

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. Side to Side jump- put the feet together and jump from left to right- 15 seconds
4. High knee- 15 Seconds
(1-4 at one go then 20 seconds rest) x 3

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. Training program

1. Bodyweight Front lunges- 10 repetitions/3sets/25 seconds rest between each set. <https://www.youtube.com/watch?v=5hSWtDAXZsg>
2. Straight punches- choku tsuki- 10 repetitions- 3 sets and 10 seconds rest between each set (<https://blackbeltwiki.com/karate-punches>)
3. Squat to Mae geri with a cushion (You squat down and when you go up you kick without touching the cushion- standing position) - 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. Mountain climber- 15 seconds /3sets/15seconds rest between each set-(<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

Cardio (low intensity)- Jumping jack for 2mins.

C- Cool down

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.**

Disclaimer:

Please note that if you have any medical history such as heart attack, hypertension, diabetes, high cholesterol or injuries but this is not limited to the above mentioned, seek medical advice before exercising. You are responsible for your own health and knowing your own limit.