#### Training plan 3

##### 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 3 minutes and repeat 2-3 times.

1. Farmers walk with dumbbells (DB’s) or kettlebells (KB’s) – **60 seconds** VERY brisk walk.

Be sensible on weight selection. Anything heavier than 20kg each hand is unnecessary and will restrict you later on.

15 sec to change exercise

1. Sandbag / double kettlebells cleans - **60 seconds**

15 sec to change exercise

1. Shuttle run - **60 seconds**

Can be pyramid shuttles of 5m,10m,15m,20m,25m or a straight forward 20-25m constant distance shuttle.

15 sec to change exercise

1. Press ups - **60 seconds**

15 sec to change exercise

1. Alternating lengths of farmers walk & overhead farmers walk using your dumbbells or kettlebells - **60 seconds**

15 sec to change exercise

1. Shoulder rack squats using your dumbbells or kettlebells - **60 seconds**

15 sec to change exercise

1. Shuttle run (variable or constant) - **60 seconds**

15 sec to change exercise

1. Shoulder rack lunges using your dumbbells or kettlebells - **60 seconds**

15 sec to change exercise

1. Bear crawls (forward to 25m mark then backwards to start) - **60 seconds**

15 sec to change exercise

1. 8 x 25m shuttles as quickly as you can.

##### Cool Down:

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