

Blue's @ Home Program

Program is designed to work up a sweat. Follow the colours and letters/numbers to pair exercises up. i.e 3a and 3b is a superset, do both exercises then rest for required rest period. Where practical and safe feel free to add resistance/weight otherwise workout is designed for no equipment to complete at home.

1. Jump rope 00893



30sec	Med			
1 x	30s	30s	30s	
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

Warm up with 3 sets of skipping. 30s on 15s off - Repeat 3 times trying to increase speed and heart rate each time

2. Pogo jumps 05313



1min				
1 x	20	20	20	
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

Keep knees and hips straight, ankles stay strong and sturdy. Aim to jump as high as possible with as little ground contact time as possible.

3a. Goblet/Plate Squat



	Med			
1 x	10-12	10-12	10-12	
Load	Light	Light	Light	
Mon				
20/09				

Can be done at bodyweight or if confident use a light KB, DB or even a backpack with some bricks in it.

3b. Single leg bridging 06221



1.5min	Slow			
1 x	8-10	8-10	8-10	EL
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

Use an elevated stable surface (step couch etc) and push weight through heel. Squeeze glutes at top of each rep and hold 2-3s

4a. Push up 04773



	Med			
1 x	6	6	6	
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

4b. Incline push up 06227



	Med			
1 x	8	8	8	
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

Use any stable surface from a couch, chair, fence/retainer wall outside. Controlled stable movements in full range of

4c. Bench dips 03676



1.5min	Med			
1 x	10	10	10	
Mon	B-Wgt	B-Wgt	B-Wgt	
20/09				

Use any stable surface from a couch, chair, fence/retainer wall outside. Controlled stable movements in full range of motion.

5a. Lateral lunge 02141



1 x	6-8	6-8	6-8		EL
Mon					
20/09					

5b. Rear Foot Elevated Split Squat



Slow controlled splits, making sure knees line up with toes and movement is slow and steady. Use a step or elevated

1.5min					
1 x	6-8	6-8	6-8		EL
Mon					
20/09					

6a. Side plank arm raise 04429



1 x	30s	30s	30s		EW
Mon					
20/09	B-Wgt	B-Wgt	B-Wgt		

6b. Seated calf raise 03656



Whilst seated, put hands on knees for resistance and push against hands. Start slow and get faster each set.

1min	Slow	Med	Fast		
1 x	20	20	20		
Load	Light	Light	Light		
Mon					
20/09					

Running Session - On a treadmill or any open space

After completing session above, its time to finish with some conditioning.
sprint for 14 seconds, jog 24 seconds x 6 efforts.

Rest for 3 mins then
sprint for 14 seconds, jog 24 seconds x 8 efforts.

Rest for 2 mins
sprint for 14 seconds, jog 24 seconds x 10 efforts.

Bench dips 03676



Use any stable surface from a couch, chair, fence/retainer wall outside. Controlled stable movements in full range of motion.

Rear Foot Elevated Split Squat



Slow controlled splits, making sure knees line up with toes and movement is slow and steady. Use a step or elevated

Goblet/Plate Squat



Can be done at bodyweight or if confident use a light KB, DB or even a backpack with some bricks in it.

Incline push up 06227



Use any stable surface from a couch, chair, fence/retainer wall outside. Controlled stable movements in full range of

Jump rope 00893



Warm up with 3 sets of skipping. 30s on 15s off - Repeat 3 times trying to increase speed and heart rate each time

Lateral lunge 02141



Pogo jumps 05313



Keep knees and hips straight, ankles stay strong and sturdy. Aim to jump as high as possible with as little ground contact time as possible.

Push up 04773



Seated calf raise 03656



Whilst seated, put hands on knees for resistance and push against hands. Start slow and get faster each set.

Side plank arm raise 04429



Single leg bridging 06221



Use an elevated stable surface (step couch etc) and push weight through heel. Squeeze glutes at top of each rep and hold 2-3s