



SUPER SET



BURPEES

Start in a standing position squat down and bend over, placing your hands on the floor/ground in front of you. Jump with both feet backward, so in a high plank position, before dropping to the ground (you can drop knees first to make easier), push up returning to plank position. Jump feet back into hands and explosively jump upwards, extending through the legs, land softly and repeat.

AB CRUNCH

Lying on your back with knees bent and feet flat on the floor, hip-width apart. Place your hands behind your head or on your knees. Curl forward so that your head, neck and shoulder blades lift off the floor, eyes remain upwards and gap between chin and chest. Hold for a second at the top, then lower slowly back down.

SIDE PLANK

Support yourself on the side of your foot and elbow. Keeping your core muscles tight while keeping your other leg on the ground lift your upper leg 45 degrees and hold it for 2-3 seconds then lower it in a controlled, smooth manner.

SHUTTLE RUN

Set out 4 markers 10 meters apart. Running at a moderate to fast pace, run to marker 1, return to start running backwards, then out to marker 2, return to start backwards, then marker 3 return to start and marker 4 and back.

REPEAT EXERCISES 1-4 4x THROUGH

REST

SUPER SET



SCISSOR LUNGES

Start feet shoulder width apart, step one foot forward and on foot backwards knees at 90°, quickly push and extend through both of your legs, jumping up as high as possible using your arms for both stability and momentum. While in the air, switch the positioning of your legs so that the starting leg is now at the back and vice versa. Landing gently, absorb the impact pause and reset before performing the next repetition.

JUMP SQUATS

Knees and toes aligned, back flat and straight, core engaged, squat down to knees at 90° then quickly and explosively extend through both your legs jumping up as high as possible using your arms for both stability and momentum.

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SHUTTLE RUN

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REPEAT EXERCISES 5-8 4x THROUGH

REST

WARM UP

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

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

Repetitions:
8-12

Sets: 4

repeat each super set of exercises 4x through

Rest:

2 - 3 mins between super sets

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.

