

ANY OUTDOOR SPACE

Advanced Training Program

WARM UP

Run 6 minutes

Warming up your muscles gradually helps prevent injury

CIRCUIT EXERCISES

1 Walking leg lunges x 10 each side

Stand tall. Take a big step forward. Dip your back knee down toward the ground and then step your back foot through x 10 each side.



2 Plank on hands and feet - hold 1-2 minutes

Find clear ground. Come down onto your hands and toes, keep your head hips and knees in a straight line. Hold for 1-2 minutes. To progress tap one foot out to the side then tap the other foot out.



3 Elbows to knees x 10

Stretch your arms and legs to make a star shape with your body. Bring the opposite elbow toward the opposite knee, reach to where you can for your body. Keep a good fast pace.



4 Side steps with squat jump x 10

Step your feet hip width apart, keep looking forward with your chest up. Bend your bottom back as if you were going to sit down, jump tall. Step again ready to squat jump. Do 10 to the left then 10 to the right.



Advanced program ❤️❤️❤️

This program is most suitable for someone who is already active and has good fitness.

5 Mountain climbers x 10

Find clear ground. Come down onto your hands and feet, keep your head, hips and knees in a straight line. Lift one knee toward your chest then lift the other side. To progress lift knee toward opposite elbow.



6 Sumo squat x 10

Make your body into a star stretching your arms and legs out, keep looking forward with your chest up. Bend your bottom back (to progress touch the ground) and jump up bringing your feet in together.



Complete two rounds of the circuit. As you progress complete three rounds.

COOL DOWN

• Slow jog - 5 minutes

Take some deep breaths and return the oxygen to your blood and muscles

• Stretch:

Perform stretches to where you feel a release in your muscle (not pain) 20 second hold for each stretch

Quad stretch

Option 1

- Take half a step back tilt your hips to the sky (if you can't reach your foot)

Option 2

- Stand upright and bend one leg back, grabbing top of the foot
- Bring foot close to your bottom but keep knee in line with other knee
- Hold wall or object for balance if needed

Calf Stretch

- Stand tall and take a big step back keeping your feet hip width apart bend your front knee, pushing the heel of the back foot into the ground
- Then swap legs take a big step back with the other foot

Hamstring stretch

- Sit or Stand upright, bend one knee and extend the other leg straight in front of you, heel to ground
- Lower your chest down until you feel the stretch in back of thigh

Chest and shoulder stretch

Option 1

- Reach both hands to the side and back

Option 2

- Clasp your hands together behind your back and extend them behind you

Triceps stretch

- Lift your hand to the sky
- Extend one arm above you, then bend your elbow so your hand drops behind your head
- Gently push your elbow down with other hand

Upper back stretch

- Sit on a surface so your legs are at 90 degrees, or stand
- Place one hand on top of the other with arms straight in front of you
- Press your arms away from your body

Side stretch

- Raise your arms straight above you and clasp your hands together
- Push your hands up and then over to the right side of you, then to the left side of you

Some tips!

- Talk to your GP if you haven't exercised in the past six months, or have any health conditions or injuries, as you might need an individualised program
- Try each exercise slowly and carefully when you try the exercises for the first time. Do not continue to do any exercise that does not feel right to you
- Stop immediately if you feel any dizziness, nausea or pain. If you do not feel better within a couple of minutes, consult a medical professional
- It is best to avoid exercising in extreme weather conditions and UV levels
- Remember to bring water bottle when you're exercising