



SQUAT JUMP QUARTER TURN

Starting with feet shoulder width apart, toes and knees aligned, back flat. Lower hips into a squat while arms lower, towards the floor on the outside of your knees. Using your arms push upward explosively to jump up and turn 90° to your left, landing with soft knees and lower into the squat position to repeat the same movement, turning another 90° to your left.

1
SUPER SET



DB PRESS UP & ROW

Start holding DB's, placed on ground under shoulders, body flat and core muscles tightened. Perform a press up lowering chest to ground then push upwards, at the top of the movement lift and rowing the right DB with elbow driving as high as possible, lower and repeat press up then DB row on left side. Continue to alternating each side.

Burpees - 15-20 Reps



MULTI-DIRECTIONAL LUNGES

Start feet shoulder width apart, hands on hips, keeping head & hips facing forward through all movements. Step right foot forward, dropping back knee down toward ground till both knees at 90°, push up and back to start position. Repeat lunge on same leg at 45° angle & back to start position, then same leg at 90° & back to start position. Swap & repeat on other leg at each angle.

3
SUPER SET



DB CURL & PRESS

Start holding DB's (or filled drink bottles or cans) in a standing position with feet shoulder width apart, arms extended beside torso, curl DB's up towards shoulders bending at elbows. Then rotate your palm outward until palms facing forward (away from your body), now press/push the DB's upward and overhead until your arms are straight. Reverse each movement in a controlled manner.

Burpees - 15-20 Reps



SINGLE LEG DEADLIFT

Start standing with feet shoulder width apart, shift body weight onto one leg with slightly flexed knee. Lean forward at the hips, while your other leg starts to extend straight behind you. Maintaining stability reach downward with arms & hands toward toes forming a 'T' shape with your body. Keeping your standing leg slightly flexed (bent) and stable push back upward, slowly bringing your extended leg inward bringing body back to upright starting position. Perform all reps on one side then repeat on other leg.

5
SUPER SET



AB CRUNCH WITH BALL

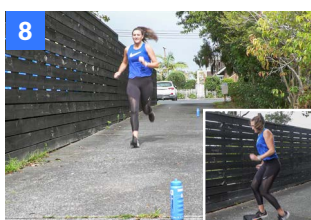
Lying on your back on floor/mat, with legs raised off ground and knees 90°, holding a football in hands above your head. Crunch upward bringing ball overhead and placing on raised legs, leave ball placed there and lower back downward, crunch upward again and collect ball lowering back down taking ball back over head. Repeat with each crunch. Keep eyes and head upward.



BURPEES

Start in a neutral standing position move into a squat position placing your hands on the floor/ground in front of you. Jump/kick both feet together backward into a plank position, keeping arms extended. Jump feet together back into squat position lifting hands from the floor/ground and jump upward, land and repeat.

15-20 Repetitions.



RUNNING & STEP UP DRILL

Set up a marker at 30-40m, at a fast speed run to the marker and return, repeat this 4 times then perform 30 - 40 quick step ups on a step / step box or similar, repeat each part 4 times.

WARM UP

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

- box step ups
- Jogging up and down your driveway
- Jogging on the spot

Repetitions: AMRAP

(as many reps as possible)

1 - 2 sets

Rest:
minimal rest between sets move onto next exercise

Intensity:
75 - 85% 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 around the block or stationary bike

SUPER SET

Alternating exercises (2 or more) without rest in between.

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