

Training programme of Samantha



2 per week



from
02/07/2020 to
13/08/2020



Sam Riley

Workout 1

10 exercises **58** minutes **598** MOVES **180** kcal

1 - Activities - Walking (high intensity)



Duration: 05:00 min

5-10 mins of fast walking/jogging (adjust speed as needed).

2 - Super set - Super set 1

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

1 - Free Exercise - Squat



R1 15 reps x 1 sec
R2 15 reps x 1 sec
R3 15 reps x 1 sec

2 - Free Exercise - Squat to plank



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

Walk out or step out to plank.

3 - Free Exercise - High knees



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

3 - Super set - Super set 2

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

1 - Free Exercise - Push-up



R1 15 reps x 1 sec
R2 15 reps x 1 sec
R3 15 reps x 1 sec

2 - Dumbbells - Backward lunge



R1 20 reps x 0.25 kg x 1 sec
R2 20 reps x 0.25 kg x 1 sec
R3 20 reps x 0.25 kg x 1 sec

10 reps each leg, alternating.

3 - Free Exercise - Plank with mountain climber



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

4 - Free Exercise - Dead bug



20 reps x 60 sec
20 reps x 60 sec

5 - Free Exercise - Breast stroke



30 sec x 60 sec
30 sec x 60 sec

6 - Stretching - Glutes - crossover



30 sec x 60 sec

7 - Stretching - Hamstrings seated - with rope



30 sec x 60 sec

8 - Stretching - Quadriceps - side lying



30 sec x 60 sec

9 - Stretching - Shoulders - with dowel



30 sec x 60 sec

10 - Stretching - Lats - arms overhead



30 sec x 60 sec