

Up and Down We Go

Equipment: None	Duration: One Hour
<p><u>PART ONE</u></p> <p>Find a decent slope of at least 20 metres length</p> <p>RUN up the hill – perform 10 SQUATS, RUN down, perform 10 SQUATS</p> <p>Repeat for 6 minutes</p>	<p><u>PART TWO</u></p> <p>5 rounds only</p> <p>WALLABLY WALK up the hill, LUNGE WALK down (take care)</p>
<p><u>PART THREE</u></p> <p>3 rounds of the following</p> <p>10 PRESSUPS followed immediately by 10 MOUNTAIN CLIMBERS</p> <p>10 THREADERS (5 each side) followed immediately by 10 SQUAT THRUSTS</p> <p>10 BEAR CROUCH TO HIP DROP (5 each side)</p>	<p><u>PART FOUR</u></p> <p>RUN a “lap” of the Park, stopping from time to time</p> <p>At each stop – 5 x BURPEES</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