

## Warm Up

Equipment:	Treadmill Level: 2 - 3 Duration: 5 mins
Trainer Tips:	Trainer Tips: A comfortable pace, interspersing walking and jogging. Add some knee lifts, heel flicks and long strides. Loosen up the upper body by adding some shoulder rolls forward and back and swinging the arms.
Pre exercise Stretch:	Calf, Thigh, Chest, Triceps - hold all for 6-8 secs

## Main Workout

Exercise	Equipment	Sets and Reps or duration
Cardio	Treadmill	5 min easy running, followed by four sets of 2 min hard and 1 min easy, finish with 5 minutes easy running
Lunges & Squats	Dumbbells, body bar and/or swiss ball for squats against wall	10 squats, 10 lunges and repeat once
Flys & Press Ups	Dumbbells	10 flys, 10 press ups and repeat once
Back Extensions & Dumbbell Rows	Dumbbells, bench and swiss ball for back extension	10 back extensions, 10 dumbbell rows and repeat once
Skipping & Abs	Skipping rope and mat for abs	Skip 15 secs, crunch on mat, skip 15 secs, obliques on mat, skip 15 secs, reverse curl on mat
Dumbbells, body bar and bench	Dumbbells, body bar and bench	10 lat raises, 10 body bar curls, 10 dips on bench
Shoulder Press, Bicep Curl & Tricep Kick Back	Dumbbells and bench	10 shoulder presses, 10 single arm dumbbell curls, 10 tricep kickback on bench. Repeat the dumbbell curl and tricep kickback on the other arm.

## Cool Down:

On the floor lying on the stomach. Gently push up to stretch out the abdominals.

Stay lying and then move on to a quad stretch, bringing the heel to the bottom. Roll over on to the back and place one foot up on the knee. Bring the supporting leg in towards the torso to stretch out the glutes.

Take the arms out to the sides, knees bent and on the floor. Gently take both knees to one side at a time to stretch out the lower back. Bring one leg straight up into the air, and pull down towards the torso to stretch the hamstrings. Keep the tailbone in contact with the floor.

Sit up bring both arms forward, link the fingers, round the spine and stretch out the upper back. Bring both hands on to the waist and then point the elbows behind you to stretch the chest.

Raise one arm up in the air and then bring it behind the head, press the other hand on to the elbow to stretch the back of the arms.