**Work out programme**

**Week 1:**

**Warm up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modifications** |
| Shoulder circles forwards | 10 | 3 with each set the circles get bigger |  |
| Shoulder circles backwards | 10 | 3 with each set the circles get bigger |  |
| Full arm swing forwards  | 10  | 1 |  |
| Full arm swing backwards | 10 | 1 |  |
| Arm swings above  | 10 | 1 |  |
| Butt kicks | 20 | 1 |  |
| Leg swings (left) | 10 | 1 |  |
| Leg swings (right) | 10 | 1 |  |
| Star jumps  | 15 | 1 |  |

**Workout**

**This S&C session will be run through fully once, with a break of 2-5 minutes between the set, then once rest is over it’ll be running through again then a break and ran through for the very last time. Thus, making the 3 sets. The sets are not done straight after each exercise, the sets are the whole programme.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modification** |
| Press up | 6 | 3 | Easier: rest on knees  |
| Triceps Dip | 6 | 3 | Easier: bend the knees |
| **Rest** | **45 seconds** |  |  |
| Burpee | 8 | 3 | Easier: don’t jump into the burpee but walk into it |
| Squats  | 8 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Supermans | 10 | 3 |  |
| “Y””T””W” | 6 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Shoulder press | 6 | 3 |  |
| Bent over row | 6 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Lunges | 6 on each leg | 3 |  |
| Glute bridges  | 8 | 3 |  |

 **Abs, glutes, and legs (instead of reps and sets this will be working for X seconds and rest for X seconds). This session is for core stability and strengthen of the glutes and legs.**

**Abs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(seconds)** | **Rest** **(seconds)** | **Modification**  |
| Streamline flutter kicks  | 30 | 30  |  |
| Crunch punches  | 30  | 30  |  |
| Full sit up, half sit up  | 30  | 30  |  |
| Heel touches with a crunch (heel touches X 3 then crunch)  | 30  | 30  |  |
| Bicycle crunches  | 30  | 30  |  |
| Russian twists  | 30 | 30 |  |
| Leg drops (trunk is kept on the floor with the legs at 90 degrees at the hip and the knees are bent) | 30 | 30 | Harder: have the legs fully extended but raised on the floor and then perform the leg drops  |
| Plank  | 30 | 30 |  |

**Glutes and legs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Leg pulses (on hands and knee and one leg will pulse in the air, also known as a donkey kick) | 30(15 seconds on each leg) | 30 |  |
| Sumo squats  | 30 | 30 | Harder: for the last 15-10 seconds have them hold a sumo squat |
| Squat walk | 30 | 30 | Harder: add a full squat after 4 steps  |
| Side lunges  | 30(15 seconds on each leg) | 30 | Harder: add pulses to the squat |
| Squat to calf raises | 30 | 30 |  |
| Glute bridge leg lift (positioned in a glute bridge and holding one leg at a time – the leg is held in the air as the thrusts are performed) | 30(15 seconds for each leg)  | 30 | Easier: instead of lifting the leg have wide leg glute bridge |
| Calf raises (do not let heels touch the floor, keep them raised) | 30 | 30 | Easier: let heels touch the floor before raising againHarder: have them hold a squat position and raise calves |
| Clam opening (laying on their side with the knees bent, then opening the legs from the knee keeping the feet on the floor)  | 30(30 seconds for each side) | 30 | Harder: can raise their hips as they open the knees |

