

# 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

14 mins made up as follows

Set 1 – Each exercise 90 secs on 30 secs off

Regular Press ups

BFly Sit ups

Tri Lunge Switch

Squats

Star Jumps

Round the world Plank

Extended Arm Burpee

Upto 2 mins rest before...

Set 2– Each exercise 90 secs on 30 secs off

3/1 Press

Bicycle Crunchs

Lunges

Squat Jump

Jumping Jacks

Plank 2 Press  
Double Burpee

Upto 2 mins rest before...

Set 3– Each exercise 90 secs on 30 secs off

Slow Mo Press  
Sit and hold with controlled descent  
Plyo Lunges  
Sumo to Narrow Squat Jump  
Jumping Get Ups  
Plank  
True Chest to floor Burpee

### **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.