

podiumfitness

Get fit. **Feel great.**

WARM UP

10 Deep squats into full extension

10 Lunges to the back

10 Lunges to the front

10 Lunges to the side

30 Sec or 40 reps (whichever is quicker) of the following:-

Heel Flicks

High Knees

Shoulder Taps

Alternate Squat Thrusts

MAIN

8 mins/set work your way through the exercises and repeat the set you are on for the full 8 mins. 2 mins rest between sets.

Set 1#

20 Press Ups

20 Squats

20 Jumping Jacks

200 High Knees

Set 2

20 Squat Thrust

20 Sit Ups

20 Burpees

200 Squat Pulses

Set 3

20 Bastards

20 Get Ups

20 Plyo Lunges

200 Alternate squat Pulses

Set 4

20 Plank 2 Press

20 Russian Twists

20 Squat Jumps

200 Heel Flicks

Set 5

20 T- Press ups

20 Inch worm

20 Lunges

200 Shoulder Taps

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.