#### Training plan 1

##### Warm Up:

* Joint Mobility top to toe - shoulders, trunk, hips, knees, ankles 30 seconds each.
* Pulse Raiser
  + Walkouts for 30 secs.
  + Walkouts / press-ups for 60 secs.
  + Walkouts / press-ups / mountain climber for 90 secs.
  + Walkouts / press-ups / mountain climber & reverse lunges for 120 secs.

##### Main session:

Complete one circuit of all exercises, rest for 60 – 90 seconds and repeat 3-4 times.

1. Sandbag drag (50kg) - **30 secs**

15 sec to change exercise

1. Farmers walk with sandbags or kettlebells - **30 secs**

15 sec to change exercise

1. Burpees - **30 secs**

15 sec to change exercise

1. Shuttle runs - **30 secs**

15 sec to change exercise

1. Upright rows with bar or resistance band - **30 secs**

15 sec to change exercise

1. Farmers walk with sandbags or kettlebells - **30 secs**

15 sec to change exercise

1. Plank - **30 secs**

15 sec to change exercise

1. Shuttle runs - **30 secs**

##### Cool Down:

* Pulse reduction and slow mobility
* Stretching of all major muscle groups