

# MAG Strength Program

4 week block

Mon/Wed/Fri

## Week 4

### Warm-up

Jogging, knees up, kick bottom, skipping, hopping. Can do on the spot or down a hallway  
Handstand practise 1 – 5 mins

### Stretch

Standing Star arm circles forward and backwards x10

Standing star touch floor 10 secs

Standing pike 2 x 10 secs

Squat hold, grab legs, chest to knees, lift up as high as possible keeping chest on knees

L-Sit reaching back. 3 roll outs

L-Sit reaching forwards. 10 secs

Butterfly 20 secs

Straddle reach to each side then middle 20 secs each

Straddle walk across

Wrists (angry cat shape leaning all directions)

Lunge, pigeon (piriformis), straighten front leg, splits 20 secs each

Middle Splits 20 secs


Bridge 10 secs

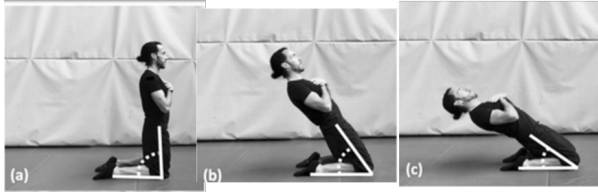
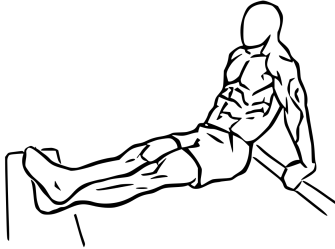
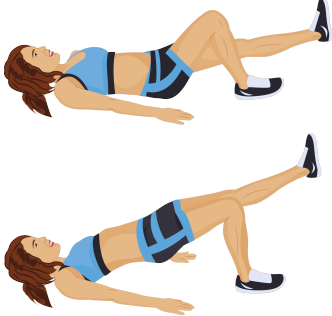
### Core

Seated Core Compressions (10 pike, 10 straddle each side, 10 middle) (Brady you can go over toiletpaper instead of foam)

Dish, Side and Arch hold 10 sec x 2

Front Support, Side Support, Rear Support, Side Support, Front Support 30 secs each

Exercise	Sets	Reps
Split Squats 	2	8 each leg

Push-Ups	2	6 with 10 second half way hold
Prisoners 	2	6
L-Sit	2	As long as possible
Dips (Straight legs now) 	2	10
Single Leg Glute Bridge 	2	6 each leg

### Skills

Jump off couch to stick landing. 5 forwards and 5 backwards  
Pommel hands front support leaning forward and backward x5  
Towel dislocates x5  
Go outside and practice cartwheels and cartwheel step ins

### CHALLENGE:

Start in front support with a toilet paper roll on your back. You have to turn to rear support and hold the toilet paper roll on your chest. You are allowed to grab the roll with your hand when you turn.