**Flexibility and stretching (yoga poses). This section was requested by the girls themselves as they wished to improve on their flexibility and their understanding of stretching. This section is also seen as advice for the girls as they don’t have time to stretch/ land base warm ups before their water training session, therefore they could do these at home or in the changing rooms.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Pose**  | **Work****(seconds)** | **Modification**  | **Picture**  |
| Childs pose  | 20 |  |  |
| Eye of the needle pose  | 20 |  |  |
| Forward bend  | 20 | The hands can be placed further forward, or fingertips can touch the floor. If they cannot touch the floor have them as low/ close to the floor as possible. They can also stand with their legs open wider and dip the hips, one side at a time.  | Standing Half Forward Bend (Ardha Uttanasana) // Lessons.com |
| Hip stretch  | 20 (20 seconds on each leg)  |  |  |
| Shoulder pull  | 20 (20 seconds on each arm) |  | Yoga for Neck Pain | Neck and Shoulder Stretches | Openfit |
| Overhead triceps stretch | 20 seconds on each arm  |  |  |
| Standing thigh stretch  | 20 seconds on each leg | If needed use the wall for balance |  |
| Piriformis stretches  | 20 seconds on each side  |  | Image may contain Stretch Human Person Exercise Fitness Sport Sports Working Out and Female |
| 90/90 stretch  | 20 seconds on each leg  |  | This image may contain Human Person and Kneeling |
| Frog stretch  | 20 seconds  |  | Image may contain Human Person Stretch Exercise Sport Sports Working Out Fitness and Female |
| Knee to chest stretch  | 20  |  | This image may contain Clothing Apparel Human Person Stretch Footwear Shoe and Pants |
| Leg swings (swinging the leg from the hip in front and behind them) | 20 seconds on each leg. |  |  |

**HITT Session**

**Dynamic Warm-up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps**  | **Set** | **Modification** |
| Arm circles forwards | 10 | 1 |  |
| Arm circles backwards | 10 | 1 |  |
| Back slaps | 10 | 1 |  |
| Crisscross arms swings forwards and backwards | 10 | 1 |  |
| Gentle jog to raise HR | 2 mins | 1 |  |

**2 rounds of the warm up set below with 15 seconds rest between each round**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Toe touches(side steps) | 30  | 0 |  |
| Skaters | 30 | 0 |  |
| Squats | 30 | 0 |  |
| Mountain climbers | 30 | 0 | Slow the movement down or do standing up – opposite knee to opposite elbow |

**Main HITT session**

**Two Circuits – 3 rounds – 30 seconds rest between each round**

**Circuit 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Star Jumps | 30 | 0 | Side Jacks |
| Fast Feet | 30 | 0 | Slow it down |
| High Knees | 30 | 0 | Marching on the spot |
| Power Jacks(Jumping jacks + squat) | 30 | 0 | Side Jack, Squat, Side Jack |
| Toe touches (Side steps) | 30 | 30 |  |

**Circuit 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Star Jumps | 30 | 0 | Side Jacks |
| Inch Worms | 30 | 0 | Slow it down |
| Squats | 30 | 0 |  |
| Jumping Lunges | 30 | 0 | Slow it down and take out jump |
| London Bridges(plank on elbows, rotating hips from side to side) | 30 | 30 | Front plank on hands bringing opposite knee to opposite elbow |

**Cool-down**

**Movements are gradually slowed down to bring down HR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Boxer shuffle | 30 | 0 |  |
| Arm pull with right arm – turn head to the right. Repeat on left side | 40 | 0 |  |
| Triceps stretch – left & right | 40 | 0 |  |
| Side bend stretch for the waist to the right – repeat on left side | 40 | 0 |  |
| Standing quad stretch – left & right | 40 | 0 |  |
| Hip Circles – clockwise and anticlockwise | 30 | 0 |  |
| Hamstring stretch – left and right | 40 | 0 |  |
| Upper and lower calf stretches – left & right | 80 | 0 |  |
| Chest stretch | 20 |  |  |
| Shoulder rolls forwards & backwards | 40 |  |  |
| In wide-leg stance, end with some deep inhalations by raising arms up to the ceiling, bending knees and bringing arms down again on exhalation | 60 |  |  |

**Week 2**

**Warm up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modifications** |
| Shoulder circles forwards | 10 | 3 with each set the circles get bigger |  |
| Shoulder circles backwards | 10 | 3 with each set the circles get bigger |  |
| Full arm swing forwards  | 10  | 1 |  |
| Full arm swing backwards | 10 | 1 |  |
| Arm swings above  | 10 | 1 |  |
| Butt kicks | 20 | 1 |  |
| Leg swings (left) | 10 | 1 |  |
| Leg swings (right) | 10 | 1 |  |
| Star jumps  | 15 | 1 |  |

