

6th - 12th 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 6th 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 7th July

- 50 mountain climbs
- 5 x 10 sec one leg shoulder bridge each leg
- 3 x 1 min plank hold
- 100 knee squeezes
- 50 press ups

Wednesday 8th July

- 50 mountain climbs
- 50 v sits
- 50 press ups
- 2 min handstand
- 2 min hyper splits
- 30 sec dish x3
- 30 sec arch x3

Thursday 9th 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 10th July

- 50 mountain climbs
- 1 min plank
- 30 burpees
- 30 press ups
- 30 shoulder stand tuck jumps
- 5 x 30 second dish hold
- 50 slow squats

Friday 11th July

- 50 mountain climbs
- 5 x 10 sec one leg glute bridge each leg
- 30 burpee press ups
- 30 v sits
- Triceps extension hold 5 x 15 seconds overgrip and undergrip
- Triceps extension bends 5 x 10

Sunday 12th July

- Rest!