

Home workout for challengers

Warm up:- Skipping 5-10 minutes, alternating feet, single leg, crossovers, double skips

Shoulder stability:- Resistance band; shoulder press 2 x 20.
Lateral raises 2 x 20
Frontal Raises 2 x 20
Internal/external rotation 2 x 20
Lying medial and lateral rotation 2 x 20

Cardio based:- Lateral movement, stepping side to side.
Explosive star jumps
Burpees
Step up x 2
All above are 1 – 2 minutes in duration.

Strength:- dumbbells or resistance band.
Seated/bent over row 2 x 20
Flies – reverse and normal 2 x 10
Upright rowing 2 x 10
Dead lifts or squats 2 x 20
Static lunges 2 x 10 each leg

Core Strength:- Plank 2 minutes, side planks 30sec – 1 minute
Sit ups 2 x 15
Leg lift 2 x 15

Cool Down:-

Lower body Stretches. Quads, glutes, inner thigh, IT band, hamstrings, calves., Achilles tendon.

Upper body. Shoulders, upper back, chest and triceps.

Drink plenty of water whilst exercising!