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

40/20 secs High Knee/Burpees – Repeat x 3

30/30 secs Squat Thrusts/Rest
40/20 secs Squat Thrusts/Rest
50/10 secs Squat Thrusts/Rest

40/20 secs Jumping Jacks/Get Ups – Repeat x 3

MAIN SET

100 secs Jumping Jacks
90 secs Tri Lunge Switch
80 secs Squat Thrusts (bum lower than shoulders or clock gets stopped)
70 secs Plank Jacks (bum lower than shoulders or clock gets stopped)
60 secs Sumo to Narrow Squats Jumps
50 secs Slow Mo Press (No more than 5)
40 secs Get Ups
30 secs Bicycle Crunches
20 secs Bunny Hop Burpee
10 secs Tuck Jump Bastards

2 mins Rest

100 secs Tuck Jump Bastards
90 secs Bunny Hop Burpee
80 secs Bicycle Crunches
70 secs Get Ups
60 secs Slow Mo Press (No more than 5)
50 secs Sumo to Narrow Squats Jumps
40 secs Plank Jacks (bum lower than shoulders or clock gets stopped)
30 secs Squat Thrusts (bum lower than shoulders or clock gets stopped)
20 secs Tri Lunge Switch
10 secs Jumping Jacks

Rest 2 mins

40 secs Plank Jacks Jumps 20 secs Double Bastards
30 secs Plank Jacks Jumps 30 secs Double Bastards
20 secs Plank Jacks Jumps 40 secs Double Bastards

COOLDOWN

Stretch and cool down as we would normally at the end if 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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