#### Training plan 2

##### 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 1 minute and repeat based on timings below.

1. Farmers walk with dumbbells or kettlebells

15 sec to change exercise

1. Goblet squat and press

15 sec to change exercise

1. Plyo box jump

15 sec to change exercise

1. 15 metre shuttle runs

15 sec to change exercise

1. Burpees

15 sec to change exercise

1. Double squat and press with dumbbells or kettlebells

15 sec to change exercise

1. Mountain Climbers

Circuit 1 – 30 seconds on each exercise

Circuit 2 – 45 seconds on each exercise

Circuit 3 – 45 seconds on each exercise

Circuit 4 – 30 seconds on each exercise

##### Cool Down:

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