



**BRITAIN'S BRAVEST**  
**MILITARY CHALLENGE**



**YOUR 8 WEEK**  
**TRAINING GUIDE**

Welcome! We've put together this 8 week training programme to help get you prepared for your Britain's Bravest Challenge.

We're confident that following this training plan will put you in good stead for your upcoming challenge. This programme is designed to use minimal equipment, so it should be easy for you to implement with little prior training, or limited access to gym equipment. For some exercises, we suggest that you could add weight to take it up another level - if you have any dumbbells at home - great! If not, you could use anything from a can of beans, through to heavy bottles of water or (well protected!) bags of sugar/flour.

Each page takes you through week-by-week. In each week you should aim to complete:

- **2 x strength sessions per week** (give yourself a day or so gap between each of these sessions, e.g. Monday and Wednesday or Thursday)
- **1 x brisk walk/run per week** on Saturday or Sunday

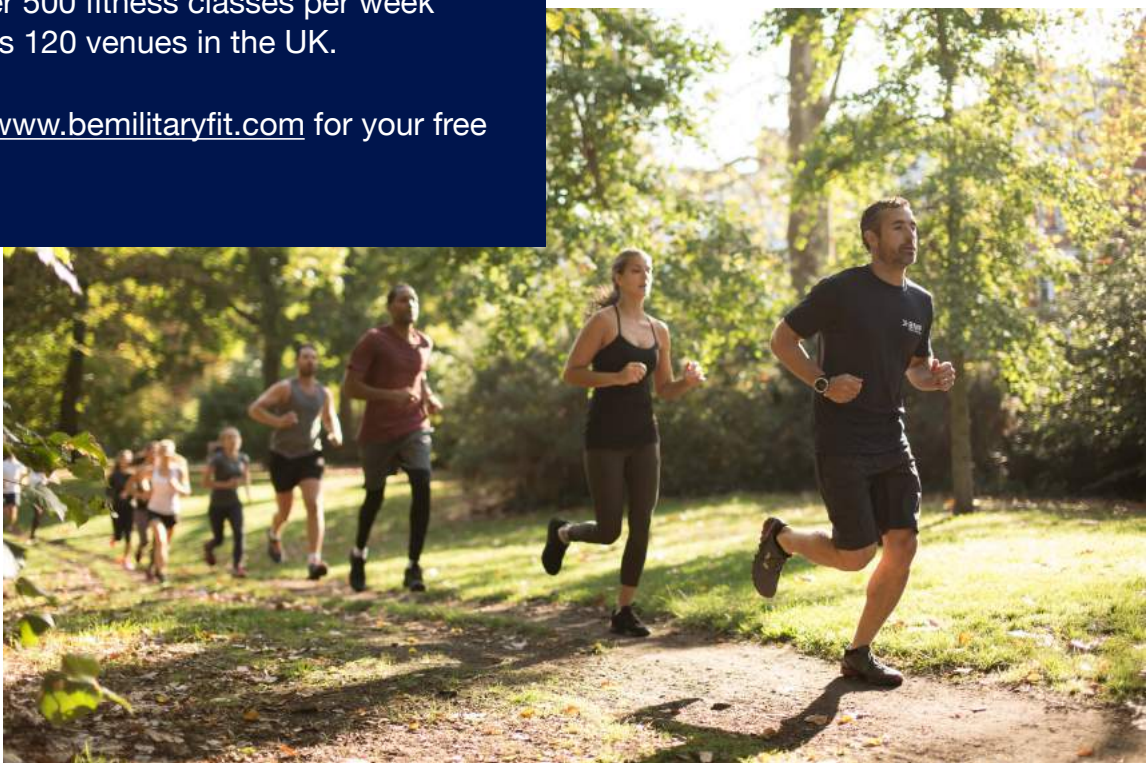
On other days that you are not training, look to complete a brisk walk or run of your own.

## → ABOUT BMF

Be Military Fit (BMF) are the leaders in outdoor fitness.

With over 20 years of experience, they deliver 500 fitness classes per week across 120 venues in the UK.

Visit [www.bemilitaryfit.com](http://www.bemilitaryfit.com) for your free trial.



