

Intermediate General Conditioning 1

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	Main Body - repeat three times	Cool down - 30s on - 10s off
Alternate quad mobilisation	Mountain climbers	Kick up bum
Knee up side step	Squat hold	Tap out & reach
QL stretch L	Press ups	Long arm thoracic stretch
QL stretch R	Glute Bridge	Cat cow
Warrior	Bicycle crunch	Knee circles
Calf stretch L	Dips	
Calf stretch R	Reverse lunge	
	Heel taps	
	Hip heists	
	Skipping	
	Russian twists	

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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.