

HiiTing low – IFS Notes

ROUND 1

Exercise 1: 3 side taps, 1 tap back (L&R)

Stationary leg stays slight bent, opposite leg taps out 3 times and one push back. Include arms out to side and one punch in front (following the motion of the legs) to make harder. Repeat on opposite side.

Exercise 2: Box step squat (travel)

Start with right leg, large box step forward and squat. Then repeat opposite side on the left. Changing leg you lead with after every squat.

Round 2 – Band work

Exercise1: 3 pulse curtsy squats & band lift

Hold band under left arch of the foot, band end held in both hands in front close to the body.

Squat pulse for 3 counts then extend to a stand on the 4th. To progress the exercise, extend arm upward on the 4th count (stand part)

Exercise 2: Lunge back, arm press band

Loop band behind back and under arm, holding end of band in hand. Shorten band to make harder.

Alternating legs, Lunge backwards whilst extending arms in front into a chest press. Return to standing centre, hand by ribs and repeat.

Exercise 3: Superman band

Start right hand side. Place band under left foot whilst holding both ends of band, one in each hand. Come down to a narrow squat position then fire up. The opposite free leg comes out to the side and arms high, almost a star position. X20 the repeat opposite side.

Round 3

Exercise 1: Walking plank

Start with feet hip distance. Walk hand away slowly on ground keeping toes glued to the floor. Pause and hold for 3 seconds then walk back up. Alternate leading hand each time.

Exercise 2: Side crab (travel)

Start side ways in a wide sumo squat position, elbows shoulder high and hands high (90-degree position) shuffle sideways staying low then travel back. Stay facing the same way to use both legs equally.

Round 4

Exercise 1: Mountain climber twist

Start in a tall plank position (on hands/ arms extended) Bring left knee to left elbow and repeat opposite sides. Speed play with this, slow movement then quicker pace.

Exercise 2: Knee lift arm pull

Start right hand side with right foot at a slight angle outwards glued to floor. Keep knee slightly bent. Bring opposite knee up to chest whilst bring arms from up high to meet the knee at centre of body. All on a slight angle to the right, repeat opposite side. Faster pace more effective.