

Summer self-training programme for Gr 1

Monday, Wednesday

Jogging 10 min

Warm-up ,

Exercise for abdominal and back muscles 2 series

1. Abdominal curls; 25 repetitions

Lie on your back, knees bent, feet flat on floor, hands behind your head .Curl your upper body towards the thighs, keeping feet flat and back pressed down on the mat, then lower your back to the floor.

2. Flutter Kicks 25 repetitions

Sit on the floor in a reclining position, buttocks and lower back on the floor. Support yourself on your elbows, right leg extended and up over pelvic girdle while left leg is extended forward at 45 degrees off the floor. Change legs and keep repeating.

3. Back Extension 25 repetitions

Lie face down on the floor with arms lying on the floor stretched forward beyond your head. Slowly raise your head, shoulders, arms and legs from the floor. Hold this position for a count of three, and then return to the starting position.

4 Push up 25 forward and backward

5 Shoot the duck 10 on each foot

Exercises with rubber band for arms and legs 25 repetitions each exercise

Stretching, Bridge

Tuesday, Thursday, Friday

Jogging 10 min

Warm-up

Skipping rope :

double jumps on each foot 50

double jumps 200

Double rotation 30

Axel 30

Stretching , Spins positions on spinner for balance

Saturday, Sunday day-off.