

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 of the following:-
Heel Flicks
High Knees
Shoulder Taps
Alternate Squat Thrusts

MAIN

1, 2, 3, 4... Go!

1. 50 extended arm Burpees,
2. 100 Press Ups
3. 150 Jumping Jacks
4. 200 Air Squats

This can be broken down however you like, (5, 10, 15, 20) x 10 would be my suggestion but it's entirely your decision.

As soon as you've completed the reps its

Go... 800 mtr best effort run OR 3 mins Chest to floor Burpees

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.