

Summer self-training programme

Gr3

Monday, Friday

Jogging 5 min

Warm-up 5 min

Jump-rope

Single hops; forward -100, backward -100, one foot -50 each foot

Stretching

Spagat, Split training Flygskär

Tuesday, Thursday

Jogging 5 min

Warm-up 5 min

Strength training

1. Squats; 20 repetitions

2. Power skips; 20 repetitions

Step onto the right foot, bending at the ankle, knee and hip. At the same time, pull your arms back alongside your body. As you jump, rapidly pull both arms forward as in an axel jump, lifting the left knee at the same time. The movement is repeated on the other side. The landing is the preparation for the next jump.

3. Shoot-the-duck; 10 on each foot

4. Flygskär position 5 on each foot for 5 sec.

Push-ups 20 repetitions

Single rotation 15 repetitions

Stretching

same as above

Wednesday

Jogging 5 min

Warm-up 5 min

Exercise for abdominal and back muscles

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 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.

Stretching

same as above

Saturday, Sunday - Day-off