Workout

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modification** |
| Press up | 8 | 3 | Easier: rest on knees  |
| Triceps Dip | 8 | 3 | Easier: bend the knees |
| **Rest** | **45 seconds** |  |  |
| Burpee | 10 | 3 | Easier: don’t jump into the burpee but walk into it |
| Squats  | 10 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Supermans | 12 | 3 |  |
| “Y””T””W” | 8 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Shoulder press | 8 | 3 |  |
| Bent over row | 8 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Lunges | 8 on each leg | 3 |  |
| Glute bridges  | 10 | 3 |  |

**Abs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(seconds)** | **Rest** **(seconds)** | **Modification**  |
| Streamline flutter kicks  | 35 | 25 |  |
| Crunch punches  | 35  | 25 |  |
| Full sit up, half sit up  | 35 | 25 |  |
| Heel touches with a crunch (heel touches X 3 then crunch)  | 35 | 25 |  |
| Bicycle crunches  | 35 | 25  |  |
| Russian twists  | 35 | 25 |  |
| Leg drops (trunk is kept on the floor with the legs at 90 degrees at the hip and the knees are bent) | 35 | 25 | Harder: have the legs fully extended but raised on the floor and then perform the leg drops  |
| Plank  | 35 | 25 |  |

**Glutes and legs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Leg pulses (on hands and knee and one leg will pulse in the air, also known as a donkey kick) | 35(approx. 17.5 seconds on each leg) | 25 |  |
| Sumo squats  | 35 | 25 | Harder: for the last 15-10 seconds have them hold a sumo squat |
| Squat walk | 35 | 25 | Harder: add a full squat after 4 steps  |
| Side lunges  | 35(17.5 seconds on each leg) | 25 | Harder: add pulses to the squat |
| Squat to calf raises | 35 | 25 |  |
| Glute bridge leg lift (positioned in a glute bridge and holding one leg at a time – the leg is held in the air as the thrusts are performed) | 35(17.5 seconds for each leg)  | 25 | Easier: instead of lifting the leg have wide leg glute bridge |
| Calf raises (do not let heels touch the floor, keep them raised) | 35 | 25 | Easier: let heels touch the floor before raising againHarder: have them hold a squat position and raise calves |
| Clam opening (laying on their side with the knees bent, then opening the legs from the knee keeping the feet on the floor)  | 35(35 seconds for each side) | 25 | Harder: can raise their hips as they open the knees |

**Flexibility and stretching (yoga poses)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Pose**  | **Work****(seconds)** | **Modification**  | **Picture**  |
| Childs pose  | 20 |  |  |
| Eye of the needle pose  | 20 |  |  |
| Forward bend  | 20 | The hands can be placed further forward, or fingertips can touch the floor. If they cannot touch the floor have them as low/ close to the floor as possible. They can also stand with their legs open wider and dip the hips, one side at a time.  | Standing Half Forward Bend (Ardha Uttanasana) // Lessons.com |
| Hip stretch  | 20 (20 seconds on each leg)  |  |  |
| Shoulder pull  | 20 (20 seconds on each arm) |  | Yoga for Neck Pain | Neck and Shoulder Stretches | Openfit |
| Overhead triceps stretch | 20 seconds on each arm  |  |  |
| Standing thigh stretch  | 20 seconds on each leg | If needed use the wall for balance |  |
| Piriformis stretches  | 20 seconds on each side  |  | Image may contain Stretch Human Person Exercise Fitness Sport Sports Working Out and Female |
| 90/90 stretch  | 120 seconds on each leg  |  | This image may contain Human Person and Kneeling |
| Frog stretch  | 20 seconds  |  | Image may contain Human Person Stretch Exercise Sport Sports Working Out Fitness and Female |
| Knee to chest stretch  | 20  |  | This image may contain Clothing Apparel Human Person Stretch Footwear Shoe and Pants |
| Leg swings (swinging the leg from the hip bringing the leg in front and behind them) | 20 |  |  |

**HITT Session**

**Dynamic Warm-up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps**  | **Set** | **Modification** |
| Arm circles forwards | 10 | 1 |  |
| Arm circles backwards | 10 | 1 |  |
| Back slaps | 10 | 1 |  |
| Crisscross arms swings forwards and backwards | 10 | 1 |  |
| Gentle jog to raise HR | 2 mins | 1 |  |

