











BLUES

Level 3 – Light Equipment

Recommended for Under 16-18's and Competent Gym Goers

Exercise Name	Demonstration	Sets x Reps	Rest Period
Skipping		5 x 30s	90s
45 Degree Skater Jumps		3 x 6 each way	90s
Crab Walks w Mini Band		3 x 10 each way	60s
Knee Lift w mini Band		3 x 10 each leg	60s
Goblet Squats w Dumbbell		3 x 12	90s
DB Chest Press		3 x 8	60s
One Arm DB Row		3 x 12	60s

<p>Split Squat</p>	 <p>Hold DB or Weight Plate in hands</p>	<p>3 x 10 each leg</p>	<p>60s</p>
<p>Glute Bridges w Mini Band</p>	 <p>add band around knees</p>	<p>3 x 20</p>	<p>60s</p>
<p>Bird Dog</p>		<p>3 x 10 each way</p>	<p>60s</p>