

# Training programme

 **2 per week**

 **2020**

 **James Miller**

## Tone & Strengthen

**10** exercises **53** minutes **623** MOVES **298** 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

**5** exercises **3** Rounds **60** sec Round rest time

### 1 - Free Exercise - Split jump - alternating



R1 20 reps x 1 sec  
 R2 20 reps x 1 sec  
 R3 20 reps x 1 sec

### 2 - Free Exercise - Lateral lunge with reach



R1 20 reps x 1 sec  
 R2 20 reps x 1 sec  
 R3 20 reps x 1 sec

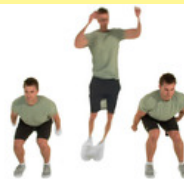
*10 Reps Per Side*

### 3 - Free Exercise - Good morning



R1 20 reps x 1 sec  
 R2 20 reps x 1 sec  
 R3 20 reps x 1 sec

### 4 - Free Exercise - Squat jump - lateral



R1 20 reps x 1 sec  
 R2 20 reps x 1 sec  
 R3 20 reps x 1 sec

*10 Reps per Side Slow & Steady. The more Control the Better.*

### 5 - Free Exercise - Glute bridge - single leg curls



R1 20 reps x 1 sec  
 R2 20 reps x 1 sec  
 R3 20 reps x 1 sec

*10 Reps Per Side*

**1 - Free Exercise - Push-up - to T**



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

Complete on knees & without the Twist If need be.

**2 - Free Exercise - Pike press**



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

**3 - Free Exercise - Back extension - prone**



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

**4 - Free Exercise - Supine plank**



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

Squeeze Glutes and keep hips high. Squeeze shoulder blades together. If you feel a burn in the back of your arms, don't panic, you are doing it right!

**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