

Training programme

 2 per week

 2020

 James Miller

Functional Body Weight Workout

10 exercises **32** minutes **398** MOVES **187** kcal

1 - Free Exercise - Jump rope



60 sec x 1 sec

If you don't have a rope, jog lightly on the spot.

2 - Free Exercise - Jumping jack



60 sec x 1 sec

3 - Free Exercise - High knees



60 sec x 1 sec

4 - Circuit - Lower Body

4 exercises **3** Rounds **30** sec Round rest time

1 - Free Exercise - Squat



R1 10 reps x 1 sec
 R2 10 reps x 1 sec
 R3 10 reps x 1 sec

2 - Free Exercise - Lateral lunge



R1 10 reps x 1 sec
 R2 10 reps x 1 sec
 R3 10 reps x 1 sec

10 Right & 10 Left

3 - Free Exercise - Backward lunge with rotation



R1 10 reps x 1 sec
 R2 10 reps x 1 sec
 R3 10 reps x 1 sec

10 Right & 10 Left

4 - Free Exercise - Transverse lunge



R1 10 reps x 1 sec
 R2 10 reps x 1 sec
 R3 10 reps x 1 sec

10 Right & 10 Left

1 - Free Exercise - Push-up - on knees

R1 10 reps x 1 sec
R2 10 reps x 1 sec
R3 10 reps x 1 sec

2 - Free Exercise - Superman

R1 10 reps x 1 sec
R2 10 reps x 1 sec
R3 10 reps x 1 sec

To Make This More Challenging, Complete Full Press Ups

3 - Free Exercise - Inchworm

R1 10 reps x 1 sec
R2 10 reps x 1 sec
R3 10 reps x 1 sec

4 - Free Exercise - Tabletop pose

R1 30 sec x 1 sec
R2 30 sec x 1 sec
R3 30 sec x 1 sec

6 - Stretching - Quadriceps - side lying

Sets: 1
Duration: 30 sec
Rest time: 1 sec

30 Seconds Per Side

7 - Stretching - Hamstrings - opposite leg bend

Sets: 1
Duration: 30 sec
Rest time: 1 sec

30 Seconds Per Side

8 - Stretching - Lats - arms overhead

Sets: 1
Duration: 30 sec
Rest time: 1 sec

9 - Stretching - Glutes - seated

Sets: 1
Duration: 30 sec
Rest time: 1 sec

30 Seconds Per Side

10 - Stretching - Hip flexors - half kneeling

Sets: 1
Duration: 30 sec
Rest time: 1 sec

30 Seconds Per Side