

## Norse Devil Intermediate

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.

Set A -performed twice - 35s on - 15s off	Set B - performed twice - 35s on - 15s off	Chaser - performed once - 20s on - 10s off
Skater	Press ups	High knees
Power jacks	Dips	Mountain climbers
Star jumps	Side plank dips L	High knees
Reverse lunge	Side plank dips R	Mountain climbers
Squat squat jump	Crunches	High knees
Skater	Press ups	Mountain climbers
Power jacks	Dips	High knees
Star jumps	Side plank dips L	Mountain climbers
Reverse lunge	Side plank dips R	High knees
Squat squat jump	Crunches	Mountain climbers

[www.norsefoundation.com](http://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.