

Land Training, Tuesday 30th November 2021, 5:30-6:30pm

Warm Up (2x Through)

1 Minute: Jog + 30 Seconds: Mountain climbers
1 Minute: High knees + 30 Seconds: Squat thrusts (inside elbows)
1 Minute: Star jumps + 30 Seconds: Wide mountain climbers
1 Minute: Knee tucks + 30 Seconds: Squat thrusts (outside elbows) (12 Minutes)

Main Set

(3x Through)
2 Minutes: Burpees + stand
1 Minute, 30 Seconds: Explosive jumps
1 Minute: Mountain climbers
30 Seconds: Sprint run on the spot (high knees)
(15 Rest) (16 Minutes)

(1x Through)
1 Minute: Press ups
1 Minute: Squats
1 Minute: Sit ups
(15 Rest)
1 Minute: Press ups + two rotations
1 Minute: Forward lunges
1 Minute: Crunches
(15 Rest)
1 Minute: Press ups + Bug
1 Minute: Backward lunges
1 Minute: V Sit ups
(15 Rest)
1 Minute: Press ups + shoulder taps
1 Minute: Heel lifts
1 Minute: Crunches with legs cycling
(15 Rest) (13 Minutes)

(3x Through)
2 Minutes: Burpees + jump
1 Minute, 30 Seconds: Side jumps
1 Minute: Squat thrusts
30 Seconds: Sprint run on the spot (high knees)
(15 Rest) (16 Minutes)

Stretching