

Advanced Level - Card 1

Exercise	Sets/Reps Rest Periods	Advice
Burpees 	4x 8 reps 5 second rest between each set	Get into 'crab position' push from hands, extend legs out and back in and make jump movement upwards. Land with soft knees.
Full Press-Ups 	4x 8 reps 5 second rest between each set	Get into plank position, brace core and push from hands 'away from the ground'. Keep lower body stable.
Wall Sits 	3x 1minute Holds 5 second rest between each set	Maintain 90 degree angle of knees and legs, arms out in front and steady breathing throughout.




Finisher Exercise: x2 40 seconds Window Whippers (no rest)

Top Tips

- ✓ To progress the press-up try 'clapping' press-ups, this is a plyometric style of training but will add benefits such as muscle power and strength.
- ✓ Try a 'push-press' movement in the full press ups by performing press-up and holding this for 3 seconds on the downwards phase and powering back up.
- ✓ Also try a press up and move 2 to the side and back to the centre whilst keeping the core engaged.
- ✓ See how many burpees you can do in 1 minute challenge yourself to do more next time and keep a track this.



Advanced Level - Card 2

Exercise	Sets/Reps Rest Periods	Advice
Side Plank Pulses 	4x 12 reps 5 second rest between each set	Lead with arm at right angles, brace the core and relax shoulders within the top arm. Push from the ground upwards.
Hip Thrusts 	4x 15 reps 5 second rest between each set	Place upper back on back of platform, from right angle position lower hips and power up in a controlled manner.
Jumping Jacks 	3x 10 reps 5 second rest between each set	Start with feet narrow at the stance, and make explosive star jump movement. Land with soft knees.




Finisher Exercise: x2 8 reps Pike Press Ups (no rest)

Top Tips

- ✓ To challenge yourself whilst doing hip thrusts put external load or resistance on the hips and push with this attached. This can be a bag of weighted goods or a weighted plate if you have one.
- ✓ The lower you get in the jumping jacks exercise the more effective and explosive this will be. Tempo is very important – slowly build up power and explosion.
- ✓ To make side planks more intense add more reps per pulse or reduce rest periods per pulse.



Advanced Level - Card 3


Exercise	Sets/Reps Rest Periods	Advice
<p>Bear Crawls</p> 	<p>4x 10 reps (5 second rest between sets)</p>	<p>Curve back, come onto all 4's and crawl forwards and backwards = 1 rep Keep movement short and sharpe.</p>
<p>Pistol Squats</p> 	<p>4x 8 reps (per leg) (5 second rest between sets)</p>	<p>Stand shoulder width apart with feet, flex and lower on one side and extend opposite leg with arms extended and maintain balance to sustain squat position.</p>
<p>Crucifix Plank Holds</p> 	<p>3x 1min holds (5 second rest between sets)</p>	<p>Get into plank position, extend arms laterally and then do the same with the legs until make a 'crucifix' shape. Hold this for the allocated time.</p>

- ### Top Tips
- ✓ Working on the mobility drills every day (that will help more than just your pistol squats, too). Hone your form with the progressions three to four days per week, especially on leg and full body workout days. Once you can nail the move, keep it in your repertoire for lower body routines, working with low reps and limited sets—something like 3 sets of 5 reps to start.



Finisher Exercise: 3x 15 second static sprints (10 second rest)

Advanced Level - Card 4

Exercise	Sets/Reps Rest Periods	Advice
Hot Hands 	4x 15 reps (5 seconds rest between each set)	Get into plank position, brace the core and use shoulder to make movement.
Tricep Dips 	4x 10 reps (5 seconds rest between each set)	Keep hands close together throughout movement, posture tall and cross legs at bottom.
Mountain Climbers 	4x 12 reps (5 seconds rest between each set)	Get into plank position, keep weight over shoulders, brace the core and bend in the knees.

Finisher Exercise: 3x 10 Jumping Jacks (10 second rest)

Top Tips

- ✓ Make all these movements as slow and controlled as possible – always use the core as your main stability point.
- ✓ With all exercises perform 1 rep and move 2 paces to the side and perform the same rep and return to your central starting position.
- ✓ If you feel a “burning” sensation this is good – how long can you go until failure?



Advanced Level - Card 5

Exercise	Sets/Reps Rest Periods	Advice
<p>Sprints on Spot</p> 	<p>3x 30 second sprints 5 second rest between each set</p>	<p>Start of jogging on the spot, keep your form and speed up and drive with knees and arms to create movement patterns.</p>
<p>Alternate Lunges</p> 	<p>4x 8 reps 5 second rest between each set</p>	<p>Keep back and spine upright, focus ahead and lunge forwards bouncing off your leading foot.</p>
<p>Pike Press Ups</p> 	<p>3x 12 reps 5 second rest between each set</p>	<p>Get into 'L-Shape' from apparatus, and lead with hands pushing through the triceps to create the press movement.</p>

Finisher Exercise: x3 30 second High Intensity Step Ups (10 second rest)

Top Tips

- ✓ To progress the Pike Press Up further perform the 'push-press' movement and hold for 3 seconds on the downwards phase and power up to the starting position.
- ✓ Incorporate moving aswell as static alternate lunges – grab two water bottles and use these as dumbbells if you don't have this equipment in the household.
- ✓ Wear a bag with tins of beans in etc to add resistance when performing static sprints on the spot.

