

20th – 26th July

Every day this week:

- Jumping jacks and high knees warm up – 5 mins with no rest
- Do your conditioning and blocks
- Attend your outdoor session
- Record yourself doing your weekly challenge

Why not facetime a friend and do the work together? Don't forget to tag us in any posts on Instagram to be featured in our story!

Monday 20th July

- Bad Boys knees and feet sequence 3 times (video on website)
- 30 tennis ball squeezes each hand
- Feet rehab (video on facebook and link on website)
- 1 min hyper splits

Tuesday 21st July

- 50 front support shoulder taps
- 30 tricep dips
- 30 one leg squats each leg
- 50 dish rocks
- 10 handstand pirouettes
- 20 bridge kickovers

Wednesday 22nd July

- 50 front support shoulder taps
- 50 handstand shoulder shrugs
- 30 one leg glute bridges each leg
- 50 arch rocks
- 10 back walkovers
- 10 front walkovers

Thursday 23rd July

- Bad Boys knees and feet sequence 3 times (video on website)
- 30 tennis ball squeezes each hand
- Feet rehab (video on facebook and link on website)
- 1 min hyper splits

Friday 24th July

- 50 front support shoulder taps
- 30 tricep dips
- 30 one leg squats each leg
- 3 x 30 second dish
- 10 full turn jumps
- 10 kickovers

Friday 25th July

- 50 front support shoulder taps
- 50 handstand shoulder shrugs
- 15 back walkovers
- 30 one leg glute bridges each leg
- 50 back arches
- 10 back walkovers
- 10 headstands

Sunday 26th July

- Rest!