WEEK 1				
STRENGTH SESSION 1			STRENGTH SESSION 2	
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
REPEAT 4 TIMES TEMPO: 3 secs up, 3 secs down <i>Notes: focus on correct form, not speed. Add weight to exercises if required.</i>				
STRENGTH	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Bodyweight squat	10 - 12 reps	Bodyweight squat	10 - 12 reps
	Push up	10 - 12 reps	Push up	10 - 12 reps
	Reverse lunge	10 - 12 reps	Reverse lunge	10 - 12 reps
	Superman	10 - 12 reps	Superman	10 - 12 reps
	Lateral Lunge	10 - 12 reps	Step ups <i>(step onto a stable surface)</i>	10 - 12 reps
PERFORM CIRCUIT ONCE <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>				
CIRCUIT	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Reverse lunge	45 secs on 15 off	Reverse lunge	45 secs on 15 off
	Squat thrust	45 secs on 15 off	Squat thrust	45 secs on 15 off
	Russian twist	45 secs on 15 off	Russian twist	45 secs on 15 off
	Shoulder taps	45 secs on 15 off	Shoulder taps	45 secs on 15 off
	Jump with backwards shuffle	45 secs on 15 off	Jump with backwards shuffle	45 secs on 15 off
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 20/30 minutes brisk walk or run over varied terrain				

WEEK 2				
STRENGTH SESSION 1		STRENGTH SESSION 2		
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Cat Cow Stretch	10 to 15	Cat Cow Stretch	10 to 15
Groiners	10 to 15 each side	Groiners	10 to 15 each side	
REPEAT 4 TIMES TEMPO: 3 secs up, 3 secs down <i>Notes: focus on correct form, not speed. Add weight to exercises if required.</i>				
STRENGTH	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Bodyweight squat	10 - 12 reps	Bodyweight squat	12 reps
	Push up	10 - 12 reps	Push up	12 reps
	Bulgarian split squat <i>(raise back leg onto a step or chair)</i>	10 - 12 reps	Walking lunge	12 reps
	Superman	10 - 12 reps	Superman	12 reps
	Step ups <i>(step onto a stable surface)</i>	10 - 12 reps	Step ups	12 reps
PERFORM CIRCUIT ONCE <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>				
CIRCUIT	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Reverse lunge	45 secs on 15 off	Jump squats	45 secs on 15 off
	Squat thrust	45 secs on 15 off	Walk outs	45 secs on 15 off
	Russian twist	45 secs on 15 off	Hindu push ups	45 secs on 15 off
	Shoulder taps	45 secs on 15 off	Groiners	45 secs on 15 off
	Jump with backwards shuffle	45 secs on 15 off	Lateral bounds	45 secs on 15 off
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 20/30 minutes brisk walk or run over varied terrain				



WEEK 3				
STRENGTH SESSION 1			STRENGTH SESSION 2	
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Cat Cow Stretch	10 to 15	Cat Cow Stretch	10 to 15
Groiners	10 to 15 each side	Groiners	10 to 15 each side	
STRENGTH	REPEAT 4 TIMES TEMPO: 3 secs up, 3 secs down <i>Notes: focus on correct form, not speed. Add weight to exercises if required.</i>			
	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Bodyweight Squat	10 - 12 reps	Bodyweight Squat	10 - 12 reps
	Incline push up	10 - 12 reps	Incline push up	10 - 12 reps
	Step ups <i>(choose a step approx. knee height)</i>	10 - 12 reps	Step ups <i>(approx knee height. Add weight to increase difficulty)</i>	10 - 12 reps
	Shoulder Press	10 - 12 reps	Single arm row <i>(use a weight to increase difficulty)</i>	10 - 12 reps
	Superman	10 - 12 reps	Superman	10 - 12 reps
CIRCUIT	CIRCUIT <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section. Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 2 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Jump squats <i>(or bodyweight squat)</i>	45 secs on 15 off	Jump squats <i>(or bodyweight squat)</i>	45 secs on 15 off
	Walk outs	45 secs on 15 off	Walk outs	45 secs on 15 off
	Hindu push ups	45 secs on 15 off	Hindu push ups	45 secs on 15 off
	Groiners	45 secs on 15 off	Groiners	45 secs on 15 off
Lateral bounds	45 secs on 15 off	Lateral bounds	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK - 60 minutes brisk walk or run over varied terrain</b>				