**2 rounds of the warm up set below with 15 seconds rest between each round**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Toe touches(side steps) | 30  | 0 |  |
| Alternating leg swings with toe touches | 30 | 0 |  |
| High plank – knee touching elbow | 30 | 0 | On hands and knees – with knee touching elbow |
| Mountain climbers | 30 | 0 | Slow the movement down or do standing up – opposite knee to opposite elbow |

**Main HITT session**

**1 Round = 1 Circuit repeated twice with 1 minute rest.**

**Session = 3 Rounds**

**Circuit**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Scissor Steps(Quick, small movements) | 20 | 0 | Slow the movement down |
| Jumping Jacks | 20 | 0 | Side Jacks |
| Scissor Steps(Quick, small movements) | 20 | 0 | Slow the movement down |
| Skaters | 20 | 0 | Side steps |
| Scissor Steps(Quick, small movements) | 20 | 0 | Slow the movement down |
| Wide squats with a jump | 30 | 0 | Slow the movement down |
| Plank | 60 | 1 minute | High plank, on elbows or on knees |

**Cool-down**

**Movements are gradually slowed down to bring down HR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Boxer shuffle | 30 | 0 |  |
| Hip circles | 20 | 0 |  |
| Torso twists | 20 | 0 |  |
| Shoulder rolls | 20 | 0 |  |
| Arm pull & hip flexor stretch – left & right | 40 | 0 |  |
| Standing glute stretch – left & right | 20 | 0 |  |
| Hamstring stretch – left and right | 40 | 0 |  |
| Upper and lower calf stretches – left & right | 80 | 0 |  |
| Standing quad stretch – left & right | 40 |  |  |
| Side lunge for inner thigh stretch – left & right | 40 |  |  |
| Chest stretch | 20 |  |  |
| Upper back stretch | 20 |  |  |

**Week 3**

**Warm up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modifications** |
| Shoulder circles forwards | 10 | 3 with each set the circles get bigger |  |
| Shoulder circles backwards | 10 | 3 with each set the circles get bigger |  |
| Full arm swing forwards  | 10  | 1 |  |
| Full arm swing backwards | 10 | 1 |  |
| Arm swings above  | 10 | 1 |  |
| Butt kicks | 20 | 1 |  |
| Leg swings (left) | 10 | 1 |  |
| Leg swings (right) | 10 | 1 |  |
| Star jumps  | 15 | 1 |  |

 **Workout**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modification** |
| Press up | 10 | 3 | Easier: rest on knees  |
| Triceps Dip | 10 | 3 | Easier: bend the knees |
| **Rest** | **45 seconds** |  |  |
| Burpee | 12 | 3 | Easier: don’t jump into the burpee but walk into it |
| Squats  | 12 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Supermans | 12 | 3 |  |
| “Y””T””W” | 10 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Shoulder press | 10 | 3 |  |
| Bent over row | 10 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Lunges | 10 on each leg | 3 |  |
| Glute bridges  | 10 | 3 |  |

**Abs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(seconds)** | **Rest** **(seconds)** | **Modification**  |
| Streamline flutter kicks  | 40 | 20  |  |
| Crunch punches  | 40 | 20  |  |
| Full sit up, half sit up  | 40 | 20  |  |
| Heel touches with a crunch (heel touches X 3 then crunch)  | 40 | 20  |  |
| Bicycle crunches  | 40  | 20  |  |
| Russian twists  | 40 | 20 |  |
| Leg drops (trunk is kept on the floor with the legs at 90 degrees at the hip and the knees are bent) | 40 | 20 | Harder: have the legs fully extended but raised on the floor and then perform the leg drops  |
| Plank  | 40 | 20 |  |

