

Intermediate General Conditioning 2

This is an intermediate exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm up - 30s on - 10s off	Set 1 - 25s on, 10s off	Set 2 - 25s on, 10s off	Set 3 - 25s on, 10s off	Set 4 - 25s on, 10s off	Cool down - 30s on - 10s off
Jogging on the spot	Press up	Mountain climbers	Shadow boxing - uppercuts	Plank up plank down	Cycling on the spot
Skipping	Squat	Skater	Power jacks	Bridge single leg L	Hand to foot skips
Hand to foot skips	Press up	Mountain climbers	Shadow boxing - uppercuts	Bridge single leg R	Hip circles L
Standing hamstring stretch L	Squat	Skater	Power jacks	Plank up plank down	Hip circles R
Standing hamstring stretch R	Press up	Mountain climbers	Shadow boxing - uppercuts	Bridge single leg L	Knee circles
Shoulder shrugging	Squat	Skater	Power jacks	Bridge single leg R	Neck circles
				Plank up plank down	
				Bridge single leg L	
				Bridge single leg R	

www.norsefoundation.com

Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.