

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

Star Jumps

Mountain Climber

Plyo Lunges (15secs or 10 Reps/side)

Russian Twists

## MAIN

Consider this a 15 station circuit. Run through 4 times, 1<sup>st</sup> time spend 1 minute at each "Station", 2<sup>nd</sup> time 45secs/station, 3<sup>rd</sup> time 30 secs, 4<sup>th</sup> and final time 15 secs. **Only rest at rest stations.**

1. Burpees
2. Press Ups
3. Squat
4. Russian Twists
5. Rest
6. Jumping Jacks
7. Narrow/Military Press
8. Tri Lunge Switch
9. Shoulder Tap/Hot Hands
10. Rest
11. Get Ups
12. Squat Thrust
13. Bunny Hop Burpees
14. Head Shoulders Knees and Toes
15. Rest

## 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.

