

podiumfitness

Get fit. **Feel great.**

WARM UP

10 Lunges to the back
10 Lunges to the front
10 Lunges to the side
10 Squats
10 Press Ups
10 Sit Ups

(30 Sec on 30 secs off) x 2 of the following:-

Heel Flicks
High Knees
Star Jumps
Jumping Jacks
Alternate Squat Thrusts
Squat Pulse
Press Up Pulse

MAIN

21 Burpee variations. 1 Min on 30 Secs off

1. Straight/Extended Arm Burpees.
2. Chest to Floor Burpee.
3. Double Burpee... 2 press ups, 2 squat thrusts 2 squats.
4. Sumo Jump Burpee - Burpee chest to floor Sumo Jump forwards, high step back.
5. Alternate Burpee – 4 alternates squat thrusts separating each Burpee.
6. Shoulder Tap Burpee – 6 shoulder taps or renegade rows between Burpees.
7. Hand Release Burpee – chest to floor slide hands forward, lift, slide hands back, jump up.
8. 180° Burpee – 180°, 360° to the left then 180°, 360° to the Right.
9. Lateral Burpee – Burpee chest to floor, with a jump to the side.
10. Burpee Split Lunge switch – Burpee chest to floor, Split lunge OR Lunge switch, switch, lunge, Burpee.
11. Single Leg Burpee R/H – extended arm, 2 legs out 1 leg in, and up.
12. Single Leg Burpee L/H – extended arm, 2 legs out 1 leg in, and up.
13. Jumping Jack Burpee Reset - Burpee chest to floor with a Jumping Jack ending in a dead stop between reps.

14. Plank Jack x 2 Burpee - extended arms with a double plank jack.
15. Mountain Climber Burpee - Extended arms burpee with 4 x wide mountain climbers.
16. Bunny Hop Burpee, 3 Bunny Hops out, 3 Bunny hops back + Extended Arm Burpee.
17. Plank to Press Burpee – alternating the side you lead up on.
18. Reverse Inchworm Burpee – Hands to floor, legs straight inchworm arms back to a plank squat thrust in and continue an Extended Arm Burpee.
19. Spider man Crawl Burpee – 4 spider man crawl out 4 spider man Crawls back, extended arm burpee.
20. 8 High Knees Burpees – counting each leg into extended arm Burpee.
21. Tuck Jump Burpee – Press up with a Burpee but the jump is with a tuck.
and one for luck....
22. Wide to Narrow Press Burpee. Alternating between wide and narrow grip Press.

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.