



FOCUS: All Rounder. Wet Weather Program. Cardio ★★☆☆★ Strength ★★★★★

EQUIP: Cones, medicine ball, DB's, Timer & Large Undercover Area, you will need a wall.

WARM-UP: Medicine Ball Indian run 10min

Can use a basketball or lighter medicine ball if group are not very fit. Group in straight line (if big group split into two groups, depending on fitness levels have fitter people together). Front runner starts with ball throws/passes it to person behind until last person gets ball and runs to front of the line to start it again. First runner sets the pace.

EXERCISE ONE: Cardio 1 minute / Strength 15 repeated 3 times.

Round 1. – Cardio/Strength 6 min

1 minute **fast feet** (football feet)

Push-ups 15x

Repeat sequence 2 more times.

Round 2. – Cardio/Strength 6 min

1 minute Wall Jumps (facing wall jump up and down)

Wall Sit with Bicep Curls 15x

Repeat sequence.

Round 3. – Cardio/Strength 6 min

1 minute **Split Jump Lunges** (Lunge, Jump, switch feet)

Plie Squat's Upright Row 15x

Repeat sequence.

Round 4. – Cardio/Strength 6 min

1 minute **Squat Thrusts** (4 count, Squat down, place hands on floor, kick legs back, pull legs back to Squat, stand up)

Overhead Tricep Extensions 15x (overhead, one heavy weight)

Repeat sequence.

Round 5. – Cardio/Strength 6 min

1 minute 1 lap around area (you could mix up what they do on the track instead of just running. If you have 4 sides to run to you could do heel kicks, jog, sprint, jog etc).

Reverse Lunge Flys 15x

Repeat sequence.

Round 6. – Cardio/Strength 6 min

1 minute **Frog Jump** (in place, Squat down, touch floor, hop up, repeat)

Squat to Shoulder Press 15x (palms facing body, weights under chin, elbows in front of body, press arms straight up)

Repeat sequence

EXERCISE TWO: Leg and A's Burner - 10 minute

One Leg Lunge – 1 minute (stay on one leg for full minute)

Low Lunge hold with Triceps' press (stay in static low lunge, arms back, palms up, press palms to sky/ceiling with Dumbbells – switch legs on second round) - 1 minute

Front plank – 45 seconds to 1 minute (depends on your crowd)

One Leg Lunge – 1 minute (Other Leg)

Low Lunge Hold with Bicep's Curl (Other Leg) 1 min



- 10 Side Planks rotating left/right with Push-up in middle
- Single Leg Squat – reach opposite hand inside opposite ankle. 1 min
- Single Leg Squat – reach opposite hand inside opposite ankle. Repeat 1 min
- Plank with Knee to Elbow touch - 30 seconds
- Single Leg Squat – reach opposite hand inside opposite ankle. Repeat 1 min
- Half Situps** – 30 seconds or until tired or you run out of time.

RECOVER AND STRETCH