

Period 1 Core/conditioning

Target : Once a week

Circuit

Warm up: Short bike or treadmill run.
5 mins of stretching

Short Circuit

less than 5 mins a circuit,

Quality not Quantity

Don't rest between exercise 3 circuits should be done in about 15 mins.

No running between exercises

Week one: One circuit,

Week two: Two circuits,

Week three: Three circuits

Week Four : Keep to 3 circuits

1. Sit ups: 20
2. Back arches 20
3. Push ups 10
4. Tricept dips 25
5. Squat thrusts 20
7. Burpees 6
8. Leg raisers 10
9. Leg lowers 10
10. Body Squats 20

Start with two set and build up to 3 sets in three weeks.

This is as you used to do, so you should know the exercises

Also you can do it even if you can not access a gym.

Target : Once per week

Weight Training

1.,2.,3.4: You should be able to do 3 sets in 15min with practice
choose a weight you can lift about 20times

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|-------------------------|--|
| 1 Leg curls | 12X 25 kg x 2 is probably good to start with |
| 2 Leg extensions | 12X 35 Kg x2 Try and keep your power ratio to 5:8 (Curls:extensions)
Your quads will always be stronger than your hamstrings. |
| 3 Calf raisers | 12X ? x2 it should ache at about the 8th one, last 4 should be tough |
| 4 Leg press | 15x4 sets - start around 100kg (aim to add about 5Kg a week !!) |

Notes: weight should be around 65% of your one lift Max