WEEK 4				
STRENGTH SESSION 1		STRENGTH SESSION 2		
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Cat Cow Stretch	10 to 15	Cat Cow Stretch	10 to 15
Groiners	10 to 15 each side	Groiners	10 to 15 each side	
REPEAT 4 TIMES TEMPO: 3 secs up, 3 secs down <i>Notes: focus on correct form, not speed. Add weight to exercises if required.</i>				
STRENGTH	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Bodyweight Squat	10 - 12 reps	Bodyweight Squat	10 - 12 reps
	Incline push up	10 - 12 reps	Incline push up	10 - 12 reps
	Step ups <i>(approx knee height. Add weight to increase difficulty)</i>	10 - 12 reps	Single arm row	10 - 12 reps
	Shoulder Press	10 - 12 reps	Lateral Lunges	10 - 12 reps
	BMF Sit up	10 - 12 reps	Step ups	10 - 12 reps
			BMF Sit Up	10 - 12 reps
CIRCUIT <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>				
CIRCUIT	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Jump squats <i>(or bodyweight squat)</i>	45 secs on 15 off	Jump squats <i>(or bodyweight squat)</i>	45 secs on 15 off
	Walk outs	45 secs on 15 off	Walk outs	45 secs on 15 off
	Hindu push ups	45 secs on 15 off	Hindu push ups	45 secs on 15 off
	Groiners	45 secs on 15 off	Groiners	45 secs on 15 off
Lateral bounds	45 secs on 15 off	Lateral bounds	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
SESSION 3 (Weekend)				
<b>RUN / WALK</b> - 60 minutes brisk walk or run over varied terrain				

WEEK 5				
STRENGTH SESSION 1			STRENGTH SESSION 2	
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Cat Cow Stretch	10 to 15	Cat Cow Stretch	10 to 15
Groiners	10 to 15 each side	Groiners	10 to 15 each side	
STRENGTH	REPEAT 4 TIMES TEMPO: 3 secs up, 3 secs down <i>Notes: focus on correct form, not speed. Add weight to exercises if required.</i>			
	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Bodyweight Squat	10 - 12 reps	Bodyweight Squat	10 - 12 reps
	Incline push up	10 - 12 reps	Incline push up	10 - 12 reps
	Shoulder Press	10 - 12 reps	Single arm row	10 - 12 reps
	Lateral Lunges	10 - 12 reps	Lateral Lunges	10 - 12 reps
	Step ups	10 - 12 reps	Step ups	10 - 12 reps
	Russian Twist		Russian Twist	
CIRCUIT	CIRCUIT <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 2 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Jump squats	45 secs on 15 off	Jump squats	45 secs on 15 off
	Walk outs	45 secs on 15 off	Walk outs	45 secs on 15 off
	Hindu push ups	45 secs on 15 off	Hindu push ups	45 secs on 15 off
	Groiners	45 secs on 15 off	Groiners	45 secs on 15 off
Iceskater lunge	45 secs on 15 off	Iceskater lunge	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 60 minutes brisk walk or run over varied terrain				

WEEK 6				
STRENGTH SESSION 1		STRENGTH SESSION 2		
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Shoulder Taps	10 to 15	Hindu press up	10 to 15
Groiners	10 to 15 each side	Groiners	10 to 15 each side	
CIRCUIT 1	<b>CIRCUIT</b> <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Mountain climbers	45 secs on 15 off	Mountain climbers	45 secs on 15 off
	Upright row	45 secs on 15 off	Upright row	45 secs on 15 off
	Burpee	45 secs on 15 off	Burpee	45 secs on 15 off
Superman	45 secs on 15 off	Superman	45 secs on 15 off	
High plank hold	45 secs on 15 off	High plank hold	45 secs on 15 off	
CIRCUIT 2	<b>CIRCUIT</b> <i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i> <i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Dynamic Groiners	45 secs on 15 off	Dynamic Groiners	45 secs on 15 off
	Push ups	45 secs on 15 off	Push ups	45 secs on 15 off
	Step up's	45 secs on 15 off	Set up's	45 secs on 15 off
Marching plank	45 secs on 15 off	Marching plank	45 secs on 15 off	
Bodyweight squat	45 secs on 15 off	Bodyweight squat	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 60 minutes brisk walk or run over varied terrain				



