

FULL BODY PROGRAMME

EXERCISE	SETS	REPS	WEIGHT	DESCRIPTION
Rower	1	/		30 sec row, 30 sec rest repeated for 10 mins to warm up
Bodyweight Squats	4	10		With feet shoulder width apart, bend at knees and push hips back until thighs at 90 degrees and return to start position
Shoulder Taps	4	45 secs		In press-up position on knees or toes, tap each shoulder with the opposite hand
Burpees	4	10		Jumping in with a jump at top of move, or alternative to step the legs in and just raise heels at top
Cable Bicep Curls	4	10	Light to moderate	Use rope attachment, tuck elbows in and fully extend at the bottom of each rep