

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

40/20 secs High Knee/Burpees – Repeat x 3

30/30 secs Squat Thrusts/Rest

40/20 secs Squat Thrusts/Rest

50/10 secs Squat Thrusts/Rest

40/20 secs Jumping Jacks/Get Ups – Repeat x 3

MAIN SET

100 secs Star Jumps

90 secs Heel Flicks

80 secs Alternates

70 secs Shoulder Taps

60 secs Squats

50 secs Press-up

40 secs Russian Twist

30 secs Leg up Toe Touch

20 secs Butterfly sit ups

10 secs Burpee

2 mins Rest

100 secs Burpee

90 secs Butterfly sit ups

80 secs Leg up Toe Touch

70 secs Russian Twist

60 secs Press-up

50 secs Squat

40 secs Shoulder Tap

30 secs Alternates

20 secs Heel Flick

10 secs Star Jumps

Rest 2 mins

40 secs Star Jumps 20 secs Bastards

30 secs Star Jumps 30 secs Bastards

20 secs Star Jumps 40 secs Bastards

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.