

## Intermediate Superset

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 - repeat twice - 25s on	Set 2 - repeat twice - 25s on	Set 3 - repeat twice - 25s on	Set 3- repeat twice - 25s on	Set 4 - repeat twice - 25s on	Cool down - 30s on - 10s off
Jogging on the spot	Press ups	Dips	Heel taps	Crunches	Side plank dips L	Shadow boxing uppercuts
Elbows together & back	Reverse lunges	Power jack	Star jumps	Skipping	Squat thrusts	Jogging on the spot
Trap stretch L	Press ups	Dips	Heel taps	Crunches	Side plank dips R	Neck circles
Trap stretch R	Reverse lunges	Power jack	Star jumps	Skipping	Squat thrusts	Trunk rotation L
Trunk stretch L	Rest - 30s	Rest - 30s	Rest - 30s	Rest - 30s	Rest - 30s	Trunk rotation R
Trunk stretch R						Roll down
Standing quad stretch L						
Standing quad stretch R						

**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.