

# podiumfitness

Get fit. **Feel great.**

## WARM UP

Starting gently, mobilise all joints, starting at the top work down roll your head, make broad sweeping circles with your arm, place hands on hip and work an imaginary hula hoop, place hands on knees and work that same hula hoop from the knees, go onto tippy toes on one foot and move through your ankle in a circular motion, then change side. Go clockwise and anti clockwise, spend 30 seconds or so on each body part. 4-5 mins in total.

Heart rate raiser

30 fast side steps 1 squat thrust,  
20 fast side steps 2 squat thrusts,  
10 fast side steps 3 squat thrusts,

## MAIN SET

'Tabata' like sets.

Set 1

4 x 40 secs High Knees 20 secs rest  
60 secs rest  
4 x 40 secs Alternate Squat Thrusts 20 secs rest  
60 secs rest  
4 x 40 secs Jumping Jacks 20 secs rest  
60 secs rest

Set 2

3 x 40 secs Squat Pulses 20 secs rest  
40 secs rest  
6 x 40 secs Plyo Lunges (1<sup>st</sup> set just left leg, 2<sup>nd</sup> set just right leg and so on) 20 secs rest  
40 secs rest  
6 x 40 secs Press Ups 20 secs "rest" held in the down position of the press up  
40 secs rest

Set 3

2 x 40 secs Hot Hands 20 secs rest  
20 secs rest  
2 x 40 secs Burpees 20 secs 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 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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