

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 secs Squat Thrusts

20 secs Squats

30 secs Press Ups

20 secs Squat Thrusts

30 secs Squats

10 secs Press Ups

30 secs Squat Thrusts

10 secs Squats

20 secs Press Ups

MAIN EVENT!

20 mins - as many rounds as possible.

Round 1

1. 8 Butterfly Sit Ups
2. 8 Leg Raises
3. 8 Get Ups
4. 8 Burpees
5. 8 Squat Thrusts
6. 8 Squats
7. 8 Inch Worms
8. 8 Press ups
9. 8 Jumping Jacks

Beginners same reps each repeat,
Intermediates add 2 reps per repeat capped at 16,
Advanced add 4 reps per repeat capped at 24.

Score your efforts as follows... when 20 mins is up
award yourself a score for the completed number of
rounds, completed number of stations and completed
number of reps on the station you're on when time is
up.

For example a score of 8.3.5 would be 8 total rounds 3
rounds completed of your 9thth round and 5 burpees
completed at the 20 min mark..

Rest when you need to rest though this will have an impact on your score!

Let us know your scores 3... 2... 1... go!

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.