

Warm up - 5 minute fast walk or slow jog

Perform each exercise for 45 seconds followed by a 15 second rest in between (45/15)

Repeat 3 times

1.

Lung walk

Why

Develop improved glute and leg strength.

How to

Hold a weight directly out in front to engage the core and step deep into a walking lunge.

Keep your heel flat and your foot forward.

Make it advanced

To increase the difficulty you can increase the weight.

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tips

Your chest should not come in front of the lunging knee.

This can be performed without weight.



2.

Jump split squat

Why

To develop explosive leg power.

How to

Start with legs in a lunge position and jump up switch legs and land.

Make sure that an upright posture is maintained and that your feet are pointing forward.

Make it advanced

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tips

A difficult exercise but excellent for improved strength, gradually increase weight and stride/lunge landing width.



3. Bench single leg squats

Why

Develop glute and quad strength and engage the core.

How to

Lunge with one leg up on a weights bench and the other leg extended below on the floor.

Starting at 90 degrees squat/drop towards floor and return in an even controlled motion.

Make it advanced

Increase the depth of the lunge/squat.

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tips

Keep your back upright and your front foot pointing directly forward.

Keep your hands out in front of you so that you can switch on your core at the same time.