**Glutes and legs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Leg pulses (on hands and knee and one leg will pulse in the air, also known as a donkey kick) | 40(20 seconds on each leg) | 20 |  |
| Sumo squats  | 40 | 20 | Harder: for the last 15-10 seconds have them hold a sumo squat |
| Squat walk | 40 | 20 | Harder: add a full squat after 4 steps  |
| Side lunges  | 40(20 seconds on each leg) | 20 | Harder: add pulses to the squat |
| Squat to calf raises | 40 | 20 |  |
| Glute bridge leg lift (positioned in a glute bridge and holding one leg at a time – the leg is held in the air as the thrusts are performed) | 40(20 seconds for each leg)  | 20 | Easier: instead of lifting the leg have wide leg glute bridge |
| Calf raises (do not let heels touch the floor, keep them raised) | 40 | 20 | Easier: let heels touch the floor before raising againHarder: have them hold a squat position and raise calves |
| Clam opening (laying on their side with the knees bent, then opening the legs from the knee keeping the feet on the floor)  | 40(40 seconds for each side) | 20 | Harder: can raise their hips as they open the knees |

**Flexibility and stretching (yoga poses)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Pose**  | **Work****(seconds)** | **Modification**  | **Picture**  |
| Childs pose  | 20 |  |  |
| Eye of the needle pose  | 20 |  |  |
| Forward bend  | 20 | The hands can be placed further forward, or fingertips can touch the floor. If they cannot touch the floor have them as low/ close to the floor as possible. They can also stand with their legs open wider and dip the hips, one side at a time.  | Standing Half Forward Bend (Ardha Uttanasana) // Lessons.com |
| Hip stretch  | 20 (20 seconds on each leg)  |  |  |
| Shoulder pull  | 20 (20 seconds on each arm) |  | Yoga for Neck Pain | Neck and Shoulder Stretches | Openfit |
| Overhead triceps stretch | 20 seconds on each arm  |  |  |
| Standing thigh stretch  | 20 seconds on each leg | If needed use the wall for balance |  |
| Piriformis stretches  | 20 seconds on each side  |  | Image may contain Stretch Human Person Exercise Fitness Sport Sports Working Out and Female |
| 90/90 stretch  | 20 seconds on each leg  |  | This image may contain Human Person and Kneeling |
| Frog stretch  | 20 seconds  |  | Image may contain Human Person Stretch Exercise Sport Sports Working Out Fitness and Female |
| Knee to chest stretch  | 20  |  | This image may contain Clothing Apparel Human Person Stretch Footwear Shoe and Pants |
| Leg swings (swinging the leg from the hip and bringing the leg in front and behind them) | 20 |  |  |

**HITT Session**

**Dynamic Warm-up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work****(seconds)** | **Rest (seconds)** | **Modification** |
| Arm circles forwards | 20 | 0 |  |
| Arm circles backwards | 20 | 0 |  |
| Back slaps | 20 | 0 |  |
| Crisscross arms swings forwards and backwards | 20 | 0 |  |
| Torso twists | 20  | 0 |  |
| Side bends | 20 | 0 |  |
| Knee hugs | 20 | 0 |  |
| Dynamic glute stetch | 20 | 0 |  |
| Side to side lunge with reach | 20 | 0 |  |
| World’s greatest stretch (lunge with arm reach) | 20 | 0 |  |
| Bird dog (on all 4s raising opposite arm & opposite leg) | 20 | 0 |  |
| Squat push up | 20 | 0 |  |
| Standing calf & hamstring stretch | 20 | 0 |  |
| Hurdles | 20 | 0 |  |
| Gentle jog to raise HR | 2 mins | 0 |  |

**Main HITT session**

**Two Circuits – 3 rounds – 30 seconds rest between each round**

**Circuit 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Criss-Cross Jumping Jack | 30 | 0 | Side Jacks |
| Power squat (Jumping jacks + squat) | 30 | 0 | Squat without a jump |
| Mountain Climbers | 30 | 0 | Slow the movement down or do standing up – opposite knee to opposite elbow |
| Skaters | 30 | 0 | Side steps |
| Burpee with 5 fast feet | 30 | 30 | Bend down – place both hands onto the floor, take one leg behind into a lunge, then the opposite leg, bring each leg back together into a crouched position and jump up) |

**Circuit 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Dynamic Plank (from plank move into downward dog and touch opposite toe with opposite hand)  | 30 | 0 | Bring plank down onto knees |
| 5 x High Knees and 5 x Fast Feet | 30 | 0 | 5 x Marches, 5 x Fast Feet |
| Side Lunges | 30 | 0 | Side Steps |
| In and Outs (narrow squat, jumping into a wide squat) | 30 | 0 | Normal squats with or without a jump |
| Inch Worms (additional challenge to add press up) | 30 | 30 | Slow the movement down |

