

# Training programme



2 per week



2020



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## Core & Mobility

**10** exercises **31** minutes **350** MOVES **166** kcal

### 1 - Free Exercise - Jump rope



60 sec x 1 sec

### 2 - Free Exercise - Jumping jack



60 sec x 1 sec

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

### 3 - Free Exercise - High knees



60 sec x 1 sec

## 4 - Circuit - Mobility

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

### 1 - Stretching - Forward lunge - forearm to instep



R1 10 x 3 sec x 1 sec  
R2 10 x 3 sec x 1 sec  
R3 10 x 3 sec x 1 sec

*10 Per Side. Start in a Plank Position & Step one Leg to In line With Your Elbow. Hold for 5 Seconds. Return to Start and Repeat*

### 2 - Stretching - Hip flexors - half kneeling with reach



R1 10 x 5 sec x 1 sec  
R2 10 x 5 sec x 1 sec  
R3 10 x 5 sec x 1 sec

*10 Per Side Start Standing, Step Forward Into a Deep Lunge. Allow Back Knee to Touch Floor. Hold For 5 Seconds.*

### 3 - Free Exercise - Squat to plank



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

### 4 - Free Exercise - Dead bug



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

**1 - Free Exercise - Plank**

R1 60 sec x 1 sec  
R2 60 sec x 1 sec  
R3 60 sec x 1 sec

*Hold for as Long as you can up to 60 seconds. If you wish to make this harder, complete with straight arms. If you wish to make this easier, drop to your knees*

**2 - Free Exercise - Side plank with rotation**

R1 45 sec x 1 sec  
R2 45 sec x 1 sec  
R3 45 sec x 1 sec

*45 seconds right then left. Keep moving for as Long as you can up to 45 seconds. If you wish to make this harder, complete with straight arms. If you wish to make this easier hold the side plank without moving*

**3 - Free Exercise - Superman**

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

**4 - Free Exercise - Glute bridge**

R1 60 sec x 1 sec  
R2 60 sec x 1 sec  
R3 60 sec x 1 sec

*Move slowly but continuously up & down Remember to Squeeze the Glutes!*

**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 - Glutes - seated**

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

*30 Seconds Per Side*

**9 - Stretching - Hip flexors - half kneeling**

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

*30 Seconds Per Side*

**10 - Stretching - Glutes - supine**

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

*30 Seconds Per Side*