

## 20 20 Vision

Equipment: Resistance Bands		Duration: One Hour	
<p style="text-align: center;"><u>PART ONE</u></p> <p>For each Part (2-4) perform 2 rounds of 20 repetitions of every exercise</p>		<p style="text-align: center;"><u>PART TWO</u></p> <ul style="list-style-type: none"><li>• <b>SIT UPS</b></li><li>• <b>LEG RAISES</b></li><li>• <b>STAR BUGS</b></li><li>• <b>HIP RAISE – LEFT</b></li><li>• <b>HIP RAISE – RIGHT</b></li><li>• <b>50 METRE RUN</b></li></ul>	
<p style="text-align: center;"><u>PART THREE</u></p> <p>With Bands</p> <ul style="list-style-type: none"><li>• <b>BICEP CURLS</b></li><li>• <b>SHOULDER PRESS</b></li><li>• <b>FRONTAL RAISE</b></li><li>• <b>CHEST EXPANDER</b></li><li>• <b>STANDING ROW</b></li><li>• <b>50 METRE RUN (no bands!)</b></li></ul>		<p style="text-align: center;"><u>PART FOUR</u></p> <ul style="list-style-type: none"><li>• <b>SQUAT JUMP</b></li><li>• <b>PENDULUM LUNGE</b></li><li>• <b>SKATERS</b></li><li>• <b>50 METRE RUN</b></li></ul>	

Remember to Warm up for 5-10 minutes at the start of any workout, and to stretch down for at least 5 minutes afterwards