



Name : « You're Nuts » Workout program
Equipment-Step & Mat

Date : 18-8-2020

Consultant : Lisa Niglia

1. Cardio				Alt Knee Lifts				Squat Jumps				Jog/Run			
Side Shuffle R-L x4 															
Set	Rep	Rest	Weight	Set	Rep	Rest	Weight	Set	Rep	Rest	Weight	Set	Rep	Rest	Weight
1-2	2min	30sec		1-2	2min	30		1-2	2min	30		1-2	2min	30	
2. Steps Step up/Down x2 star jumps 				Up N Over Step 				Step Up/Down X1 burpee 				Step Straddle 			
Set	Rep	Rest	weight	Set	Rep	Rest	weight	Set	Rep	Rest	Weight	Set	Rep	Rest	Weight
1-2	2min	30s		1-2	2min	30s		1-2	2min	30sec		1-2	2min	30s	
3. Floor Push up off step 				Scissor Kicks 				Walk up/down off step 				Reverse Crunch- 			
Set	Rep	Rest	Weight	Set	Rep	Rest	Weight	Set	Rep	Rest	Weight	Set	Rep	Rest	Weight
1-2	2min	30s		1-2	2min	30s		1-2	2min	30s		1-2	2min	30s	