

# 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

### Set 1

30 secs Push Ups  
30 secs Plank Jacks  
30 secs Jumping Jacks  
30 secs Squats  
30 Secs Elbow Plank

x 3 (7:30 no rest between repeats)

2 mins rest

### Set 2

30 secs 1 up 3 down Press Up  
30 secs Squat Thrust  
30 secs Chest  
30 secs Tri Lunge Switch  
30 Secs Plank Extended

x 3 (7:30 no rest between repeats)

2 mins rest

### Set 3

30 secs Star Press  
30 secs Plank 2 Press  
30 secs Tuck Jump Burpee  
30 secs Sumo to Narrow Jump  
30 Secs Star Plank

x 3 (7:30 no rest between repeats)

2 mins rest

#### **Set 4**

30 secs Slow Motion Press Up

30 secs Alternates

30 secs Mountain Burpee

30 secs Power Squat

30 Secs Star Plank

x 3 (7:30 no rest between repeats)

#### **Cool down and stretch**

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.