**Cool-down**

**Movements are gradually slowed down to bring down HR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Boxer shuffle | 30 | 0 |  |
| Arm pull with right arm – turn head to the right. Repeat on left side | 40 | 0 |  |
| Standing quad stretch – left & right | 40 | 0 |  |
| Hip flexor stretch – lunge with pelvic tilt – left & right | 40 | 0 |  |
| Hamstring stretch – left and right | 40 | 0 |  |
| Upper and lower calf stretches – left & right | 80 | 0 |  |
| Chest stretch | 20 |  |  |
| In wide-leg stance, end with some deep inhalations by raising arms up to the ceiling, bending knees and bringing arms down again on exhalation | 60 |  |  |

**Week 4**

**Warm up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modifications** |
| Shoulder circles forwards | 10 | 3 with each set the circles get bigger |  |
| Shoulder circles backwards | 10 | 3 with each set the circles get bigger |  |
| Full arm swing forwards  | 10  | 1 |  |
| Full arm swing backwards | 10 | 1 |  |
| Arm swings above  | 10 | 1 |  |
| Butt kicks | 20 | 1 |  |
| Leg swings (left) | 10 | 1 |  |
| Leg swings (right) | 10 | 1 |  |
| Star jumps  | 15 | 1 |  |

**Workout**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Reps** | **Sets** | **Modification** |
| Press up | 10 | 3 | Easier: rest on knees  |
| Triceps Dip | 10 | 3 | Easier: bend the knees |
| **Rest** | **45 seconds** |  |  |
| Burpee | 12 | 3 | Easier: don’t jump into the burpee but walk into it |
| Squats  | 12 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Supermans | 12 | 3 |  |
| “Y””T””W” | 10 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Shoulder press | 10 | 3 |  |
| Bent over row | 10 | 3 |  |
| **Rest** | **45 seconds** |  |  |
| Lunges | 10 on each leg | 3 |  |
| Glute bridges  | 10 | 3 |  |

 **Abs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(seconds)** | **Rest** **(seconds)** | **Modification**  |
| Streamline flutter kicks  | 45 | 15  |  |
| Crunch punches  | 45  | 15  |  |
| Full sit up, half sit up  | 45  | 15  |  |
| Heel touches with a crunch (heel touches X 3 then crunch)  | 45  | 15  |  |
| Bicycle crunches  | 45  | 15  |  |
| Russian twists  | 45 | 15 |  |
| Leg drops (trunk is kept on the floor with the legs at 90 degrees at the hip and the knees are bent) | 45 | 15 | Harder: have the legs fully extended but raised on the floor and then perform the leg drops  |
| Plank  | 45 | 15 |  |

**Glutes and legs:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Leg pulses (on hands and knee and one leg will pulse in the air, also known as a donkey kick) | 45(approx. 22.5 seconds on each leg) | 15 |  |
| Sumo squats  | 45 | 15 | Harder: for the last 15-10 seconds have them hold a sumo squat |
| Squat walk | 45 | 15 | Harder: add a full squat after 4 steps  |
| Side lunges  | 45(approx. 22.5 seconds on each leg) | 15 | Harder: add pulses to the squat |
| Squat to calf raises | 45 | 15 |  |
| Glute bridge leg lift (positioned in a glute bridge and holding one leg at a time – the leg is held in the air as the thrusts are performed) | 45(approx. 22.5 seconds for each leg)  | 15 | Easier: instead of lifting the leg have wide leg glute bridge |
| Calf raises (do not let heels touch the floor, keep them raised) | 45 | 15 | Easier: let heels touch the floor before raising againHarder: have them hold a squat position and raise calves |
| Clam opening (laying on their side with the knees bent, then opening the legs from the knee keeping the feet on the floor)  | 45(45 seconds for each side) | 15 | Harder: can raise their hips as they open the knees |

