



IABA Youth National team

(S & C sessions)



General warm-up include Dynamic stretches and rotations 10mins

5x3 min rounds Skipping 1min recovery

Full body circuit 3 sets 12 exercises

30 on 10 off

2 minute recovery between sets.

- Star jumps
- Wall sit
- Press-up
- Sit-up
- Tuck-jump
- Squat-jumps
- Mountain climbers
- Front plank
- Burpees
- Split-jumps
- Walking plank
- Russian twist

Cool down/post stretch