

Week 6-7

In this resistance session you will be performing 2 lots of 4 exercises. You will be going for 45s so don't add too much weight and see if you can keep going with each exercise for 45s, give yourself 15s to get yourself ready for the next exercise.

With your deadlifts make sure you keep your back nice and straight and your core tight, a deadlift is one of the most beneficial exercises to do but also one of the exercises which you are most likely to injure yourself doing if you do it wrong.

Once you have completed your first lot of 4 exercises 3 times move onto the second lot of 4 and do the same.

With warm up and cool down this should take you just under 45mins.

Workout 1 – 45 Sec Per Exercise

1 Weighted Squats
2 DB Shoulder press
3 DB Sumo Deadlifts
4 Plank
Rest 60s
x 3 rounds

1 Alternate Reverse Lunges
2 Press up
3 DB/Kettlebell swing
4 Dorsal Raise
Rest 60s
x 3 rounds