



Thames Turbo Strength and conditioning sessions

Always start with a warm-up which can be some low intensity exercises such as jogging on the spot, low intensity star jumps, jumping side to side, heel kicks, high knees and some light jumps on the spot for 30 seconds each. Then repeat these exercises again but picking up the intensity on each. Perform some dynamic stretches (stretches with gentle movements) and some mobility exercises. You could also go for a light 10-minute run or a 10-minute cycle beforehand.

Once you are warmed up make sure that you have sufficient space around you with good lighting, well ventilated and have a mat, towel and a drink to hand. I would also always recommend that you do the exercises wearing adequate shoes.

Perform 3 sets of the following exercises. Concentrate on form rather than how many you can do but still count how many you are doing so you can compare in future rounds or occasions you perform this set. This will give you a target and also highlight if you are getting fitter on each exercise.

Intense Fat burner session

Beginner fitness level 1 round through keeping to the beginner timings per exercise

Intermediate fitness level 2 rounds keeping to the intermediate timings per exercise

Advanced fitness 3 rounds keeping to the advanced timings per exercise

<u>Lower body</u>	Beginners	Intermediate	Advanced
• Split squats (Jumping lunges) secs	15 secs	20 secs	30
• Ratchet squats (Jump to side then front)	15	20	30
• Prisoner Walks (squat drop to knees then up)	15	20	30
• Sidewinders – (Twist to the side into a lunge)	15	20	30
<u>Upper body</u>			
• Hover squat thrusts	15	20	30
• Step through press-ups	15	20	30
• Push-ups reach to toe	15	20	30
• Hover press-ups	15	20	30
<u>Core</u>			
• Twisting pistons	15	20	30
• Black widow Knee slides	15	20	30
• Lateral Mountain Climbers	15	20	30
• V-sits	15	20	30

If you are unsure of the exercises, please email me. I will try to put clips up on the website shortly.