

Back and Forth	
Equipment: None	Duration: One Hour
<u>PART ONE</u>	<u>PART TWO</u>
<p>Take a 20 step LUNGE WALK, then jog back to start location</p> <p>Repeat 5 times, performing 20 or 30 of each at the start location, in order</p> <ul style="list-style-type: none"> • SIDE HIP RAISES (10 or 15 each side) • LEG RAISE • SITUP • STARBUG • UNDER BODY TOE TOUCH 	<p>RUN out at least 50 metres then sprint back, three rounds</p> <p>Round 1 – 20 or 30 PRESSUPS at start and midway through the run</p> <p>Round 2 – 20 or 30 WIDE ARM PRESSUPS at start and midway through the run</p> <p>Round 3 - 20 or 30 DIAMOND OR CLOSE HAND PRESSUPS at start and midway through the run</p>
<u>PART THREE</u>	<u>PART FOUR</u>
<p>2 minutes:</p> <p>Across a footpath/similar, start with one SQUAT THRUST on one side of the path, then 2 the other side, go back and do 3, then 4, adding one every time you cross the path until time is up</p>	<p>JOG for one minute</p>

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