

podiumfitness

Get fit. **Feel great.**

WARM UP

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
Shoulder Taps
Alternate Squat Thrusts

MAIN

Set 1

10 Burpees, 10 Press Ups, 10 Sit Ups repeated for 4 mins.

1 min rest before...

Set 2

10 Chest to Floor Burpee, 10 Close Grip Press Ups, 10 Leg Raises repeated for 4 mins.

1 min rest before...

Set 3

10 Low Bunny Hop Burpee, 10 Squat Thrust, 10 Squat Jumps repeated for 4 mins.

1 min rest before...

Set 4

10 Get Ups, 10 Power Squats, 10 Plank 2 Press repeated for 4 mins.

1 min rest before...

Set 5

10 Jumping Jacks, 10 Sumo to Narrow squat Jumps, 3 x Round the World Plank repeated for 4 mins.

1 min rest before...

Set 6

10 Tuck Jump Burpees, 10 3+1 Press Ups, 10 Tri Lunge Switch (counting only the switch) repeated for 4 mins.

1 min rest before...

Set 7

10 High Knees Burpees, 10 Plank Jacks, 10 Squats (A2G) repeated for 4 mins.

1 min rest before...

Set 8

10 Double Burpees, 10 Star Press Ups, 10 Alternate Squat Thrust (counting 1 leg) repeated for 4 mins.

1 min rest before...

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.