



Training programme of GESAC Health



2 per week



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



Stephen
 Littlewood

HIIT

5 exercises 24 minutes 333 MOVES 197 kcal

1 - Free Exercise - Push-up - to T



40 sec x 15 sec
 40 sec x 15 sec
 40 sec x 15 sec

2 - Free Exercise - Side plank with rotation



40 sec x 15 sec
 40 sec x 15 sec
 40 sec x 15 sec

Right side

3 - Free Exercise - Split jump



40 sec x 15 sec
 40 sec x 15 sec
 40 sec x 15 sec

4 - Free Exercise - Side plank with rotation



40 reps x 15 sec
 40 reps x 15 sec
 40 reps x 15 sec

Left

5 - Free Exercise - Lateral lunge



40 sec x 15 sec
 40 sec x 15 sec
 40 sec x 15 sec