



# CLAREMONT

## Training Plan

Session Title	Lockdown Bootcamp
Main Focus	Strength and conditioning
Location	Indoor or outdoor – you choose
Equipment	Optional: weights if you have them, if not then filled water bottles or tins, chair, skipping rope, step/stairs
Warm Up ( 5 – 10 mins)	<p>March on spot, Jog on spot, high knees, heel flicks, arm rotations (increasing movement), torso twists, figure of 8 hips, Side to side lunges, squats, leg swings (forward to back, then cross in front/behind), Jumping Jacks,</p> <p>Additional warm ups</p> <p>skipping (using rope, washing line or just pretending)</p> <p>Using a step/stair or something of similar height that won't move do alt toe taps hopping from foot to foot</p> <p><b>Are you warm? If yes move to Core Session if not repeat exercises again</b></p>
Core Session (30 – 50 mins)	<p><b>NB Ensure good form at all time. If you are struggling doing an exercise, lose the weight, do an easier or broken down version or move onto the next one.</b></p> <p><b>Do 3 to 5 rounds of the circuit. After each circuit have 1 min rest</b></p> <p><b>Each exercise should be done for 40 seconds with 20 seconds rest</b></p> <ol style="list-style-type: none"> <li>1. Press ups (full or kneeling)</li> <li>2. Chair/Bench/stairs tricep dips</li> <li>3. Wall sit ( hold squat position with back against wall -to make it harder hold a weight out in front)</li> <li>4. Plank</li> <li>5. Mountain climbers</li> <li>6. Alternate lunges with arm raises (make harder by using a weight)</li> <li>7. Sit ups with Russian twist (make harder by using a weight)</li> <li>8. Star jumps</li> <li>9. Choose 1 of these - skipping, shuttle runs, run up and down stairs, high knees on spot</li> </ol>
Cool Down (10 minutes)	Arm stretch, Shoulder stretch, back stretch, Side bends, forward bend, quad stretch, hamstring stretch, calf stretch, glute stretch, hip flexor stretch, child's pose, cat/cow stretch
Variations	Additional/substitute stretches as you feel necessary
Notes	Ensure enough space for activities. If working outside of your household please ensure social distancing rules etc

Potential Hazards	
<b>Maps</b>	