

Notes :

1 Stepping up and down (160bpm)



Step up and down using a tempo of 160 steps (beats) per minute. Use a metronome (in a smartphone app for example) to set the tempo.

Sets: 4 Reps: 25 Rest: 20s

2 Thrusters



Hold the dumbbells in front over the shoulders with palms facing each other (neutral grip). Flex the hips and knees and go down into a squat, keeping the back straight and dumbbells over the shoulders. Push back up and press the dumbbell overhead as you stand up.

- I adapted this today to use a 3kg medicine ball. Start with the ball on the floor. Use both hands to lift the ball keeping it close to you. Finish the movement with a second squat to return the ball to the floor. Count one rep as ball from floor to overhead and back to floor

Sets: 6 Reps: 12 Rest: 20s

3 Prisoner squat



Put your hands behind your head and open the elbows. Push the hips back and flex the knees to lower yourself into a squat. Keep the back straight, chest out and shoulders back and down. Your heels should stay on the ground at all times.

Sets: 6 Reps: 12 Rest: 20s

4 Swiss ball leg curl



Lay on your back on the floor and place a swiss ball under your heel, with your legs fully extended. Lift your buttock so that your legs are in line with your trunk. Then, pull the heels toward yourself while pushing into the ball to keep the thighs in line with the trunk (the movement is only at the knees). Do not extend with your lower back. Extend the legs to return to the starting position and repeat.

Sets: 6 Reps: 15 Rest: 20

5 Feet elevated hip thrust



Start with your feet on a bench with your knees and hips bent 90°. Do a full bridge to allow your body to be straight. Lower under control.

Sets: 6 Reps: 15 Rest: 20s

6 Calves stretch on step



Stand with your forefeet on a step. Slowly lower your heels until you feel a stretch in your calves. Hold the stretch position for the prescribed duration. Perform this exercise in a staircase holding the handrail or on a step next to a countertop or sturdy chair for balance.

Sets: 3 Reps: 20 Duration: 3s Rest: 20s

7 Reverse plank on forearms



Sit on the floor with your legs extended in front of you. Place your elbows/forearms on the floor slightly behind you. Press into your palms, and lift your hips and torso toward the ceiling. Keep your entire body strong, and form a straight line from your head to your heels.

Sets: 3 Duration: 20s Rest: 10s

8 DB shoulder press (neutral)



Stand with dumbbells over your shoulders, palms facing each other (neutral position). Press the dumbbells all the way over your head and lower under control back to the starting position.

Repeat with the other arm and alternate arms on each repetitions.

Keep your forearm as vertical as possible and do not drive with your legs.

- if you don't have dumbbells to hand you can adapt this and use resistance tubes or even books placed into carrier bags!

Sets: 3 Reps: 15 Rest: 20s

9 Chop - Low to High



Use a Lifeline Cord and perform bilaterally. Attach the cord lower than waist high, begin with tension on cord, bring handles from a low position across front of body and push upward and outward to extend arms.

Sets: 3 Reps: 12 Rest: 20s

10 Abdominal plank



Place the elbows directly under the shoulders and prop yourself on the elbows, keeping a neutral back and head aligned with the spine. Hold the position.

Sets: 3 Duration: 45s Rest: 15s