

## Sample Session for Intermediate Ability Level clients

### Warm Up.

Head, Ankle and Kneel Rolls Side Bends Arm Windmills  
Dynamic Leg kicks, Chest/Shoulder Pulls. Marching with high Knees  
Torso Twists, Star jumps, Front Side Jacks, Fast Quad Stretch  
Forward and Backward lunges With Overhead press, Walk Down Planks  
Rope Climb Squats, "Thrilla" Calf Raises, Static one Leg Running  
Walking Squats, Side Lunge pops

### Core Programme

Standing to Plank to Press up (times 12/15 x 2)  
Russian Twists x12/15 x 2  
Star Fish Crunches Alternative Leg and Arm 12/15 x2  
Reverse Prone Ab Curls 12/15 x 2 3 positions  
Prone Mountain Climber with Ankle Weights on Gym Ball

### Complex Muscle Strength

Bicep Curls @ 10 reps then  
Dumbbell Front Squats @ 10 reps then  
Dumbbell Overhead Press @ 10 reps the  
Dumbbell Lunges @ 10 reps  
Dumbbell Bent over rows @ 10 Reps

Then 90 seconds rest and repeat for 4 complete Cycles

### Stretching

Deep Muscle Stretches on Abductors, Hamstrings and Glutes. 3 Deep Stretches on each Muscle and each Leg Side of the Body

### Warm Down

2-3 minutes of Skipping.