

Norse Devil Beginner

This is a beginner 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 - 30s on - 20s off	Set B - performed twice - 30s on - 20s off	Chaser - performed once - 20s on - 20s off
Physio lunge L	Differentiated press up	Static lunge L
Physio lunge R	Roll over	Crunches
Clam L	Dips	Static lunge R
Clam R	Heel taps	Crunches
Squat	Bench mountain climbers	Static lunge L
		Crunches
		Static lunge R
		Crunches

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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.