

KETTLEBELL SQUAT & SWING

Start with your feet wider than hip-width apart, toes slightly pointing outward and knees aligned to toes. Holding your kettlebell (or a full drink bottle or DB), squat downward, lowering both hands between your legs. Then pressing through your heels explode upward, straightening your legs and swinging the kettlebell (bottle or DB) in front until your hands are in line with your shoulders, lowering and repeating again.

SQUAT BOUNDS

Start with feet just wider than hip width apart, 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 jump upward and forward, land softly, lower and repeat in a smooth movement repetition after repetition. Use your arms for both stability and momentum.

SPLIT LUNGES

Start feet shoulder width apart, step one foot forward, dropping back knee down toward ground till both knees at 90° push up and back, then swap feet and repeat.

REPEAT ALL EXERCISES THROUGH FOR 4 SETS



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.

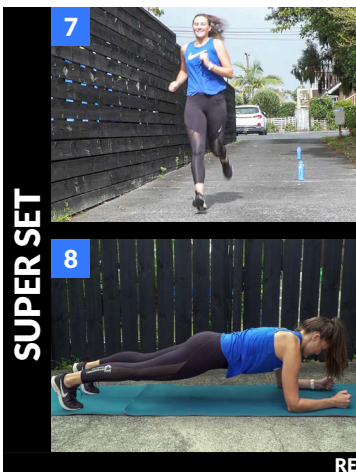
WALKOUTS

Start standing, bend down at hips planting your hands on the floor/ground shoulder width apart just in front of your feet. Maintaining an engaged core transfer your weight onto your hands, walking your hands outward until in a press up position at full length. Now walk your feet inward towards your hands until feet are close to hands. Repeat again with hands walking outward followed by feet.

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.

REPEAT ALL EXERCISES THROUGH FOR 4 SETS



SPRINT-JOG SHUTTLE

Set out 2 markers 30-40 meters apart. Sprinting at your fastest pace from marker 1 to marker 2. Immediately jog back to marker 1 and repeat 5x.

5x reps

PRONE HOLD

With elbows rested on ground under shoulders, body flat from head through spine to knees / toes (depending on level), core muscles engaged / tightened (belly button drawn through to spine) and hold.

45 secs - 1 min 2 - 3

REPEAT ALL EXERCISES THROUGH FOR 4 SETS

WARM UP

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

- Jogging up and down your driveway
- High knee jogging on the spot
- Mountain climbers

Repetitions: 15

Sets: 4

repeat each super set of exercises 4x through

Rest:
Nil

Intensity:
80% (approx.)
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.*