

# 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

### MODIFIED TABATA SETS

Each round is 2 x (30 secs on 15 secs off) once for each exercise , 1 min Recovery between sets

Rounds	Exercises	Total Time
4	Jumping Jacks + Get Up	6 mins
4	Out Out In In+ Sumo – Slow Mo Press Up	6 mins
4	Squat Thrust + Plank Jacks	6 mins
3	Tricep Dips + Tri Lunge Switch	4:30 mins
3	Power Squats+ High Knees	4:30 mins
3	Butterfly Sit Ups + Alternates	4:30 mins
2	Squat Jump Reset + Bunny Hop Burpee	3 mins
2	Double Burpee + Squat Pulse	3 mins
2	Plank + Plank to Press	3 mins

## 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.