

Squares and Socks

Equipment: Sports Socks	Duration: One Hour
<p><u>PART ONE</u></p> <p>Lay out a 4 cone square, each side about 10 metres long:</p> <p>Run around the square, performing 5, then 10 - 15 - 20 of each of ten exercises at each corner (5 at corner 1, 10 at corner 2 and so on. Complete the square before moving on to the next exercise:</p> <p>MOUNTAIN CLIMBER POWER SQUATS PRESS UPS LEG RAISES</p> <p>WITH 5/10 BURPEES BETWEEN EACH SET</p>	<p><u>PART TWO</u></p> <p>Perform 3 sets of 10 repetitions of the following, including a 20 metre SHUTTLE RUN between sets:</p> <p>(In pairs)</p> <p>SOCK ROCKER OVER HEADS (lying down, head to head)</p> <p>CROSS BODY ROW/PULL (left hand to left hand , the right to right)</p> <p>MAGIC CARPET</p>
<p><u>PART THREE</u></p> <p>SHUTTLE RUN to Trees 1, then 2, then 3:</p> <p>At each tree perform 10x CHEST TO FLOOR</p>	<p><u>PART FOUR</u></p> <p>Rest!</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