



FOCUS: Resistance Training. Cardio ★★☆☆★ Strength ★★★★★

EQUIP: Cones, dumbbells, mats

SETUP: 5 Lines of cones, lines 10 meters apart

WARM-UP: 5 lines of cones 2 cones – Start at first line jog to 2nd line – 2 push ups – flip around and backward **High Knees** to 3rd line – 4 Push ups – Flip back to forward Jog to 4th line – 6 Push ups and sprint back to start.

2nd Set – Repeat sequence but change Push ups to **Jump Squats**

3rd Set – Repeat sequence but change **Jump Squats** to **Split Jump Lunges**

EXERCISE ONE: Lower Body - 3 sets in total
(Tempo Training)

Squats with Dumbbells at Sides. NOTE: This is continuous no rest until 1st set is complete

Set 1. 16 Single Squats – 8 Bottom half **Pulsing Squats** – 16 Squats – 8 Bottom half Pulses

8 slow tempo (8 counts **down** and one fast up) – 8 Single Squats – 8 slow tempo – Finish set with 16 single Squats.

Set 2. 14 Single Squats – 7 Bottom half **Pulsing Squats** – 14 Squats – 7 Bottom half Pulses

7 slow tempo (7 counts **up** and one down) – 7 Single Squats – 7 slow tempo **up** – Finish set with 14 single Squats.

Set 3. 12 Single Squats – 6 Bottom half **Pulsing Squats** – 12 Squats – 6 Bottom half Pulses

6 slow tempo (6 counts **down** and one up) – 6 Single Squats – 6 slow tempo **down** – Finish set with 12 single Squats.

EXERCISE TWO: Cardio Line Drill with Leg Focus with DB's at sides and drop when doing Hi 5s Sky to Ground before moving on (use above cone run)

Lunge to 1st line – At line complete 12 **High 5s Sky to Ground** – Lunge to 2nd line – 10 **High 5s Sky to Ground**

Turn around and Reverse Lunge to 3rd line – Complete 8 **High 5s Sky to Ground** – Reverse Lunge 4th line – 6 **High 5s Sky to Ground** and Jog Back Repeat x3

High 5s Sky to Ground - From wide-leg standing position, reach left hand to the sky and one to the ground, legs wide in sumo position. Squat down until right hand touches the ground, keeping chest/torso up as tall as possible and left arm straight overhead. As you press legs back up, jump up in the air, land softly, and repeat. Switch to right hand up after completing set with left hand.



EXERCISE THREE: *Upper Body Challenge* – Set up mats in a straight line along the 1st line of cones

Set 1. 20 Standing Double Triceps Kickbacks (Keep Knees Soft) drop Dumbbells and run to 2nd line drop and do 20 Straight Leg Dips and return to start.

Repeat sequence but Continue decreasing in reps by 2 each time :

18 Double Kickbacks – 18 Straight Leg Dips – run to 3rd line at this set so each time you are increasing the distance of runs.

16 Double Kickbacks – 16 Straight Leg Dips – run to 4th line – sprint back to start

14 Double Kickbacks – 14 Straight Leg Dips – run to 2nd line – sprint back to start

12 Double Kickbacks – 12 Straight Leg Dips – run to 3rd line – sprint back to start

10 Double Kickbacks – 10 Straight Leg Dips – run to 4th line – sprint back to start

Set 2. *Chest, Back and Abdominal focus*

10 Push ups with **Dumbbell Pushup Back Row** drop Dumbbells and run to 2nd line drop and do 10 Spiderman Climbs (Both Sides counts as one rep) – return to start.

8 **Dumbbell Pushup Back Row** – 8 **Spiderman Climbs** – run to 3rd line at this set so each time you are increasing the distance of runs.

6 **Dumbbell Pushup Back Row** – 8 **Spiderman Climbs** – run to 4th line – sprint back to start

4 **Dumbbell Pushup Back Row** – 4 **Spiderman Climbs** – run to 2nd line – sprint back to start

2 **Dumbbell Pushup Back Row** – 2 **Spiderman Climbs** – run to 3rd line – sprint back to start

1 **Dumbbell Pushup Back Row** – 1 **Spiderman Climbs** – run to 4th line – sprint back to start

RECOVER AND STRETCH