

Full Body 5x5x5 Resistance Session*

Warm-up 10 minutes - ensure you warm up all parts of your body

5x5x5 Legs

- 1) Squats - 5 reps, 5 pulses, 5 times
- 2) Lunge pulses (right leg) - 5 reps, 5 pulses, 5 times
- 3) Lunge pulses (left leg) - 5 reps, 5 pulses, 5 times
- 4) Fire hydrant (right leg) - 5 reps, 5 pulses, 5 times
- 5) Fire hydrant (left leg) 5 reps, 5 pulses, 5 times

5x5x5 Arms

- 1) Box/Wall push-ups - 5 reps, 5 pulses, 5 times
- 2) Arms circles - 5 slow, 5 fast, 5 times
- 3) Tricep dips - 5 reps, 5 pulses, 5 times
- 4) Overhead Arm Circles - 5 slow, 5 fast, 5 times
- 5) Tricep Push-ups - 5 reps, 5 pulses, 5 times s

*The programme is adaptable for all fitness levels, however as with any new exercise programme, listen to your body, take it steady and always consult your doctor before getting started.

Cool Down and stretch 10 minutes