

podiumfitness

Get fit. **Feel great.**

WARM UP

30 Sec of the following:-
Heel Flicks
High Knees
Star Jumps
Alternate Squat Thrusts

10 Deep squats into full extension
10 Lunges to the back
10 Lunges to the front
10 Lunges to the side

30 Sec of the following:-
Heel Flicks
High Knees
Star Jumps
Alternate Squat Thrusts

MAIN

Pyramid Set:-

Work through the following exercises in order. Starting from 2 reps of each exercise. On repeat +2 to the reps, up to 10 then -2 back down to 2.

So it goes...1st set - 2 reps of each, 2nd set - 4 reps of each, 3rd set - 6 reps of each 4th set - 8 reps of each, 5th set - 10 reps of each, 6th set - 8 reps of each 7th set - 6 reps of each, 8th set - 4 reps of each and finally 9th set - 2 reps of each!

Squat Thrusts
Sit Ups
Chest to Floor Burpee
Jumping Jacks
Power Squats
Close Grip Press

Rest if you need to at the end of a set but no more than 20-30 secs between sets. Once you have finished the pyramid take 2 mins before starting the...

Reverse Pyramid Set:-

Work through the following exercises in order. Starting from 10 reps of each exercise. On repeat -2 to the reps, down to 2 then +2 back up to 10.

So it goes...1st set - 10 reps of each, 2nd set - 8 reps of each, 3rd set - 6 reps of each 4th set - 4 reps of each, 5th set - 2 reps of each, 6th set - 4 reps of each 7th set - 6 reps of each, 8th set - 8 reps of each and finally 9th set - 10 reps of each!

Get Ups
Squat Thrusts
Tuck Jump Burpees
Lunges
Squat Jumps
3-1 Press Up

Cool down and stretch

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.