

20 MINS WORKOUT AT HOME

by Sensei Christopher Monneron

Stay safe and Healthy buddies

Equipment needed - stopwatch.

A. Warming up

1. **Jumping jack – 15 seconds**
2. **Sagittal jumping jack 15 seconds-**
https://www.youtube.com/watch?v=sWg4_HY29lg
3. **High knee- 15 seconds**
4. **Butt kick- 15 Seconds**
(1-4 at one go then 20 seconds rest) x 2 times

Dynamic stretches:

Head rotations (10reps each side),
windmill arms rotation front and back
(10 reps each side), shoulder circles (10reps each side), Leg swings (10reps each side), knee hugs (standing position- hold the knee for 2 seconds and release- do it 10 times each) (5mins)

B. Full bodywork out

1. **Bodyweight lunges - 10 repetitions/2 sets/Rest 25 seconds between each set-**
<https://www.youtube.com/watch?v=QOVaHwm-Q6U>
2. **Straight punches- choku tsuki- 10 repetitions- 3 sets and 10 seconds rest between each set**
(<https://blackbeltwiki.com/karate-punches>)
3. **Squat to front kick- 10 repetitions/2 sets/Rest 25 seconds between each set-**
<https://www.youtube.com/watch?v=RHtMo8yjE6w>
4. **High plank- 20 seconds/2sets/20 seconds rest between each set-**
<https://www.youtube.com/watch?v=fSaYfvSpAMI>

Cardio (low intensity)- Run in place for 2mins.

B. Full bodywork out

Full Static stretching- Pectorals/ Deltoids, Upper Back/ Traps, Lower Back/ Latissimus Dorsi, Biceps, Triceps, Abdominals, Gluteals, Hamstrings, Quadriceps, Hip Flexors, Adductors, Calves (5mins)

(<https://www.healthline.com/health/exercise-fitness/static-stretching#safety>)



**Good workout friends.
Do not forget to clean your hands before and after training and to drink a lot of water.**