

Level: 2

15 Minute Workout

Body Emphasis : Full Body

FIIT #13

Always warm up, cool down and stretch before and after doing a MyFitZone workout

1. Rolling Get Ups To Press Up

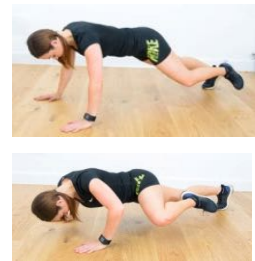


Functional Intensity Interval Training

Set your timer for 40 seconds on 20 seconds rest (for unilateral moves perform each side for 40 seconds each with rest in between). Each round = 5 mins. Aim for 3 rounds = 15 mins

Alternate options: try 10 of each exercise

2. Spider Man Press Ups



5. Side Squat Thrusts



3. Side Plank Reaches To Leg raise



4. Body Ups



Information Zone:-

1. Functional training improves your strength, power, mobility, endurance and flexibility - for a full body conditioning session
2. Once you have perfected your technique and the exercises start to feel easier, decrease your rest periods and try different variations
3. Don't forget you can contact us through our website, Facebook or email if you have any questions
4. Put 100% into every workout. This workout will get your heart rate up to where you need it to be to get body changing results
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk