Saturday 11th April

* 50 back arches
* 30 press ups
* 50 handstand shrugs
* 5 x 30 second dish hold
* 1 min back support

Friday 10th April

* 50 back arches
* 5 x 30 second piked handstand hold
* 30 tricep dips
* 30 shoulder stand tuck jumps
* 1 min plank

Wednesday 8th April

* 50 back arches
* 30 press ups
* 50 handstand shrugs
* 5 x 30 second dish hold
* 1 min back support

Tuesday 7th April

* 50 back arches
* 5 x 30 second piked handstand hold
* 30 tricep dips
* 30 shoulder stand tuck jumps
* 1 min plank

Monday 6th April

* 30 tennis ball squeezes each hand
* Knee and feet extensions (video on website)
* Feet rehab (video on facebook and link on website)
* 100 knee squeezes
* 50 calf raises
* 1 min hyper splits
* Bridge stretching

Thursday 9th April

* 30 tennis ball squeezes each hand
* Knee and feet extensions (video on website)
* Feet rehab (video on facebook and link on website)
* 100 knee squeezes
* 50 calf raises
* 1 min hyper splits
* Bridge stretching

**13th – 19th April**

Every day this week:

* High knees running warm up – 8 mins with no rest
* Stretch
* Do your conditioning and blocks
* Record yourself doing your weekly challenge

Why not facetime a friend and do the work together? Don’t forget to tag us in any posts on Instagram to be featured in our story!

Sunday 12th April

* Rest!