



1

LATERAL SPLIT SQUAT

Starting with feet shoulder width apart, step right foot laterally to the side squatting down to 90° with knees & toes aligned, back flat & straight, core tight, push up through heels and step feet back together, repeat left side, then repeat alternating sides.

High Knee Wall Sprints 20x - perform after all sets of each exercise below, before moving to next exercise

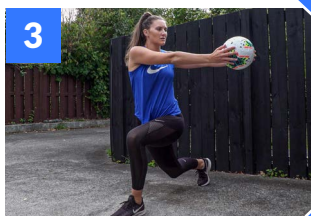


2

PRONE HOLD & PRESS

Start with elbows rested on ground under shoulders, body flat and core muscles tightened. Place one hand on ground and press up then second hand and press, now lower back to elbows one side a time, continue to press up and to lower throughout this exercise.

High Knee Wall Sprints 20x



3

SPLIT LUNGE WITH TORSO TWIST

Start feet shoulder width apart, hold ball out in front with straight arms, step one foot forward, drop back knee down toward ground till both knees at 90 degrees, rotate body towards the front knee and back to straight then push up and back, swap feet and repeat.

High Knee Wall Sprints 20x

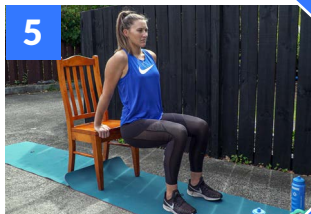


4

SWISS BALL JACKKNIFE

Lying face down over swiss ball with feet and shins on ball and hands supporting upper body on the ground. Tighten / engage your abdominal muscles, slightly lift your bottom keeping back flat, using feet and bending knees pull ball and knees toward your hands and roll back out again, maintaining balance and control and repeat.

High Knee Wall Sprints 20x



5

TRICEP DIPS

Using a stable chair, step or bench, Sit on edge of bench, gripping the edges alongside your hips. With legs extended and resting on your heels (hip width apart), keep your back straight and head looking forward, shuffle forward so your slightly off the bench/chair supporting your body weight on your arms. Slowly lower yourself down until elbows are at 90 degrees, push straight back up to start position and repeat.

High Knee Wall Sprints 20x



6

HALF TURKISH GETUP

Lying flat on the floor/mat, holding a DB, kettlebell, drink bottle or tennis ball in your right hand, with right arm raised over your chest (perpendicular to the floor), bend your right knee and place foot flat on the floor, engage your abdominals and lift your upper body off the floor towards your knee keeping your right arm high in the air, slowly lower and repeat. Use your left hand for support if required.

High Knee Wall Sprints 20x



7

HIGH KNEE WALL SPRINTS

Stand slightly back, facing a solid wall, arms fully extended in front at shoulder height, lean into the wall raising heels off ground, keeping body straight and strong. Drive one knee upward high and down then the other while pushing into the wall and maintaining fully extended arms, repeat alternating legs with speed and power.

High Knee Wall Sprints 20x



8

SKIPPING

Skipping = 3mins moderate to fast skip, rest 30secs and repeat 3 times (total of 9mins skipping)

WARM UP

Warm your body's muscles and systems gradually with 5-7mins of light to moderate aerobic activity e.g.

- Jogging up and down your driveway
- Jogging on the spot
- Light skipping with a rope

12 - 15 reps

2 - 3 sets

Rest:

30 - 45 secs rest between exercise sets

Intensity:

70 - 80% max HR / moderate to hard

Times Per Week:

2 - 3

COOL DOWN

Cool your body down gradually with 3 - 5mins of moderate to light aerobic activity, followed by stretching your major muscle groups e.g.

- Light jog down to walk on your driveway
- Marching on the spot
- Light cycle on a stationary bike

Exercise within your own capability. If you experience any tightness or pain in your chest, stop exercising immediately and seek medical advice.

