AC

PT

Home workout plan 1:

Warm up:

a quick jog around the block to get the heart rate up.

After you have warmed up complete the following sessions:

SESSION 1:

* 10x Jump squats.
* 10x high knees.
* 10x lunges (10 each leg).
* 5x stair sprints (jog up the stairs and back down).

Set a 7-minute timer and get as many rounds out as you can.

Rest when you need too and drink when you need too. Log how many rounds you do each time and track improvement.

SESSION 2:

* 10x cycle crunch.
* 10x grass hoppers.
* 10x squat thrust.
* 10x burpees, like a walk out but with a jump at the top.
* Complete 5 rounds of this as quick as you can, log the time it takes you to finish to track improvement.

SESSION 3:

* 20x high knees.
* 5x stair sprints.
* 10x get ups (lie down, stand up, lie down).
* 20x luges (10 each leg).
* Set a 10-minute timer and get as many rounds out as you can.
* Record the rounds to track improvement.

After that let’s do some plank.

Last time I set you a 1-minute timer, this next few weeks lets increase that to 1:30 or 2 minutes if you can.

Keep the same technique as before and hold the position strong. If you feel you need to rest, stop the clock, rest and then re-start the clock when you get back into it!

***A few pointers:***

* *Remember exercise is all about technique. Don’t rush any circuits or movements out if it means you can’t do the exercise right, slow it down and think about your technique more than anything.*
* *These circuits have been designed so you can track your improvement. I want you to look back on these in a months’ time and see how far you have come.*
* *Pace yourself and don’t go full steam ahead on the first rounds, remember you are looking for constant effort so don’t blow up too early.*
* *Take it slow to start and ease into it!*

If you need any help, you know how to get in touch with me so don’t hesitate to ask!

Adam.