

HOME WORKOUT SESSION: BODYWEIGHT SUPER-SETS

By Lisa Bright: Personal
Trainer at Danielle Brown
Sports Centre



SESSION AIMS AND OBJECTIVES

- Have a 20 - 30 minute session that you can do at home without the need for any equipment.
- Improve flexibility, joint mobility, and core strength.
- A super-set is where you perform two exercises one after the other (e.g. 10 squats followed immediately by 10 push-ups). You then rest and repeat the super-set for the required number of sets.
- **Do's and Don'ts:**
 - Make sure you complete the warm-up stretches.
 - Work to a level you are comfortable with.
 - **Put the tunes on and have fun!!!!**

WARM UP STRETCHING

- **Calves**
 - 10 reps each side
- **Toe Touches**
 - 10 reps
- **Hamstring Reach**
 - 10 reps each side
- **Hips**
 - 10 reps each side



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SUPER-SET ONE: REVERSE LUNGE V PUSH-UP

- **Alternate reverse lunge**
 - 20 reps total (10 each leg)
- **Push-Up (full/ $\frac{3}{4}$ / incline on the stairs)**
 - 10 reps



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Repeat 3 times. Max 60 seconds rest.

SUPER-SET TWO: SQUATS V PLANK

- **1. Regular Squat / 2. Narrow / 3. Wide**
 - 20 reps
- **Plank (full or $\frac{3}{4}$)**
 - Hold as long as possible



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Repeat 3 times changing the width of the squat on each round. Max 60 seconds rest.

SUPER-SET THREE: SIDE LUNGES V MOUNTAIN CLIMBERS

- **Alternate Side Lunges**
 - 20 reps total (10 each leg)
- **Mountain Climbers**
 - 20 reps total
 - Dynamic running action OR one leg at a time



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Repeat 3 times. Max 60 seconds rest.

COOL-DOWN STRETCHING: HOLD STRETCH INSTEAD OF MOVING THROUGH

- **Calves**
 - Hold this for 15-20 seconds on each leg
- **Lying Hamstring Stretch**
 - Hold this for 15-20 seconds on each leg
- **Hips/Quads**
 - Hold this for 15-20 seconds on each leg



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