

podiumfitness

Get fit. **Feel great.**

WARM UP

Starting gently, 30 secs of star jumps – easy effort

10 deep squats into full extension (twinkle fingers)

10 Lunges to the back

10 Lunges to the front

10 Lunges to the side

10 Transverse lunges pivoting off the front toe to 135° to the rear

20 Burpees

MAIN SET

Legs

45 secs Wall Sit

45 secs Squat Pulse

45 secs Lunges

45 secs Power Squat

45 secs Rest

Repeat 3 times and move onto...

Core

45 secs Plank

45 secs Leg Up Toe Touch

45 secs Hot Hands

45 secs Sit Ups

45 secs Rest

Repeat 3 times and move onto...

Upper

45 secs Tricep Dip

45 secs Back Extension

45 secs Squat Thrusts

45 secs Press Up

45 secs Rest

Repeat 3 times and move onto...

Total Body Cardio
45 secs Heismanns
45 secs Jumping Jacks
45 secs High Knees
45 secs Burpees
45 secs Rest

Repeat 3 times.

COOLDOWN

Stretch and cool down as we would normally at the end of a session, start from the bottom up and hold each for 10-15 secs

Cross legs and touch your toes. (both sides)

1 step forward bend the back knee, lift the toe, reach across with the opposite hand (both sides)

Hand above the laces pull your heel towards your bum, when you have balance drive your knee back to increase stretch across the hip (both sides)

Standing up arms out in front pull your right wrist away, release and try and open your arms wide to stretch across the chest, repeat with the left wrist.

Thumb up pull your Left arm across your body look to the left shoulder, repeat for the right arm.

Hand on the small of your neck, take your elbow that's pointing up and pull across. Repeat for both arms.