




Training programme of GESAC Health

 **2 per week**

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

 **Stephen**
Littlewood

CIRCUIT

1 exercises 25 minutes 312 MOVES 183 kcal

1 - Circuit - Circuit 1

4 exercises 3 Rounds 60 sec Round rest time

1 - Free Exercise - Drop lunge



R1 20 reps x 1 sec
 R2 20 reps x 1 sec
 R3 20 reps x 1 sec

2 - Free Exercise - Push-up - shoulder tap



R1 12 reps x 1 sec
 R2 12 reps x 1 sec
 R3 12 reps x 1 sec

3 - Free Exercise - Glute bridge - marching



R1 20 reps x 1 sec
 R2 20 reps x 1 sec
 R3 20 reps x 1 sec

4 - Free Exercise - Plank - to T-position



R1 20 reps x 1 sec
 R2 20 reps x 1 sec
 R3 20 reps x 1 sec