

Core Blimey	
Equipment: None	Duration: One Hour
<u>PART ONE</u>	<u>PART TWO</u>
<p>3 rounds each of</p> <p>SIDE LEG RAISES x 20 (10L & 10R) THREADERS x 20 (10 x L, 10 x R) TWISTED SITUP x 10</p> <p>With 6-10 TRIPLE THREATS between every different exercise</p>	<p>400 Metre RUN</p>
<u>PART THREE</u>	<u>PART FOUR</u>
<p>LUNGE WALK 4 steps, Perform 2 MOUNTAIN CLIMBERS (double movement counts as ONE) Repeat Lunge steps, then 4 Mountain Climbers Continue same steps and add 2 Mountain Climbers each time up to 20 in all</p> <p>Followed by 400 metre jog</p>	<p>Tricon Set – PRESS UP</p> <p>(3 normal pace, 3 isometric hold, 3 to a 10 second count, 3 rounds)</p> <p>It's tough!</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