

# 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

- |                   |                     |                           |                        |
|-------------------|---------------------|---------------------------|------------------------|
| 1. High Knees     | 4. Get Ups          | 7. Narrow/Military Press  | 10. Squat Jumps        |
| 2. Squat Thrust   | 5. Jumping Jacks    | 8. Shoulder Tap/Hot Hands | 11. Bunny Hop Burpees  |
| 3. Russian Twists | 6. Tri Lunge Switch | 9. Butterfly Sit Ups      | 12. High Knees Burpees |

### **Set 1 - SOLOS**

Each Exercise 30 on 30 off

### **Set 3 TRIPS**

1+2+3, 4+ 5+6, 7+8+9, 10+11+12

1:30 min made up of 30 secs each exercise / 30 secs off.

### **Set 2 – PAIRS**

1+2, 3+4, 5+6, 7+8, 9+10, 11+12

1 min made up of 30 secs each/ 30 secs off.

### **Set 4 QUADS**

1+2+3+ 4, 5+6+7+8, 9+10+11+12

2:00 min made up of 30 secs each exercise / 30 secs off. Set 3 TRIPS

## **Set 5 HEXS**

1+2+3+4+5+6, 7+8+9+10+11+12

3:00 min made up of 30 secs each exercise / 30 secs off.

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## **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.

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