

25 MINS WORKOUT AT HOME

by Sensei Christopher Monneron

Stay safe and Healthy buddies

Equipment needed - stopwatch.

A. Warming up

1. Run on the spot – 15 seconds
2. Jumping jack 15 seconds-
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

Kihon basics:

1. Bodyweight Squat- 10 repetitions/3sets/25 seconds rest between each set. <https://www.runtastic.com/blog/en/squat-4-common-squat-mistakes-avoid/>
2. Straight punches- choku tsuki- 10 repetitions- 3 sets and 10 seconds rest between each set (<https://blackbeltwiki.com/karate-punches>)
3. Mae geri (front kick- standing position) with a cushion- 10 repetitions- 3 sets and 10 seconds rest-

Teaching cues-

1. Place the cushion down and face in front of it.
2. Lift the knee up
3. Extend the leg straight while keeping the body in a straight position (kick with the soles of the feet) without touching the cushion
4. Bring back the leg to first position without touching the cushion.
5. Put your foot down.
[https://www.wikihow.com/Perform-Mae-Geri-\(Shotokan-Karate\)](https://www.wikihow.com/Perform-Mae-Geri-(Shotokan-Karate))
4. High/standard Plank- 15 seconds /3sets/15seconds rest between each set-(<https://greatist.com/fitness/perfect-plank#plank-variations>)

Cardio (low intensity)- Skipping rope (without the rope just mimic) 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.**