WEEK 7				
STRENGTH SESSION 1		STRENGTH SESSION 2		
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Cat Cow Stretch	10 to 15	Cat Cow Stretch	10 to 15
	Groiners	10 to 15 each side	Groiners	10 to 15 each side
CIRCUIT 1	<b>CIRCUIT</b>			
	<i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i>			
	<i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Mountain climbers	45 secs on 15 off	Moutain Climbers	45 secs on 15 off
	Upright row	45 secs on 15 off	High Plank Hold	45 secs on 15 off
Burpee	45 secs on 15 off	Burpee	45 secs on 15 off	
Superman	45 secs on 15 off	Power band row	45 secs on 15 off	
High plank hold	45 secs on 15 off	Superman	45 secs on 15 off	
CIRCUIT 2	<b>CIRCUIT</b>			
	<i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i>			
	<i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Dynamic Groiners	45 secs on 15 off	Dynamic Groiners	45 secs on 15 off
	Push ups	45 secs on 15 off	Push Ups	45 secs on 15 off
Step up's	45 secs on 15 off	Step ups	45 secs on 15 off	
Marching plank	45 secs on 15 off	Marching Plank	45 secs on 15 off	
Bodyweight squat	45 secs on 15 off	Bodyweight Squat	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 60 minutes brisk walk or run over varied terrain				

WEEK 8				
STRENGTH SESSION 1		STRENGTH SESSION 2		
WARM-UP	<b>Exercise</b>	<b>Repetitions</b>	<b>Exercise</b>	<b>Repetitions</b>
	Shoulder circles	10 to 15	Shoulder circles	10 to 15
	Hip circles	10 to 15 each side	Hip circles	10 to 15 each side
	Leg swings	10 to 15 each side	Leg swings	10 to 15 each side
	Open/close the gate	10 to 15 each side	Open/close the gate	10 to 15 each side
	Hindu Press Up	10 to 15	Hindu press up	10 to 15
	Groiners	10 to 15 each side	Groiners	10 to 15 each side
CIRCUIT 1	CIRCUIT			
	<i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i>			
	<i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Mountain climbers	45 secs on 15 off	Mountain climbers	45 secs on 15 off
	Upright row	45 secs on 15 off	Upright row	45 secs on 15 off
Burpee	45 secs on 15 off	Burpee	45 secs on 15 off	
Superman	45 secs on 15 off	Superman	45 secs on 15 off	
High plank hold	45 secs on 15 off	High plank hold	45 secs on 15 off	
CIRCUIT 2	CIRCUIT			
	<i>Notes: Keep tempo high when performing these exercises to get the most benefit from this section.</i>			
	<i>Try to work continuously for time duration.</i>			
	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	<b>Repeat 3 times (1 min rest in between)</b>		<b>Repeat 3 times (1 min rest in between)</b>	
	Dynamic Groiners	45 secs on 15 off	Dynamic Groiners	45 secs on 15 off
	Push ups	45 secs on 15 off	Push ups	45 secs on 15 off
Step up's	45 secs on 15 off	Step up's	45 secs on 15 off	
Marching plank	45 secs on 15 off	Marching plank	45 secs on 15 off	
Bodyweight squat	45 secs on 15 off	Bodyweight Squat	45 secs on 15 off	
COOL DOWN	<b>Exercise</b>	<b>Time</b>	<b>Exercise</b>	<b>Time</b>
	Hip flexor	Hold for 45-60 secs	Hip flexor	Hold for 45-60 secs
	Hamstring	Hold for 45-60 secs	Hamstring	Hold for 45-60 secs
	Quad stretch	Hold for 45-60 secs	Quad stretch	Hold for 45-60 secs
<b>SESSION 3 (Weekend)</b>				
<b>RUN / WALK</b> - 60 minutes brisk walk or run over varied terrain				

Exercise	Step 1	Step 2	Step 3	Step 4
Bodyweight squat	Arms held out in front of body, slightly above shoulder high.	Sit back and down in the hips.	Maintain a neutral spine throughout.	Contract the glutes and extend the hips.
Bulgarian split squat	Stand facing away from a bench, holding a barbell (if you have one) across your upper back. You could also wear a heavy, tight fitting rucksack for weight.	Have one leg resting on the bench behind you, laces down.	Squat with your standing leg until the knee of your trailing leg almost touches the floor.	Push up through your front foot to return to the start position.
Burpee	Start in the push up position.	Jump the knees up towards the elbows.	Take the hands off the ground and jump upwards with arms above your head.	Drop back to the push up position and repeat.
Cat cow stretch	<b>Cow Pose (inhale)</b> - Start on all fours, with a neutral spine. Shoulders over wrists, hips over knees. Curl your toes under. Tilt your pelvis back so that your tailbone sticks up. Let this movement ripple from your tailbone up your spine so that your neck is the last thing to move.	Your belly drops down, but keep your abdominal muscles hugging your spine by drawing your navel in. Take your gaze gently up toward the ceiling without cranking your neck.	<b>Cat Pose (Exhale)</b> - Release the tops of your feet to the floor. Tip your pelvis forward, tucking your tailbone. Again, let this action move up your spine. Your spine will naturally round. Draw your navel toward your spine. Drop your head. Take your gaze to your navel.	Draw your navel toward your spine. Drop your head. Take your gaze to your navel.

