



# Training programme of GESAC Health



2 per week



from  
14/10/2021 to  
25/11/2021



Stephen  
Littlewood

## Cardio 6

4 exercises 26 minutes 356 MOVES 211 kcal

### 1 - Free Exercise - Jumping jack



60 reps x 15 sec  
60 reps x 15 sec  
60 reps x 15 sec

*If you cannot complete the reps in one go, rest for the count of 10, and continue until you do*

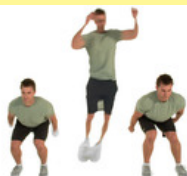
### 2 - Free Exercise - Squat thrust - standing



15 reps x 20 sec  
15 reps x 20 sec  
15 reps x 20 sec

*If you cannot complete the reps in one go, rest for the count of 10, and continue until you do*

### 3 - Free Exercise - Squat jump - lateral



20 reps x 15 sec  
20 reps x 15 sec  
20 reps x 15 sec

### 4 - Free Exercise - High knees



30 reps x 15 sec  
30 reps x 15 sec  
30 reps x 15 sec