

**WARM-UP - WARM-UP - WALKING**

**Image 1 - Start**



**Image 2 - End**



Walking

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	15	at 0

**LEGS - WALL SQUAT**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Place your upper back against a smooth wall. Stand with your feet shoulder width apart, toes pointed slightly outward. Distribute your body weight equally between both feet and lean back against the wall. Movement: - Inhale, keeping your heels in contact with the floor at all times, slowly lower into a squat position while sliding down the wall. Exhale as you slowly straighten your legs, keeping your head and chest up, returning to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	15	at 0
Set 2	15	at 0
Set 3	15	at 0

**CHEST - ONE FOOT ON STEP PUSH UP**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Get into a push up position with one foot on a step and the other held in the air. Place your hands shoulder width apart on the floor. Keep your back flat. Movement: Inhale as you lower yourself down as far as you can by bending your elbows. Exhale as you press yourself back up to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	12	at 0
Set 2	12	at 0
Set 3	12	at 0

**BACK - FOUR POINT STANCE II**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Get down on all-fours on an exercise mat and keep your back straight. Movement: - Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up until it is even with your hip. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	10	at 0
Set 2	10	at 0
Set 3	10	at 0

**PLYOMETRICS - FAST FEET STEP UP**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart in front of a flat step. Keep your back straight. Movement: Exhale as you take step up onto the step with your right foot. Pull your left foot onto the bench also, and quickly return back down to the starting position. Repeat rapidly for 30 seconds.

Notes:

Go for 45 seconds on your second set and 60 seconds on your third set.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0
Set 2	45		0
Set 3	60		0

**PLYOMETRICS - LUNGE ON STEP**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart facing a step. Keep your back straight. Movement: Exhale as you take a large step onto the step with your right foot. Lower yourself down until your right knee has a 90-degree bend in it. Inhale as you step back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0

**PLYOMETRICS - MOUNTAIN CLIMBERS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Bend at your waist to place your palms shoulder width apart on the floor. Bring your right knee in towards your chest with your foot on the ground, and stretch your left leg back. Movement: Exhale as you rapidly switch the position of your legs from bent close to your chest to stretched out behind you. Keep your back flat. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0
Set 2	30		0
Set 3	45		0

**ABS - SINGLE LEG PLANK**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - On an exercise matt get down into the push up position. Movement: - Drop your elbows down on to the matt, and exhale as you pull your belly button in towards your spine. Lift one of your legs off of the matt and hold it up throughout the entire exercise. Be sure to keep your back flat. Inhale as you slowly return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	12		0

Set 3

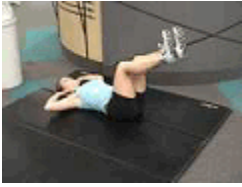
15

at

0

**ABS - BICYCLE CRUNCHES**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your back on an exercise matt with your knees bent and hands behind your head. Raise your knees into the air. Movement: Exhale as you alternately bring your elbows towards the opposite knee while crunching your upper body off of the matt. Inhale as you lower your legs back down to the starting position. Repeat as required.

Set Name

Reps / Time

Weight / Level

Set 1

15

at

0

Set 2

20

at

0

Set 3

25

at

0