

# SPORT: SMASH IT - RACQUETS

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	WARM UP	Warm up cycle	Easy pace		5 Minutes	
	PROGRAMME EXERCISE	X Trainer	60% RPE 6/10	Comfortably challenging	5-10 Minutes	
		Fitball Squats			1-2x 10 Reps	Bodyweight
		Push Ups		Knees or full	1-2x 10 Reps	Bodyweight
		Lateral Lunges		Stepping to side	1-2x 10 (5 each side)	Bodyweight
		Bent Over Row			1-2x 10 Reps	
		Calf raises			1-2x 15 Reps	
		Plank		Knees or full	2x 10-30 seconds hold	
		Treadmill	Intervals	1 Minute walk:1 Minute powerwalk	10 Minutes	
	COOL DOWN	Cool Down & Stretch			5 Minutes	

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	WARM UP	Warm up cycle	Easy pace			
	PROGRAMME EXERCISE	X trainer	70% RPE 7/10	Challenging - breathing becoming difficult	10 Minutes	
		Fitball Squats			2-3x 10 Reps	Hold dumbbells
		Push Ups		Full	2-3x 10-15 Reps	Bodyweight
		Lateral Lunges		Stepping to side	2-3x 20 (10 ea. side)	Bodyweight
		Bent Over Row			2-3x 10 Reps	
		Calf raises			2-3x15 Reps	
		Plank		Full	3x 30-60 seconds hold	
		Treadmill	Intervals	1 Minutes powerwalk:1 Minutes jog/run	10 Minutes	
	COOL DOWN			5 Minutes		

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	WARM UP	warm up cycle				
	PROGRAMME EXERCISE	X trainer	80% RPE 8/10	Breathing heavy	10 Minutes	
		Fitball Squats			3x 10 Reps	Hold dumbbells
		Push Ups		Feet elevated	3x1 0-15 Reps	
		Lateral Lunges		Stepping to side	3x 20 (10 each side)	Hold dumbbells
		Bent Over Row			3x 10 Reps	
		Calf raises			3x 15 Reps	
		Plank		Full	3x 30-60 seconds hold	
		Treadmill		1 Minute jog:1 Minute sprint	10 Minutes	
	COOL DOWN	Cool Down & Stretch			5 Minutes	