

## Kath's Interval training sheet for the holidays 2012

**Before** starting the interval training please do a warm up.

This can consist of marching – shoulder rolls – pelvic rotations- march/jog for about 5 mins. Pick your fav' music too!

Then you're all set!!!!

Do a minute of each exercise to keep up your heart rate. Feel free to use hand weights too!



Starting position for each exercise -

stand with your bottom and tummy tucked in




stand tall relax your shoulder

you're now ready to rock and roll !!!!!

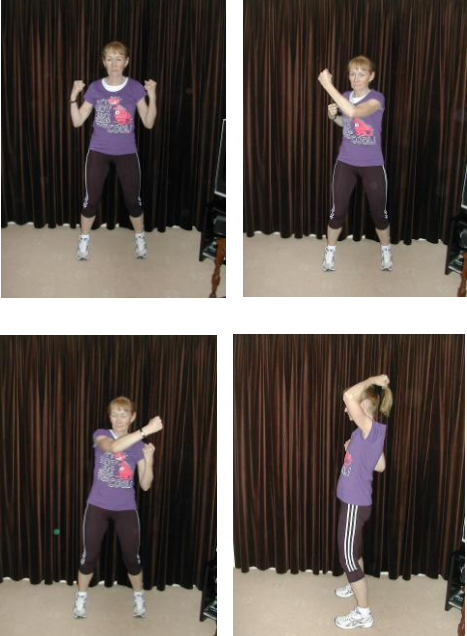

**1 minute of each! Lets go!**

1	<b><u>Knee lifts</u></b> – keep your back straight and lift up alternate knees	
2	<b><u>Step Backs</u></b> - Keep your back straight and head up. Front foot kept still and take a step back. Feet together and do on other foot.	
3	<b><u>Jog/ March</u></b> – swing your arms and move about if you have room	
4	<b><u>Arms</u></b> – lifts. Arms bent at shoulder level. Raise upwards and lower. Pretend you're holding a bell bar while lifting your arms up.	



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5	<p><b><u>Jog or march</u></b> – again use your arms and move about</p>	
6	<p><b><u>Side lunges</u></b> – start position and lunge to alternative sides. As you return after each lunge bring your arms above your head</p>	
7	<p><b><u>Jog/ march/ or front kicks</u></b></p>	
8	<p><b><u>Arms</u></b> – Lateral Arm lifts. Stand with feet hip width apart bottom tucked under and tummy in, relax your shoulders and have straight arms by your sides – lift up slowly until at shoulder level – slowly lower again          Fig 1 - starting position          Fig 2 - lift position</p>	
9	<p><b><u>Twist or twist and jump – do doubles or singles or a bit of both!</u></b></p>	
10	<p><b><u>Front lunges</u></b> – Start with the starting position - keep body upright step forward making sure your front heel lands on the floor first. Step back and repeat on other leg. Keep going for 1 minute – Phew! Unlike me – keep your chin up!</p>	

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11	<p><u>Jog/march – arms up and down</u></p>	
12	<p><b>Arms</b> – boxing moves – again stand with feet hip width apart, bott and tum in, punch across the front of you alternative arms for 30 seconds then punch upwards and behind for 30 seconds. Keep your hand in a fist and bott in</p>	
13	<p><u>Kick to side or full star jump</u></p>	
14	<p><b>Squats</b> - Feet hip width apart and bott' tucked under, squat as though you're sitting down – keep your heels on the floor and keep your chin up! Slowly rise up and lower down</p>	
15	<p><u>Jog/march – remember to use your arms !!!! up and down!</u></p>	

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16	<p><b><u>Press ups against a wall</u></b> – Stand with your feet hip width apart and arms stretched out with hands flat against the wall. In this case there is an invisible wall! Keep you back straight – heels on floor and press in and out – 1 minute remember!</p>	
17	<p><b><u>Knee up with or without the bounce for 1 minute</u></b></p>	
18	<p><b><u>Step Back and Kick</u></b>– do a step back as in exercise 2 – stay on the same leg bring the back foot forward and kick. <b><u>Do 4 on this leg</u></b> and then change sides. Keep doing this for a minute.</p>	
19	<p><b><u>Jog on the ball of your foot or quick small step march</u></b></p>	
20	<p><b><u>Wide/Narrow march - Step tap side to side and forward and back – keep changing for a minute</u></b></p>	
21	<p><b><u>Knee bends + arm swings to finish.</u></b> <b><u>Hands to the outside of your knees first – then in between your knees. Repeat slowly!</u></b></p> <p><b><u>Give everything a good shake!</u></b></p>	