

## Home workout for Ace's

Warm up:- Skipping for 5 minutes, practice single foot skips and alternating feet

Speed and agility:- Practice sprint starts with 5-10m sprints. X20

Body control exercise:- Walking lunges, backwards walking lunges, side step lunges x 20  
Reverse crab walking x 20meters. Plank for 1-2 minutes

Shoulder stability:- Resistance band; shoulder press 2 x 20.

Lateral raises 2 x 20

Frontal Raises 2 x 20

Internal/external rotation 2 x 20

Lying medial and lateral rotation 2 x 20

Cardio:- running on the spot 1 minute

Jumping Jacks 1 minute

Squats thrusts 1 minute

Step up 2 minutes 1 minute per leg leading

Cool Down:- Lower body Stretches. Quads, glutes, inner thigh, IT band, hamstrings, calves., Achilles tendon.

Upper body. Shoulders, upper back, chest and triceps.

Drink plenty of water whilst exercising!