

STRENGTH 3

SINGLE LEG SQUATS

Standing on one leg, lower yourself onto a bench and then push back up again through the heel. Try not to collapse onto the bench; touch down lightly and then push up. Keep your heel pushed into the ground and your core muscles engaged. Repeat for 3 sets of 10 repetitions each leg.

Progression/Alternative

Too easy: do the squats free standing without a bench, or use a lower bench.

Too hard: lower yourself down on one leg and stand up on two.



V-SITS

Lie down straight, legs extended and arms above your head. Lift your arms and legs towards each other at the same time as straight as you can then lower back down. Repeat for 3 sets of 10 repetitions.

Progression/Alternative

Too easy: hold the V position for 1-2 seconds before lowering the arms and legs.

Too hard: lift your arms to your legs and hold them at the top.



LATERAL BURPEE (SQUAT-THRUST)

From a standing position, drop into a squat with your hands on the ground. Jump your feet back to a plank position then back to the squat position and jump up to standing. As you jump up, jump sideways to your left over a mat. Do another burpee, this time jumping sideways to your right at the end. Do as many burpees as you can alternating sides for 45 seconds and repeat for 3 sets.

Progression/Alternative

Too easy: add a press-up into the burpee from the plank position.

Too hard: remove the lateral jump and start with just straight burpees.

