

Strength & Conditioning - Session 1



| Circuit :- | Repeat circuit x 3 | | Time |
|-------------------|--------------------------------------|--------------------------|--------------|
| 1 | Lying hip thrust | 10 off | 2.00 |
| 2 | Russian twists | 10 off | 2.00 |
| 3 | Lying hip thrust - single leg | 5 off on each leg | 2.00 |
| 4 | Side plank rotation | 5 off on each leg | 2.00 |
| 5 | V-hold | 10 off | 2.00 |
| 6 | Arabesque | 10 off | 2.00 |
| | | | 36.00 |