



Focus: Step Program (Big Leg Day).

The objective today is to reach 500 Step ups.

Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Steps or Bench.

Warm-up: Tabatas

20 seconds working and 10 seconds rest

Sprints/Runs – Mountain Climbers

Travelling Lunges – **Squat Jump**

Push ups – **High Knees**.

Exercise one: Resistance Legs (300 steps)

Cone is placed 80 feet (25 meters) from step.

Tricep Dips 45 sec – Low **Side Shuffle** to cones and sprint back – 25 Right Leg Step ups.

Tricep Dips 30 sec – Low **Side Shuffle** to cones and sprint back – 25 Left Leg Step ups.

Step Jumps (only if low step) 45 sec – Lunge to cones and back – 50 Alt Step ups.

Step Jumps (only if low step) 30 sec – Lunge to cones and back – 50 Alt Step ups.

Push ups 45 sec – **Traveling Jump Squat** to cones and back – 25 Left Leg Step ups.

Push ups 30 sec – **Traveling Jump Squat** to cones and back – 25 Right Leg Step ups.

V or wide leg Step ups 45 sec – Monster Walk or big Drag Runs to cone and back – 50 Alt Step ups.

V Step ups 30 sec – Monster Walk to cone and back – 50 Alt Step ups.

Exercise Two: Squat Drill or Wall Drill (if available).

Line up mats at Wall or opposite end of step/s.

Squat Hold (or Wall Squats) 1min then run to steps – 50 Right Side Tap ups (make sure they are pulling up through core and not pushing off other foot, Have them start on top of step and tap down with right foot – Run back.

3 Phase Right side kicks or Round House Kicks one low, one medium and one high (ensure left knee is soft, core tight and the high kick doesn't come about hip line) – continue 1 minute.

Squat Hold (or Wall Squats) 45 sec hold then run to steps – 50 Left Side Tap ups – Run back.

3 Phase Left Side Kicks (Round House Kicks) one low, one medium and one high (ensure Right knee is soft, core tight and the high kick doesn't come about hip line) – continue for 1 minute.

Squat Hold (or Wall Squats) 45 sec – 50 Right Side Tap ups – Run back.

30 sec Wall Squat Hold then run to steps – 50 Alt Step ups or low step runs to finish.

Exercise Three: Abs Set

50's Crunches – 50 **Plank Side Leg Taps** – 50 Reverse Crunches.

Recover and Stretch

