

Full Power Friday

Opening Flow

Exercise	Reps	Springs	Props	Direction
Corner Jumps	1 min	Heavy	Jumpboard	
Single leg jumps with leg flick	1 min each leg	Heavy	Jumpboard	
Corner jumps in curl up	1 min	Heavy	Jumpboard	
Skips over the carriage	45 secs	Heavy & Medium	Jumpboard	
Rainbow kicks	20 secs	Heavy & Medium	Jumpboard	
4 point kneeling Jump	1 min	Medium	Jumpboard	
Plank to shoulder press	1 min	Medium	Weights	Hands on carriage feet either on platform or floor
REPEAT from skips				

Flow

Exercise	Reps	Springs	Props	Direction
Static lunge on box with row	1 min	Medium	Box & 1 weight	Stand on floor to side of carriage with the inside foot back on the box facing backwards, hold the strap with inside hand and weight other hand.
Side lunge	1 min	Light	Box & 1 weight	One foot on box, one foot on carriage
Side pike	1 min	Light	Box	Feet on box hands on carriage
Plank with single arm press	30/45 secs	Light	Box	Feet on box, outside hand on floor, inside hand around shoulder post.
Seated jumps to V	1 min	Light or Medium	Box & Jumpboard	
Wheelbarrow	45 secs	Medium	Box & Jumpboard	Knees on box, hands on top of jumpboard

Exercise	Reps	Springs	Props	Direction
Upper body with weights x 4 exercises: Shoulder press Fly Row Tricep kick back	30 secs of each	Medium	Box & Weights	Straddle box, start sitting down for first exercise and then stand for others.
Plank with alternate rotation	45 secs	Medium	Box & Weights	Hands on box, feet in well
REPEAT LEGS OTHER SIDE				

Flow 2

Exercise	Reps	Springs	Props	Direction
Side standing Scooter	1 min	Medium & Light		Standing over jumpboard
Side lying jump adding kick	1 min	Medium & Light	Jumpboard	
Double leg jump with beat	1 min	Medium & Light	Jumpboard	
Side kneeling jump	30 secs	Medium	Jumpboard	
Quad stretch	1 min	Medium & Light		
REPEAT				
STRETCH				