



# EXERCISE PLANS

BY MORE PT

## 'IN MY SQUARE' WORKOUT - 4 X ROUNDS



### HEEL TOUCH

1. SIDE STEP TO ONE SIDE OF YOUR SQUARE AND TOUCH THE OUTER HEEL
2. REPEAT ON THE OPPOSITE SIDE OF YOUR SQUARE
3. KEEP YOUR BACK STRAIGHT AND HEAD UP

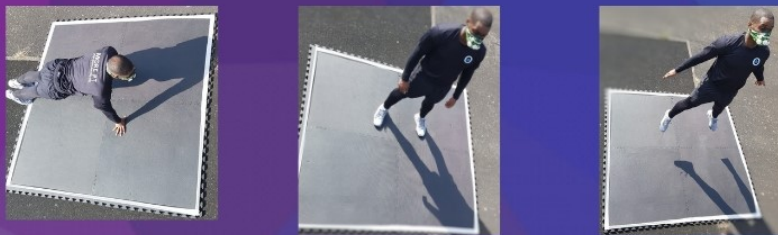
AIM: 25 REPS IN 30 SECONDS



### SQUAT + LUNGE

1. PERFORM SQUAT WITH BACK STRAIGHT AND HEELS DOWN
2. PERFORM 2 ALTERNATE REVERSE LUNGES
3. TRY TO REACH THE REAR EDGE OF THE SQUARE EACH LUNGE

AIM: 10 REPS IN 30 SECONDS



### BURPEES

1. ASSUME PRESS UP POSITION
2. STAND FROM THIS POSITION AND JUMP
3. ENSURE YOU TOUCH THE EDGE OF THE SQUARE DURING THE FIRST PHASE OF EACH BURPEE

AIM: 15 REPS IN 30 SECONDS



### WALKING PLANK/ REVERSE HILL CLIMBERS

1. LAY ON YOUR BACK WITH THE SHOULDER BLADES OF THE MAT
2. REACH FOR THE FRONT EDGE OF THE SQUARE WITH ALTERNATE FEET
3. TRY TO KEEP THE LOWER BACK IN CONTACT WITH THE FLOOR

AIM: 30 REPS IN 30 SECONDS

**#INMYSQUARE**

Please consult your GP prior to performing any physical activity if you have any medical conditions or injuries.

