

# podiumfitness

Get fit. **Feel great.**

## WARM UP

30 Sec of the following:-  
Heel Flicks  
High Knees  
Star Jumps  
Alternate Squat Thrusts

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  
Star Jumps  
Alternate Squat Thrusts

## MAIN

### Pyramid Set:-

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

So it goes....1<sup>st</sup> set - 2 reps of each, 2<sup>nd</sup> set - 4 reps of each, 3<sup>rd</sup> set - 6 reps of each 4<sup>th</sup> set - 8 reps of each, 5<sup>th</sup> set - 10 reps of each, 6<sup>th</sup> set - 8 reps of each 7<sup>th</sup> set - 6 reps of each, 8<sup>th</sup> set - 4 reps of each and finally 9<sup>th</sup> set - 2 reps of each!

Lunges  
Butterfly Sit Ups  
Burpee  
Get Up  
Squat Jumps  
1 & 3 Press Up (1 sec up 3 seconds down)

Rest if you need to at the end of a set but no more than 20-30 secs between sets. Once you have finished the pyramid take 2 mins before starting the...

### Reverse Pyramid Set:-

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

So it goes....1<sup>st</sup> set - 10 reps of each, 2<sup>nd</sup> set - 8 reps of each, 3<sup>rd</sup> set - 6 reps of each 4<sup>th</sup> set - 4 reps of each, 5<sup>th</sup> set - 2 reps of each, 6<sup>th</sup> set - 4 reps of each 7<sup>th</sup> set - 6 reps of each, 8<sup>th</sup> set - 8 reps of each and finally 9<sup>th</sup> set - 10 reps of each!

Jumping Jacks  
Squat Thrusts  
Chest to Floor Burpees  
Alternate Squat Thrust  
Sumo to Narrow Squat Jump  
Military/Close Grip/ Diamond Press Up

### **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.