



SUPER SET



### 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, this time turning 90° to your right.



### 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.



### HIGH KNEE WALL SPRINTS

Stand slight 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 tempo.



### POWER PRESS UP

Place hands shoulder width apart on a box or step, back flat & core tight, lower chest toward the edge of the step/box then push up explosively driving arms to full extension and slightly off the step/box getting air or a clap in, hands land back on step or box and lower again to repeat.



### LUNGE WITH LEG DRIVE

Standing feet hip width apart, step one foot forward, drop back knee down toward ground till both knees at 90° then push up with power bringing back knee through and driving upward to a high knee position, lower and take back to start position, repeating lunge and leg drive. Swap legs and repeat exercise on other leg.



### SUPER SHUTTLE RUN

Set out 4 markers 15-20 meters apart. Fast run to marker 1 return to start, then marker 2 return to start, then marker 3 return to start and marker 4 return to start, then repeat all markers in reverse again, run to marker 3 return, marker 2 return and then marker 1 return to finish.

REPEAT ALL EXERCISES THROUGH FOR 4 SETS



### SPRINT SET

Set up two markers 40m apart. Sprint at 100% from marker one to marker two, walk back to marker one as your rest and repeat for 6 - 8 sprints.



### DECLINE ABDOMINAL TWIST

In a seated position on ground, with heels rested on floor and knees bent at 90°, holding ball in your hands. Engage abdominal muscles and back flat, lean back at the hips slightly using abdominals to hold the position then rotate/twist from side to side tapping the ball on the ground at each side.

### WARM UP

Warm your body's muscles and systems with one of the below activities for 3x 2mins with 30seconds rest between.

- Skipping / jump rope
- High Knee running on spot

**AMRAP:**  
As many reps  
as possible

**Sets: 4**

repeat each super  
set of exercises 4x  
through

Rest:

**1 min rest at the end  
of each superset**

Intensity:

**90% (approx.)  
max HR / (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.*

