 150 overhead
- As hard as you can and as accurate as you can!

3

CARDIO HIIT

- Push ups
 - High Knees
 - Jump Lunges
 - Burpees
 - Tricep Dips
- 40 seconds on
20 seconds rest
- Repeat the circuit 4 times with no breaks in between.

4

PLYOMETRIC

- 20 Right leg hops
 - 20 Left leg hops
 - 20 Seated right leg dips
 - 20 Seated left leg dips
 - 40 Frog hops
- Repeat this 4 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