

podiumfitness

Get fit. **Feel great.**

WARM UP

Starting gently, 30 secs of star jumps – easy effort

10 deep squats into full extension (twinkle fingers)

10 Lunges to the back

10 Lunges to the front

10 Lunges to the side

30/30 secs Squat Thrusts/Rest

40/20 secs Squat Thrusts/Rest

50/10 secs Squat Thrusts/Rest

40 secs Squats 20 secs Lunges

30 secs Squats 30 secs Lunges

20 secs Squats 40 secs Lunges

40 secs Press Ups 20 secs Tricep Dips

30 secs Press Ups 30 secs Tricep Dips

20 secs Press Ups 40 secs Tricep Dips

MAIN EVENT!

To Time:-

100 Jumping Jacks

25 Press ups

100 Star Jumps

25 Power Squats

100 Heel Flicks

25 Sit Ups

100 High Knees

25 Burpees

Repeat x 2

Post times below 3... 2... 1... go!

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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