**Flexibility and stretching (yoga poses)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Pose**  | **Work****(seconds)** | **Modification**  | **Picture**  |
| Childs pose  | 20 |  |  |
| Eye of the needle pose  | 20 |  |  |
| Forward bend  | 20 | The hands can be placed further forward, or fingertips can touch the floor. If they cannot touch the floor have them as low/ close to the floor as possible. They can also stand with their legs open wider and dip the hips, one side at a time.  | Standing Half Forward Bend (Ardha Uttanasana) // Lessons.com |
| Hip stretch  | 20 (20 seconds on each leg)  |  |  |
| Shoulder pull  | 20 (20 seconds on each arm) |  | Yoga for Neck Pain | Neck and Shoulder Stretches | Openfit |
| Overhead triceps stretch | 20 seconds on each arm  |  |  |
| Standing thigh stretch  | 20 seconds on each leg | If needed use the wall for balance |  |
| Piriformis stretches  | 20 seconds on each side  |  | Image may contain Stretch Human Person Exercise Fitness Sport Sports Working Out and Female |
| 90/90 stretch  | 20 seconds on each leg  |  | This image may contain Human Person and Kneeling |
| Frog stretch  | 20 seconds  |  | Image may contain Human Person Stretch Exercise Sport Sports Working Out Fitness and Female |
| Knee to chest stretch  | 20  |  | This image may contain Clothing Apparel Human Person Stretch Footwear Shoe and Pants |
| Leg swings (swinging the leg from the hip to bring the leg in front and behind them) | 20 |  |  |

**HITT Session**

**Dynamic Warm-up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work (seconds)** | **Rest (seconds)** | **Modification** |
| Arm circles forwards | 20 | 0 |  |
| Arm circles backwards | 20 | 0 |  |
| Back slaps | 20 | 0 |  |
| Crisscross arms swings forwards and backwards | 20 | 0 |  |
| Gentle jog to raise HR | 2 mins | 0 |  |
| Downward dog to lunge | 20  | 0 |  |
| Kneeling thoracic rotations | 20 | 0 |  |
| Dynamic squat stretch | 20 | 0 |  |
| Squat push up | 20 | 0 |  |
| Walking quad stretch | 20 | 0 |  |
| Butt kicks | 20 | 0 |  |
| Standing calf & hamstring stretch | 20 | 0 |  |
| hurdles | 20 |  |  |

**Main HITT session**

**9 exercises = 1 Circuit. Each circuit repeated 3 times**

**10 second rest between each exercise**

**90 second rest between each circuit**

**Circuit**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Mountain climbers | 30 | 10 | Slow the movement down or do standing up – opposite knee to opposite elbow |
| 2 Plie squats with a touch down & jump up, 2 plie squats | 30 | 10 | No jump between plie squats |
| Skaters | 30 | 10 |  |
| High Plank touching opposite shoulder with opposite hand | 30 | 10 |  |
| Jumping Jacks | 30 | 10 | Side Jacks |
| Abs – supine – alternating half V-ups | 30 | 10 | Dead Bugs – lying supine, arms are perpendicular to the ground, knees & hips at 90 degrees - lower left arm & extend right leg. Alternate |
| Side lunge with opposite hand touching the ground or toe, with side step in the middle  | 30 | 10 | Take out the side step |
| Press up (high plank position) & jump legs in & out | 30 | 10 | Perform press up on knees & no jump |
| Narrow squat jumping out to wide squat – keep body low | 30 | 10 | Narrow squat, stepping into wide squat (no jump) |

**Cool-down**

**Movements are gradually slowed down to bring down HR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise**  | **Work** **(Seconds)** | **Rest** **(seconds)** | **Modification** |
| Boxer shuffle | 30 | 0 |  |
| Arm pull & hip flexor stretch – left & right | 40 | 0 |  |
| Tricep stretch – left & right | 40 | 0 |  |
| Side bend stretch for the waist – left & right | 40 | 0 |  |
| Side lunge for inner thigh stretch – left & right | 40 | 0 |  |
| Standing quad stretch – left & right | 40 | 0 |  |
| Hip circles | 20 | 0 |  |
| Hamstring stretch – left and right | 40 | 0 |  |
| Upper and lower calf stretches – left & right | 80 | 0 |  |
| Chest stretch | 20 |  |  |
| Upper back stretch | 20 |  |  |