

# podiumfitness

Get fit. **Feel great.**

## WARM UP

10 Deep squats into full extension (twinkle fingers)

10 Lunges to the back

10 Lunges to the front

10 Lunges to the side

30 Sec or 20 reps (whichever is quicker) of the following:-

Star Jumps

Mountain Climber

Plyo Lunges (15secs or 10 Reps/side)

Russian Twists

## MAIN

6 mins made up as follows

Lunges – Squats – Burpees

Start on 2 reps on repeat +2 upto 20 then -2 back down to 20.

Focus of the reps should be 2-8, control + range of movement

8+ cardio so Lunges become Tri Lunge Switch, Squats become power squats, Burpees become extended arm

Repeat 6 mins on 2 mins off x 3

Set 2

Slo motion Press Ups, Sit ups, Plank 2 Press

Focus of the reps should be 2-8, control + range of movement

8+ cardio so Press Ups become Press Up Pulses, Sit Ups become bicycle Crunches's, Plank to Press becomes shoulder taps.

Repeat 6 mins on 2 mins off x 2

### **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.