

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 or 40 reps (whichever is quicker) of the following:-

Heel Flicks
High Knees
Alternate Squat Thrusts

20 secs Burpee 40 secs Squat Thrusts
30 secs Burpee 30 secs Squat Thrusts
40 secs Burpees 20 secs Squat Thrusts

Squat to haunches for mobility

MAIN

30 on 15 off work ABC and repeat each set 4 times before 2 mins rest and moving to next set.

Set 1

A. Press Ups
B. Squats
C. Plank 2 Press

Set 2

A. Close Grip Press Ups
B. Squats Pulse
C. Sit Ups

Set 3

A. Press Up Pulse
B. Power Squats
C. Head Shoulders Knees and Toes

Set 4

A. Wide to Narrow Grip Press Ups
B. Out Out In In
C. Shoulder Taps

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.

