

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.

## High ups

### Why

Develop explosive quad strength.

### How to

Start on all fours with your feet against the bottom of a wall.

Drive your hips and legs up to form a reverse V and immediately lower back to starting position, continuing with no breaks for the specified time.

### Make it advanced

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

### Expert tips

Keep your feet against the wall.



2.

## Bulgarian bench

### Why

Develop increased quad strength whilst engaging core and arms.

### How to

In a lunge position off a bench drive arms with weight minimising any side movement by activating core.

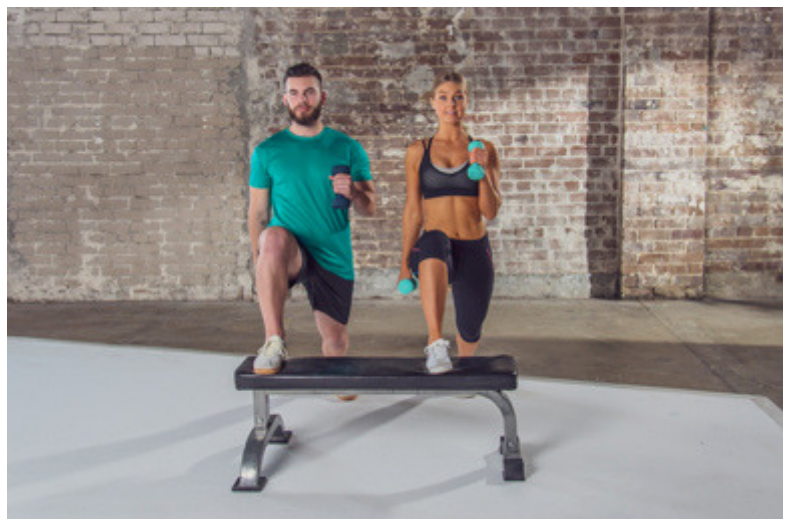
### Make it advanced

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

### Expert tips

Keep your feet facing forward.

The weight can be reduced or increased.



### 3. Banded mountain climber

#### Why

Develop hip flexor strength for improved leg lift.

#### How to

Start in a stair climber position on the ground with a resistance band around the driving ankle.

Drive leg up and back from anchor point as far as possible with a hold before returning in an even motion.

Elbows are on a bosu to fully engage core.

#### Make it advanced

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

#### Expert tips

This is a difficult exercise! You can make it easier by using a lighter resistance band and/or not using a bosu.

