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

60secs High Knees
60secs Alternating between 10 Press Ups, 10 Squat Thrust
60secs Jumping Jacks
60 secs Alternating between 10 Sit ups 10 Squats
60 secs heel flicks
60 secs Alternating between 10 Get Ups/10 Lunges

MAIN SET

Set 1

Wall Sit - Press Ups – Sit and Hold – Burpee

60 secs of each then 60 secs rest followed by 45 secs of each then 45 seconds rest followed by 30 secs of each and 30 secs rest .

For example:-

60 secs Wall Sit
60 secs Press Ups
60 secs Sit and Hold
60 secs Burpee
60 secs Rest
45 secs Wall Sit
45 secs Press Ups… and so on!

Set 2

Squat Pulses – Tricep Dips – Plank – Jumping Jacks

60 secs of each then 60 secs rest followed by 45 secs of each then 45 seconds rest followed by 30 secs of each and 30 secs rest .

Set 3

Plyo Lunges – Wide 2 Narrow Press Ups – Star Plank – Get Ups

60 secs of each then 60 secs rest followed by 45 secs of each then 45 seconds rest followed by 30 secs of each and 30 secs rest .

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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