

Work, Rest and Play	
Equipment: None	Duration: One Hour
<u>PART ONE</u>	<u>PART TWO</u>
<p>3 rounds of the following – 45 seconds work, 15 seconds rest, then move to the next exercise:</p> <ul style="list-style-type: none"> • SHOULDER TAPS • LEFT REAR LUNGE AND UP • STARBUGS • RIGHT REAR LUNGE AND UP • LYING SHOULDER REACH TO STARS • PRESSUPS • 180 DEGREE SQUAT JUMPS • THREADERS • TOE RAISES (CALF RAISES) 	<p>30 seconds of each NO REST, keep going for 6 minutes (3 rounds)</p> <ul style="list-style-type: none"> • GROINERS • PRESS UP TWIST AND REACH L/R • POWER SQUATS • WALKOUTS
<u>PART THREE</u>	<u>PART FOUR</u>
<p>As per PART TWO but for:</p> <ul style="list-style-type: none"> • JUMPING JACKS • HIGH KNEE RUN (on the spot) • PISTON SQUATS • SPOTTY DOGS 	<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