

<u>Component</u>	<u>Exercise</u>	<u>Weight</u>	<u>Reps</u>	<u>Sets</u>	<u>Rest</u>
Warm Up	Full Body 6 min Cardio warm up routine of your choice				
	Kick Throughs (Ascending Pyramid)	BW	12 / 15 / 18	Pyramid	20s
Major Leg Muscles	Deadlift w/ Medicine Ball (Triple Extention)	5kg	20	3	30s
	Squats (Regular)	BW	20		
	Flutter Kicks	BW	20s		
	Lunge with overhead reach	BW	15L / 15R	2	10s
Cardio	TABATA (30s / 15s) 2 rounds of 4				
	Mountain Climbers Plank Jacks Burpee High Knee on step (with medicine ball)				
Major Leg Muscles	Banded Standing Hip Abduction	(Blu) / (G)	12	3	20
	Stability Ball Hamstring Curls	Stability	15	3	20
	Standing Calf Raises	BW	25		
Core	Knee Tuck Crunches (on floor resting on elbows draw knees then extend)	BW	18	3	20
	Side Plank (arm / leg low)	BW	25s	1	30s
	Regular Plank	BW	45s		

Training Notes: Adjust the number of reps and sets based on your current level of fitness
 If you are feeling unwell or suffering from a 'niggle' don't exercise!
 Unsure of how to perform some of these exercises? Feel free to contact me ed@edstivala.com

- 1 Mountain Climber
- 2 Plank Jacks
- 3 Burpee
- 4 Skaters Curtsee
- 5 Mountain Climber
- 6 Plank Jacks
- 7 Burpee
- 8 Skaters Curtsee