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Garden grind

Monday = Funday

3 Sets of each of below - each set has 6 reps unless noted.

- Power bag cleans: <https://www.youtube.com/watch?v=kAOVB2wveSo>
- Power bag squats: <https://www.youtube.com/watch?v=IEYIFY-MdsQ>
- Seated military press (aim to be fast and explosive):
https://www.youtube.com/watch?v=poD_-zaG9hk
- Dumb bell twist: https://www.youtube.com/watch?v=Tm_gfQTbDHw
- Power bag split squat jump (aim to jump explosively and land in lunge position): <https://www.youtube.com/watch?v=398hsdoWf5M>

Tuesday = The Need for Speed

- Sprint Pyramid - 2 Sets of the following:

6 X 15-meter sprint

6 X 10-meter sprint

6 X 5-meter sprint

- Sprint Ladders – 3 Sets of the following:

Double taps X6: https://www.youtube.com/watch?v=a0OYT_luKs8 (as fast as possible)

Ins and outs X6: each side: for your left and right side, step in and out of the ladder on the side

Side to sides X6: <https://www.youtube.com/watch?v=vA1pvtXHNhw> (as fast as possible)

- Bounding – 3 Sets of the following:

6 x 15m: <https://www.youtube.com/watch?v=b3124L0KK3Q>

Wednesday = Take a Break

Thursday = Blitz Day

A Circuit of the following exercises done in order and done 10 times:

- 2 x 15m Bear crawls: <https://www.youtube.com/watch?v=PvhBzBc6fll>
- 2 x 15m Skater jumps: <https://www.youtube.com/watch?v=GASffpVpEu0> (maintain upright posture, and jump forward at the same time)
- 2 x 15m Inchworm: <https://www.youtube.com/watch?v=t6Ejle4A-ol>
- 2 x 15m Med ball figure of 8: hold medicine ball in front of you and move the ball in figure of 8's horizontally, legs shoulder width apart, hips kept neutral.
- 1 x 15m Right Leg Single Leg Bounds: https://www.youtube.com/watch?v=wrpG_8Z5qjY
- 1 x 15m Left Leg Single Leg Bounds

Friday = FriYay

3 Sets of each of below - each set has 6 reps unless noted.

- Power bag push press: <https://www.youtube.com/watch?v=uQ4JIN1Tzlw>
- Neider Press: <https://www.youtube.com/watch?v=yOUMLSJsQRs>
- Power bag snatch: https://www.youtube.com/watch?v=VkXu-Kg_hMw
- 12 Side to Side Box Jumps: <https://www.youtube.com/watch?v=wRUx5QyLes>
- 12 Plank Box Walkovers: <https://www.youtube.com/watch?v=TqLLJiBsdil>

Saturday = Beastmode

A Circuit of the following exercises done in order and done 6 times:

- 6 Clap Press-ups: <https://www.youtube.com/watch?v=EYwWCgM198U>
- 12 Plate Twists: <https://www.youtube.com/watch?v=vWZNWuLCS44>
- 6 Skull Crushers: <https://www.youtube.com/watch?v=ir5PsbniVSc>
- 12 Psoas March: <https://www.youtube.com/watch?v=cmgOzyvrizU>
- 6 Seated Military Press: https://www.youtube.com/watch?v=poD_-zaG9hk

Sunday = Chill

What if I don't have any equipment?

Improvise is the short answer :

No power bag? use a sandbag or a small relative (only joking).

No dumb bells? use bottle filled with water or a tin of paint (make sure the lid is on).

No Sprint Ladders? Use some chalk and draw one on the floor (don't do it on mums' best carpet).

No Medball? Use a rock or a pet (no don't use a pet)