

## *The equipment-free, holiday workout.*

### *The Programme*

STRETCHES. 10 seconds each for chest, upper back, calves, hamstrings, hip flexors and any tight areas.

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#### WARM UP

- Shadow boxing X 30 seconds.
- Skipping / tip toe jumps. X 30 seconds.
- Shadow boxing X 30 seconds.
- Sideways shuffles, left and right, total 30 seconds.
- Shadow boxing X 30 seconds.
- Skipping / tip toe jumps. X 30 seconds.

EXERCISES. (2 to 4 sets, non-stop).

**Sprints** X 30 seconds. 15-30 seconds rest.

**Mountain climbers** X 30 seconds. 15-30 seconds rest.

**Crab walks** X 60 seconds. 15-30 seconds rest.

**Burpees** X 30 seconds. 15-30 seconds rest.

**Star kicks** X 15- 30 seconds each side. 15-30 seconds rest.

COOL DOWN. Two minutes easy walking.

STRETCHES. As at the start of the session but for 30 seconds each.

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#### DESCRIPTIONS OF EXERCISES

*Sprints.* Run as fast as you can between two points about 10 metres apart for 30 seconds.

**Where it usually goes wrong:** Confusing a gentle shuffle with a sprint.



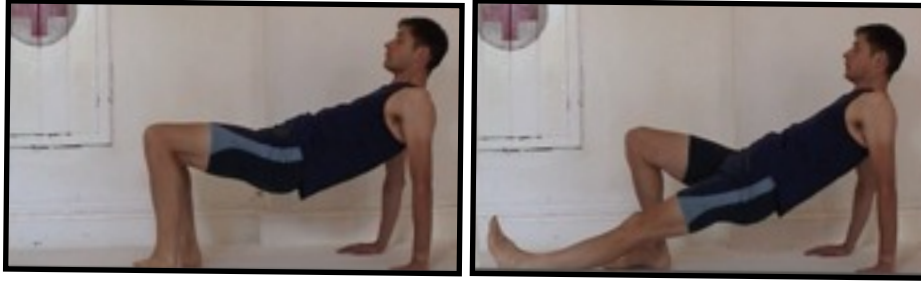
#### *Mountain Climbers*

Not strictly a **Mountain Climber**, where you pull one thigh in towards your chest, because there is a twist - take a knee towards your opposite elbow. Alternate sides.

**Where it usually goes wrong:** Clearing the ceiling with your backside. Dropping your chin. In both instances hold a plank position, a 'long spine', to start.

**Easier version.** Hold a front plank position throughout i.e. don't do the leg action.

### Crab walks



There are various versions of **Crab Walks**. For this one start on hands and feet and walk forwards as far as space allows / for half the duration and then backwards.

**Where it usually goes wrong:** It's hard to go wrong with this but it's not in your favour to bash your ears with your shoulders.

**Easier version.** Do less time.

### Burpees



Drop down on to your hands. Push your legs back into a plank position. Jump both legs back to the squat position. Jump as high as you can.

**Where it usually goes wrong.** The plank position looks more like this: ^

**Easier version.** Put one leg back at a time, pull them in one at a time. Stand, don't jump up.

### Star kicks.

Hold a side plank position with one hand on the floor, straight legs, feet on top of each other. Raise the top arm so your hand is above your shoulder. Raise your top leg and sweep it slowly forwards then slowly backwards whilst keeping your torso still.

**Where it usually goes wrong.** Bending in the middle (sticking your backside backwards), looking to the floor instead of straight ahead.

**Easier version.** Rest on your elbow not your hand. Rest on a bent knee not a straight leg.

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