



FOCUS: *Wet Weather Pair with Leg focus.* Cardio ★★☆☆☆ Strength ★★★★★

Each round goes for a total of 6 mins including cardio.

EQUIPMENT: Cones, timer, skipping ropes & step

SET UP: Small space with 15 metre/50 feet run

WARM-UP: Skipping 1 min – Run to set point and back – 1 min skipping

Skipping 45 sec – **High Knees** to 15 meter cone and back – 45 sec skipping

Skipping 30 sec – **Jump Squats** to cone and back - 30 sec skipping

EXERCISE ONE: Legs

Resisted Reverse Lunge, pairs face each other and push other into a reverse lunge.

Partner 1 Right leg leading / Partner 2 Right leg going backwards.

Keep it fast continue for 2 mins, followed by skipping 1 min - Repeat with other leading leg and repeat skipping.

EXERCISE TWO: Legs

Partner 1 – Shoulder Windmills (two dumbbells touching opposite feet) go for 1 min. Partner 2 – One Leg Squat on step on ground with dumbbells 1 min. C/over

Partner 1 – One Leg Squat on step with dumbbells 1 min – Partner 2 – Shoulder Windmills 1 min – Both One leg squat on step (working other leg) –1 min – Skipping 2 min and shuttle run 1 min.

EXERCISE THREE: Triceps/Legs

Push Up Dip Combo 1 min – C/over and repeat 1 min Cardio Sprints to cone (both together)

Triceps/Crab Walk 30 sec – Narrow Push ups – 30 sec

Cardio Sprints to 15 meter cone –1 min (both together)

Triceps/Crab Walk 30 secs – Narrow Push ups – 30 sec

EXERCISE FOUR: Legs

Resisted Side Lunges. Partner1 Stands on Partner 2's foot while they are side on and pushes them down into a side lunge for 1 min (keep core tight coming back up, to increase intensity hold dumbbell on end at chest) continue for 1 min and change legs Partner 1 still completing exercise.

C/over when both legs are completed.

Follow the above with 30 sec Sprints – 30 second Travelling Lunges – 30 sec Sprints – 30 second Travelling Lunges. Rest 2 mins and set up mats for floor work.

EXERCISE FIVE: Floor Work including Ab's 4 min sets

On Towels **Hamstring Lean Out** Push up Partner 1 on knees facing away from Partner2

Partner 2 Holds on to the ankles of Partner 1. Partner 1 slowly leans forward dropping into a Push up position and comes back up, continue for 1 min and c/over. Finish set with steps ups 2 mins.

EXERCISE SIX: Ab's

Up Downs Clap Combo - Partner up and downs on elbows to clap (In Plank position like a Push up clap but up and down on elbows no push up) 1 min – Plank 1 min and Repeat through twice.

RECOVER AND STRETCH