Exercise	Step 1	Step 2	Step 3	Step 4
Dynamic groiners	Set yourself in a high plank position. Take one foot to the outside of the elbow with the foot on the floor.	The other leg should be extended behind you with a slight bend in the knee and glutes contracted.	Take the leg back first so you end up in the push up position.	As you drive the leg to the outside of the elbow, you should aim to land the foot firmly on the floor and feel a good stretch in the groin area.
Groiners	Set yourself in the push up position. Take one foot to the outside of the elbow with the foot on the floor.	The other leg should be extended behind you with a slight bend in the knee and glutes contracted.	Take the leg back first so you end up in the push up position.	As you drive the leg to the outside of the elbow, you should aim to land the foot firmly on the floor and feel a good stretch in the groin area.
Hamstring stretch	Sit on the floor with one leg out straight. Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh.	Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible. Hold this position for 10 seconds.	Relax.	Repeat with the other leg.
High plank hold	Resting on hands/palms and toes. Hands should be directly underneath the shoulders.	Engage your core and glutes to form a straight line through the body from shoulders to ankles.	Maintain neutral spine and straight legs.	Remember to breathe and keep whole body engaged
Hindu press up	Start in a push up position.	Raise the hips and push the heels to the floor.	Drop the hips towards the floor and contract the glutes.	Raise the head and extend the spine.

Exercise	Step 1	Step 2	Step 3	Step 4
Hip circles	In this movement you're trying to create a big circle with your hips. Start with your hips pushed forwards and whenever you are in this position your glutes should be switched on to help stretch out the hip flexors.	Start the circle by pushing the hips out to the side and then around the back allowing the knees to bend as and when they need to.	A good circle should allow you to get a stretch out across your hip flexors, ITB hamstrings and adductors.	Once you reach your range, return back to the middle.
Hip flexor	Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent.	Lean forward, stretching your left hip toward the floor.	Squeeze your bum; this will allow you to stretch your hip flexor even more. Hold for 30 seconds to 2 minutes.	Switch sides and repeat.
Iceskater lunge	Stand with your feet shoulder width apart.	Step behind and to the side with one leg, crossing your legs.	Keep the other foot facing forwards.	Return to standing and switch legs.
Incline push up	Start in a high plank position, arms resting on a raised object such as a bench.	Keep hips level with shoulders, with arms straight - hands, elbows and shoulders all aligned..	Lower into a push up position and lower the chest to the ground.	Push away from the ground keeping the body straight.
Jump squats	Hold on to the Powerband outside of the shoulders. Place the band under the feet.	Lower and perform a squat, explode up into a jump.	Land softly, sucking up the ground.	Repeat movement.



Exercise	Step 1	Step 2	Step 3	Step 4
Jump with backwards shuffle	Start with feet shoulder width apart.	Using your arms to help propel you, jump forwards, making sure the landing is controlled.	Shuffle back to start point.	Repeat.
Lateral bounds	Start with feet shoulder width apart.	Load the legs, jump sideways maintaining a strong body position.	Absorbing the jump land in a controlled manner.	Reset jump. Repeat both directions.
Lateral lunge	Start in a wide stance position with toes pointed outwards to ensure knees track over your feet when you lunge to the side.	Sit back in your hips and force your weight over the leg	Keep the heel of the lunging foot firmly on the floor.	Return to the middle and step the other way.
Leg swings	Stand tall and take balance on one leg.	You can turn the balancing leg out to the side slightly for more balance if necessary.	Take your leg out to the side so you're opening up the hip and stretching through the adductor.	To increase the stretch, turn the toe out to the side as well. This movement should be done dynamically.
Marching plank	Start in a plank position with neutral spine and hips in line with shoulders.	Go from elbows on the floor to hands on the floor.	Keep the hips and spine stable throughout.	Go from hands on the floor to elbows on the floor.
Mountain climbers	Start in the push up position	Keep hips level with shoulders, hands under shoulders.	Bring alternative knees to chest, returning to high plank before changing legs.	Keeping neutral spine, hands under shoulders

