








BLUES

Level 1 – Bodyweight (no equipment)

Recommended for Under 12's and New Gym Goers

Exercise Name	Demonstration	Sets x Reps	Rest Period
45 Degree Skater Jumps		3 x 6 each way	90s
Broad Jump		3 x 5	90s
Body weight Squats		3 x 15	60s
Push Ups		3 x 8	90s
Split Squat		3 x 10 each leg	90s
Glute Bridges		3 x 15	60s
Plank Hold		5 x 30 – 45s	60s