

# 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

10 Transverse lunges pivoting off the front toe to 135° to the rear

40 high knees then a 2 handed touch down x 5

## MAIN SET

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

2 Push Up

2 Plank to Press

2 Squat thrusts

2 Lunges

2 Burpees

2 Squat Jumps

2 Jumping Jacks

2 Get Ups

2 Butterfly Sit ups

2 Leg Raises

reps increase as follows – 2, 4, 6, 8, 10, 10, 8, 6, 4, 2

Rest is strict max of 1 min between sets.

## 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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