Exercise	Step 1	Step 2	Step 3	Step 4
Open/close the gate	<b>Open the gate</b> - Standing upright, bring one leg up towards your chest, then rotate at the hip out to one side, taking your knee in a large circle.	Take your leg back to start position, and repeat with the other leg. Between switching legs, try just a few steps of jogging on the spot to help keep loose.	<b>Close the gate</b> - perform the same exercise, but this time reverse the direction of the circle.	Knee starts on outside of the body, bringing it into the centre, then down. Repeat.
Powerband row	Set the powerband around the base of the feet, chest should be high shoulders back and down.	Pull the band towards the body, make sure the torso remains upright.	Pull the shoulder blades together at the top of the movement.	Control the powerband back to the start position.
Push up	Start in a high plank position.	Keep hips level with shoulders, hands under shoulders.	Lower into a push up position and lower the chest to the ground.	Push away from the ground keeping the body straight.
Quad stretch	Standing on one leg, bring one foot up towards your bum and hold your foot by the laces.	Keep your knees close together (not touching). Stand tall and feel the stretch down your front upper leg (quadricep).	To increase the stretch, try pushing your hips forwards.	Hold for 30-45 secs, shake off, then repeat on opposite leg.
Reverse lunge	From a two footed standing stance, step back with one leg. Keep on the toes of the back foot.	Step back the lunge, planting the back foot firmly on the floor.	Drop the back knee to the ground.	Return to standing.
Russian twist	Sit on the floor, with your knees bent, lifting the legs off the floor.	Tighten your core and begin twisting side to side.	Stay tight through your core and don't let your chest drop.	

Exercise	Step 1	Step 2	Step 3	Step 4
Shoulder circles	Keep the chest up and allow the shoulders to roll forwards through a full range of movement.	Try to get a full circle through the shoulder when rolling in a forward motion.	Reverse the movement so that pulling your shoulders back and down as you roll back.	Repeat movement.
Shoulder press	Feet shoulder width apart.	Place the power band under the middle of the feet, pull the band to just under the chin.	Press the band up overhead, the arms should be level with the ears.	Keep tension on the band return to below the chin. Repeat movement. If you don't have a power band, try holding a heavy water bottle in each hand.
Shoulder taps	Start in a high plank position.	Keep hips level with shoulders, hands under shoulders.	Take one arm across the body tap the top of the shoulder, Mantain a strong position without twisting the hips or letting the them lower.	Slowly return the arm back to the ground. Repeat with the opposite arm.
Single arm row	Carry out 'seated row' exercise using one arm only, OR... Lift one kettlebell (or other heavy item with handle) off the floor and hold at hip height.	Bend/hinge over at the hip and knee, keeping the spine in neutral position (upper body straight).	Lower the kettlebell/ weight allowing the arm to straighten without losing a neutral spine.	Engage arm muscles to bring weight back towards hip height. Try to keep torso still, and only move arm.
Sit up	Lying flat on your back hands above your head	Knees bent keeping your heels on the floor	Engage the core and sit up to reach your toes.	Keep the core engaged and heels on the floor throughout. Smooth controlled movement

Exercise	Step 1	Step 2	Step 3	Step 4
Squat thrust	Starting with hands under shoulders in the high plank.	In one explosive movement bring both your knees in between your elbows.	Return to start position, maintain a strong torso.	Repeat movement for reps or time.
Step ups	Find a stable platform at approx knee height.	Facing platform, step up with one foot onto platform, following with other foot.	Step backwards off platform onto ground, one leg at a time.	You should alternate between legs - Right leg up first, then left. Right leg down first, then left etc.
Superman	Lay face down on a mat or flat surface, with arms outstretched.	Keep your hands and arms straight throughout the exercise.	Raise your hands and legs 4-5 inches off the ground.	Hold for 5 seconds, then return to starting position.
Walk outs	Standing tall, slowly dropping hands to the floor as close to feet as possible.	Keep hips level with shoulders, hands under shoulders.	Walk your hands back.	Stand tall.
Walking lunge	Start with feet shoulder width apart.	Take a step forward, maintain an upright torso.	Lower back knee to the ground, front leg should bend until the upper leg is parallel to the ground.	Drive the body up, bring both legs together, change leg and repeat.