

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

30/30 secs Squat Thrusts/Rest

40/20 secs Squat Thrusts/Rest

50/10 secs Squat Thrusts/Rest

MAIN SET

Set 1

40 secs Squats Pulses 20 secs Tri Lunge Switch

30 secs Squats Pulses 30 secs Lunges

20 secs Squats Pulses 40 secs Lunges

Set 2

40 secs Press Ups 20 secs Squat Thrust

30 secs Press Ups 30 secs Squat Thrust

20 secs Press Ups 40 secs Squat Thrust

Set 3

40 secs High Knees 20 secs Calf Raises

30 secs High Knees 30 secs Calf Raises

20 secs High Knees 40 secs Calf Raises

Set 4

40 secs Plank to Press 20 secs Sit Ups

30 secs Plank to Press 30 secs Sit Ups

20 secs Plank to Press 40 secs Sit Ups

Set 5

40 secs Russian Twist 20 secs Get Ups

30 secs Russian Twist 30 secs Get Ups

20 secs Russian Twist 40 secs Get Ups

Set 6

40 secs Alternates 20 secs Twist Sit Up

30 secs Alternates 30 secs Twist Sit Up
20 secs Alternates 40 secs Twist Sit Up

Set 7

40 secs Power Squat 20 secs Wide to Narrow Press Ups
30 secs Power Squat 30 secs Wide to Narrow Press Ups
20 secs Power Squat 40 secs Wide to Narrow Press Ups

Set 8

40 secs Jumping Jacks 20 secs Sumo to Narrow Squat Jump
30 secs Jumping Jacks 30 secs Sumo to Narrow Squat Jump
20 secs Jumping Jacks 40 secs Sumo to Narrow Squat Jump

Set 9

40 secs Plyo Lunge (change legs ½ way) 20 secs Squat Pulse
30 secs Plyo Lunge (change legs ½ way) 30 secs Squat Pulse
20 secs Plyo Lunge (change legs ½ way) 40 secs Squat Pulse

Set 10

40 secs Chest to Floor Burpee 20 secs Out Out In In
30 secs Chest to Floor Burpee 30 secs Out Out In In
20 secs Chest to Floor Burpee 40 secs Out Out In In

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.