

podiumfitness

Get fit. **Feel great.**

WARM UP

Starting gently, 30 secs of star jumps – easy effort x 4

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

45 secs 10 Press up Pulse/ 2 Press ups

45 secs Lunge Squat Lunge

45 secs Butterfly Sit Ups

45 secs Jumping Jacks

45-60 secs Rest

Repeat 3 times.

Set 2

45 secs 1 up 3 down Press (plyo if poss)

45 secs ½ Squat Out Out In In fast feet

45 secs Plank

45 secs Bastards

45-60 secs Rest

Repeat 3 times.

Set 3

45 secs Archer Press

45 secs Squat Pulse

45 secs Heel Touch Pulses

45 secs Double Burpee

45-60 secs Rest

Repeat 3 times.

Set 4

45 secs Slow mo Press (no more than 4 reps)

45 secs Sumo to Narrow Squat Jumps

45 secs Half Sit

45 secs Bunny Hop Burpee

45-60 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.