

Home Based training

Body weight & Core Exercises –complete this as a circuit, 2-3 x weekly

Beginner Level– 2 circuits Intermediate Level - 3 circuits total Beast Mode – 5 circuits

1. **10 x Prisoner Squats**- hands on head, squat down making sure your knees stay behind the line of your toes. The ideal depth is when your thighs are parallel to the floor.



2. **20 x Press Ups**- do these on your knees if you cant do them on your toes



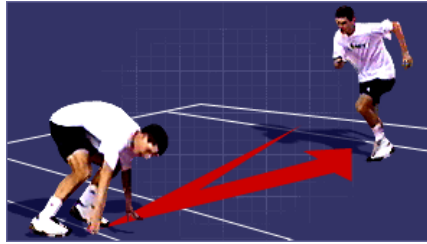
3. **12 x Lunges** each leg– stationary lunges or travelling lunges



4. **10 x Incline Press Ups** – again these can be done on knees or toes



5. **8 x 20m shuttle runs** – set markers up 20m or 20 large strides apart. Sprint



6. **45s Wall Sit** – Sit low with knees bent at 90 degrees for 45 seconds



7. **Dips** – use a bench or chair



8. **60s Prone Hold/Plank**



9. **25 x cycle abs** – rotate so your opposite elbow touches your opposite knee

