

podiumfitness

Get fit. **Feel great.**

WARM UP

30 Sec of the following:-

Heel Flicks

High Knees

Star Jumps

Alternate Squat Thrusts

10 Deep squats into full extension

10 Lunges to the back

10 Lunges to the front

10 Lunges to the side

MAIN

Round 1 - 30 secs on 15 off, then 3 "Proper" Rounds of 60 secs on 15 secs off.

1. Low Bunny Hops Burpee

3 low bunny hops on the spot between straight arm burpees, no jump – on repeat straight up into the bunny hops.

2. Half Sit Crunch with Tummy Tap.

Perform a half sit up, never coming all the way up, use arms for momentum and "tap" tummy on the top.

3. Low Lunge Switch

Staying low on the lunge perform a plyo lunge switch.

4. Close to Regular to Narrow Press ups.

Plyo if possible – on knees is acceptable. Last 15 secs regular press up pulse burn out.

5. High Knees

Last 15 seconds Burn out.

6. Glute Bridge Kick Ups

Hand on floor – legs kicked up... not just lifted.

7. Low Jump Squats

Squat really low and into a jump.

8. Round the World Plank.

Holding a plank lift left arm, right arm, left leg, right leg in sequence no rocking through hips.

9. In In Out Out in a half squat w/random ½ Burpee Sprawl

whilst maintaining the fast feet in in out out random ½ burpee sprawls – essentially into a plank position and spring back up into in in out out

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.