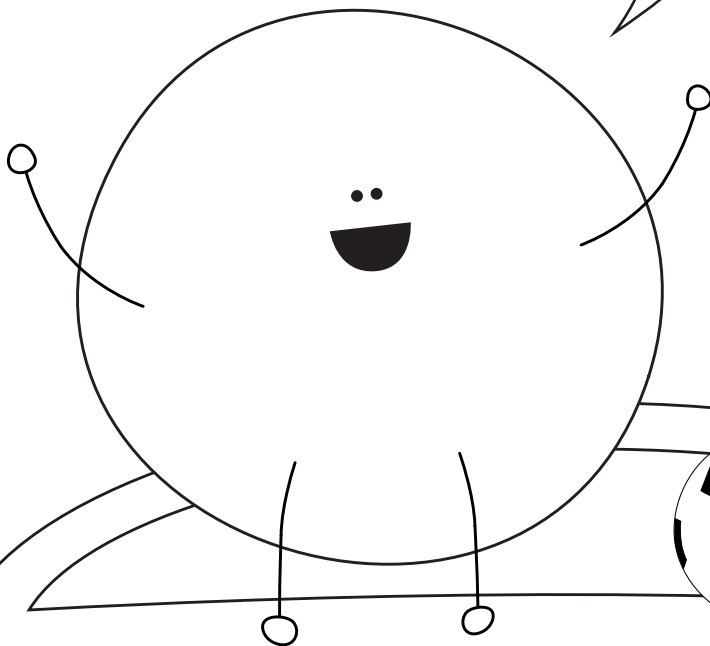


The Super Seven's Football Activity Club

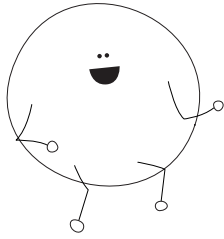
Welcome!

Hi, I'm Bouncer and today we're heading out on the football pitch.

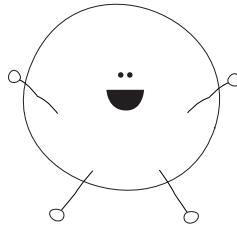
Get your kit on, choose your favourite team, find a space and get ready to move. Game on!



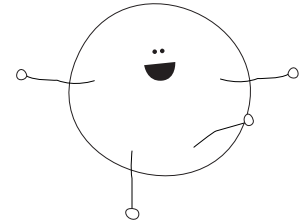
Warm up (repeat x3)



#1 Jog on the spot. Start slow and get faster. Do this for 30 seconds.

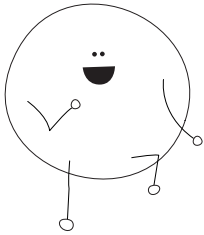


#2 In goal. Jump to each side and lift your arms. Do 20 of these.

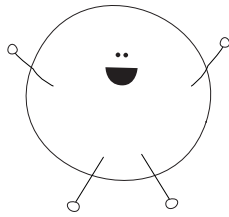


#3 High kicks. Using one foot for balance, swing the other leg high. Do 10 of these each side.

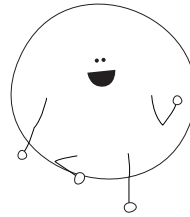
Main workout (repeat x3)



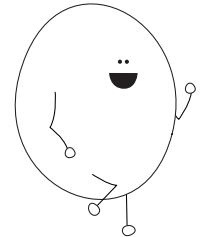
#1 Keepy-ups. High knees up, slow then faster. Do these for 60 seconds.



#2 Squat and jump. Squat low then jump high. Do 20 of these.

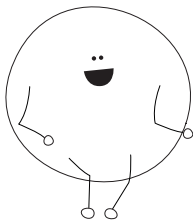


#3 Sprint forwards, then jog backwards. Do 10 of these.

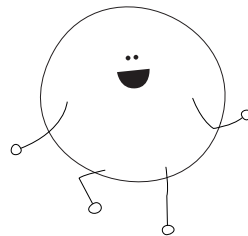


#4 Skip around the pitch for 60 seconds.

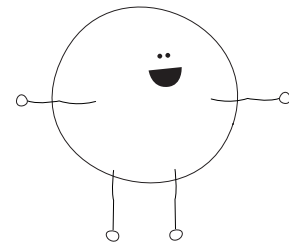
Cool down



#1 Side skips. Sidestep skips, then touch the floor. Do 10 of these each way.



#2 Side pass. Kick your leg as if passing a ball. Do 10 of these each side.



#3 Waist twists. Stand with your arms at chest height and twist for 30 seconds.

Finished your workout? Now you can colour me in!

Snap a picture/video and tag @VirginActiveUK and we'll show off your moves.