

## All Lunged Out

Equipment: None		Duration: One Hour	
<u>PART ONE</u>		<u>PART TWO</u>	
<p>3 rounds of the following:</p> <p><b>LUNGE WALK</b> out 10 Steps, then perform 5 <b>SQUAT JUMPS, JOG</b> back</p> <p><b>LUNGE WALK</b> out 20, steps, then 10 <b>SQUAT JUMPS, JOG</b> back</p> <p><b>LUNGE WALK</b> out 30 steps, then 15 <b>SQUAT JUMPS, JOG</b> back</p>		<p>Lay out 50 metre distance and <b>RUN</b> end to end. At each end perform, in order, 20 or 30:</p> <ul style="list-style-type: none"> <li>• <b>PRESS UPS</b></li> <li>• <b>SPIDERMAN REACH</b></li> <li>• <b>PLANK TO PRESS</b></li> <li>• <b>PENDULUM LUNGE (8 each leg)</b></li> <li>• <b>CRAB TOE TOUCH</b></li> <li>• <b>BICYCLE CRUNCH (Twisted Sit Up)</b></li> </ul> <p>Rest and Repeat</p>	
<u>PART THREE</u>		<u>PART FOUR</u>	
<p>Finish with TRICON SETS of</p> <ul style="list-style-type: none"> <li>• <b>PRESSUP</b></li> <li>• <b>SIT UP</b></li> <li>• <b>SQUAT</b></li> </ul>		<p>No Part Four!</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