

PHYSICAL PREPARATION SESSION - AMANDA'S GROUP -

LOW / MEDIUM IMPACT – MEDIUM LOADING

WARM UP

5 mins inside gentle

STUDIO Portion

Working in pairs – 30 seconds work and 30 second rest

One SET = 4 repetitions of the 2 exercises

There are four SETS – allow 120 seconds between sets

SET 1:

Back -

LEG PISTONS

Upright -

REVERSE LUNGE AND KNEE LIFT (TAKE OUT COMPONENTS)

SET 2:

Front -

WALK OUTS WITH PRESS UP (TAKE OUT THE WALK OUT)

Upright -

SQUAT WITH ARMS OVER HEAD (ARMS IN FRONT OR ON HIPS)

SET 3:

Back -

STARFISH – HAND TO FOOT

Front -

3-POSITION SQUAT THRUSTS (HOT KNEES)

SET 4:

Front -

MOUNTAIN CLIMBER

Upright -

VOLLEYBALL BLOCK (TAKE OUT THE JUMP)

WARM DOWN

Stretches