




Intermediate Level - Card 1

Exercise	Sets/Reps Rest Periods	Advice
<p>Glute Bridges</p> 	<p>4x 8 reps 5 second rest between each set</p>	<p>Lay with back flat on the ground, legs at right angles and push from the hips. Hold bridge position at the top for 2 seconds before lowering.</p>
<p>Half Press Ups</p> 	<p>4x 4 reps 5 second rest between each set</p>	<p>Cross legs at the back, push from arms and shoulders. Brace core throughout.</p>
<p>Full Press Ups</p> 	<p>2x 2 reps 5 second rest between each set</p>	<p>Get into plank position, brace core and push from hands 'away from the ground'. Keep lower body stable.</p>

Top Tips

- ✓ Maintaining a strong wrist position throughout a full press-up keeps your arm joints aligned to minimise joint stress and form the most stable set-up.
- ✓ Holding your hips up within a full press-up keeps your body stable, which allows your muscles to focus on performing high-quality reps rather than on stabilising your torso.
- ✓ Depth of reps within a full press-up - The deeper you can go (the closer your chest is to the floor) the more muscle fibres you activate. Keep reps slow, focus on quality and range motion.



Finisher Exercise: x2 50 second Plank Holds (5 seconds rest)

Intermediate Level - Card 2

Exercise	Sets/Reps Rest Periods	Advice
Tuck Jumps 	3x 8 reps 10 second rest in between each set	Stand with feet just less than shoulder-width apart. Make powerful jump up, tuck knees towards chest and land softly with bent knees.
Plank Builders 	3x 10 reps 10 second rest in between each set	Get into plank position, then move onto elbows and then forearms one arm at a time and then back up to the plank.
Russian Twists 	2x 12 reps 10 second rest in between each set	Sit on floor with upper body at 45 degree angle to the floor, link hands together and brace core and rotate arms from one side to the other.


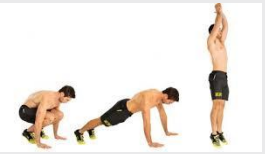

Finisher Exercise: x2 5 Burpees (no rest)

Top Tips

- ✓ If you are finding the bodyweight Russian Twists too easy, the use a water bottle full with water as resistance - The extra weight increases the challenge to your core, especially when you try to twist back from taking the weight over to the side. For extra credit, try to gently tap your weight on the floor on each side as you twist.
- ✓ Always land with soft knees for the Tuck Jumps, to make movement more powerful create more depth in the knees and 'power up' to provide more force. Push feet through the ground upwards.



Intermediate Level - Card 3

Exercise	Sets/Reps Rest Periods	Advice
Box Squats (with chair) 	4x 8 reps 10 second rest between sets	Get chair or platform is level with glutes, and whilst keeping arms across the chest make squat movement onto the chair. Faintly touch the object with glutes and return to starting position.
Full Burpees 	2x 10 reps 10 second rest between sets	Get into 'crab position' push from hands, extend legs out and back in and make jump movement upwards. Land with soft knees.
Tricep Dips 	2x 5 reps 10 second rest between sets	Keep hands close together throughout movement, posture tall and cross legs at bottom.




Top Tips

- ✓ You should actively be tightening your core (and glutes) during the entire active phase of the burpee, since doing so will not only make the exercise more effective and work your core (meaning you'll have to do less sit ups later), it'll improve the overall strengthening benefits you get from burpees as well as maximizing calorie burn.
- ✓ Keep posture tall during box squats and stand with narrower stance to activate quadricep (thigh) muscles more.



Finisher Exercise: 3x 8 reps Dead Bug (no rest)

Intermediate Level - Card 4

Exercise	Sets/Reps Rest Periods	Advice
<p>Reverse Lunge</p> 	<p>3x 8 reps (per leg) 10 seconds rest between sets</p>	<p>Keep posture high, back straight and knees slightly bent at address. Make small lunge backwards, extend leg and glute to make movement.</p>
<p>Walk Outs</p> 	<p>3x 8 reps 10 seconds rest between sets</p>	<p>Make initial 'L-Shape' with body, walk-out onto two hands and straighten back out into plank position and back up to starting position.</p>
<p>Bear Crawls</p> 	<p>2x 6 reps 10 seconds 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>




Finisher Exercise: x2 12 reps 'Diamond' Full Press Ups/ Half Press Ups (10 seconds rest)

Top Tips

- ✓ To create 'pulse' movement on reverse lunges, hold in the backwards phase for 3 counts and then return to starting position.
- ✓ To make backwards lunges more dynamic try jumping and making explosive movement patterns.
- ✓ Hold core in during bear crawls and walk outs to ensure spine is in the correct position. Make these movements as slow and controlled as possible and focus on quality not quantity!



Intermediate Level - Card 5

Exercise	Sets/Reps Rest Periods	Advice
Plank Hold 	3x 45 seconds holds 10 second rest between sets	Keep spine and back straight – avoid ‘banana back’ and keep feet close together when performing exercise.
Wall Sit 	2x 30 second holds 10 second rest between sets	Maintain 90 degree angle of knees and legs, arms out in front and steady breathing throughout.
Mountain Climbers 	3x 15 reps (per leg) 10 second rest between sets	Get into plank position, keep weight over shoulders, brace the core and bend in the knees.

Top Tips

- ✓ To progress your plank apply some weight on your back – this can be a bag with some goods in (i.e. baked bean tins or a gym style plate) and hold the resistance for the allocated time.
- ✓ For all these exercises to increase intensity either increase rep ranges by 10 reps (increase exercise times by 20 seconds) or decrease the rest period to 5 seconds or ‘no rest’.
- ✓ Remember to control your breathing and keep everything in sync.



Finisher Exercise: 2x 1 minute Heel Touches (5 second rest)