

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 Transverse lunges pivoting off the front toe to 135° to the rear

40 high knees then a 2 handed touch down x 5

60secs High Knees

60secs Alternating between 10 Press Ups, 10 Squat Thrust

60secs Jumping Jacks

60 secs Alternating between 10 Sit ups 10 Squats

60 secs heel flicks

60 secs Alternating between 10 Get Ups/10 Lunges

MAIN SET

Set 1

3/1 Press Up - Butterfly Sit Ups - Squat Thrust Groiners - Get Ups

30 secs of each then 30 secs rest followed by 45 secs of each then 45 seconds rest followed by 60 secs of each.

For example:-

30 secs 3/1 Press Up

30 secs Butterfly Sit Ups

30 secs Squat Thrust Groiners

30 secs Get Ups

30 secs Rest

45 secs 3/1 Press Up

45 secs Butterfly Sit Ups ... and so on!

Set 2

Tricep Dips - Leg Raises – Chest to Floor Burpees – Plank

30 secs of each then 30 secs rest followed by 45 secs of each then 45 seconds rest followed by 60 secs of each.

Set 3

Slow Motion Press Ups – Tri Lunge Switch – Out Out In In – A2G Squats

30 secs of each then 30 secs rest followed by 45 secs of each then 45 seconds rest followed by 60 secs of each.

Set 4

Close/Regular/Wide Press Ups – Low Bunny Hop Burpee – Jumping Jacks – Sumo 2 Narrow Squat Jumps

30 secs of each then 30 secs rest followed by 45 secs of each then 45 seconds rest followed by 60 secs of each.

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.

