

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

30/30 secs Squat Thrusts/Rest

40/20 secs Squat Thrusts/Rest

50/10 secs Squat Thrusts/Rest

MAIN SET

Set 1

40 secs Squats 20 secs Lunges

30 secs Squats 30 secs Lunges

20 secs Squats 40 secs Lunges

Set 2

40 secs Press Ups 20 secs Tricep Dips

30 secs Press Ups 30 secs Tricep Dips

20 secs Press Ups 40 secs Tricep Dips

Set 3

40 secs High Knees 20 secs Heel Flicks

30 secs High Knees 30 secs Heel Flicks

20 secs High Knees 40 secs Heel Flicks

Set 4

40 secs Plank to Press 20 secs Shoulder Taps

30 secs Plank to Press 30 secs Shoulder Taps

20 secs Plank to Press 40 secs Shoulder Taps

Set 5

40 secs Sit Ups 20 secs Get Ups

30 secs Sit Ups 30 secs Get Ups

20 secs Sit Ups 40 secs Get Ups

Set 6

40 secs Russian Twist 20 secs Twist Sit Up

30 secs Russian Twist 30 secs Twist Sit Up
20 secs Russian Twist 40 secs Twist Sit Up

Set 7

40 secs Alternates 20 secs Wide to Narrow Press Ups
30 secs Alternates 30 secs Wide to Narrow Press Ups
20 secs Alternates 40 secs Wide to Narrow Press Ups

Set 8

40 secs Jumping Jacks 20 secs Power Squat
30 secs Jumping Jacks 30 secs Power Squat
20 secs Jumping Jacks 40 secs Power Squat

Set 9

40 secs Plyo Lunge (change legs ½ way) 20 secs Squat Pulse
30 secs Plyo Lunge (change legs ½ way) 30 secs Squat Pulse
20 secs Plyo Lunge (change legs ½ way) 40 secs Squat Pulse

Set 10

40 secs Squat Thrust 20 secs Burpees
30 secs Squat Thrust 30 secs Burpees
20 secs Squat Thrust 40 secs Burpees

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.