



Home body weight routine using anatomical adaptation principles.

WARM UP

5-10min walk, jog, row or cycle

Repeat x 3:

30 secs skipping

5 x air squats

5 x wall push ups

MAIN SET

30 seconds for each exercise

30 seconds rest between each exercise

2 mins rest between circuits

Do 3 x circuits:

A1. Air squats (thighs parallel to floor)

B1. Push-ups

C1. Step ups

D1. Burpees

E1. Plank

F1. Box jump (less than 60cm)

G1. Table rows (use a table hang off with your arms and pull yourself up)

COOL DOWN

5 mins Flexibility and Mobility work on tight areas