

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

Cat Cow x 10

Squat to haunches for mobility x 10

MAIN

3 mins per set.

1st Min 20 secs A, 40 secs B,
2nd min 30 secs A 30 secs B,
3rd min 40 Secs A, 20 Secs B.

1 min rest between sets.

Set 1

- A. Press Ups
- B. Alternate Squat Thrusts

Set 2

- A. Squats
- B. Out Out In In

Set 3

- A. Calf Raises
- B. High Knees

Set 4

- A. Russian Twists
- B. Sit Ups

Set 5

- A. Plank to Press
- B. Head Shoulders Knees and Toes

Set 6

- A. Leg Raises
- B. Bicycle Crunches

Set 7

- A. Power Squats
- B. Tri Lunge Switch

Set 8

- A. Bastards
- B. Bunny Hop Burpee

Set 9

- A. Get Ups
- B. Jumping Jacks

Set 10

- A. Squat Thrust
- B. Burpess

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.

