

# WORKOUT 4



Format: Partner workout    You Go I Go    Duration: 10 mins

10 Deadlift with anything of choice e.g Teddy bear, Tin of Food, Bottle of pop

10 side to side jumps (feet together)

10 Mountain Climbers

## Deadlift

- Place ball or toy on floor between legs
- Ensure feet are shoulder width or wide
- With straight arms and a straight back squat down and grip on to the ball/toy.
- Maintaining a strong posture (tight straight back and locked out arms) stand back up straight lifting object up to standing.

Tips - make sure object lifted stays as close to the body as possible through the whole lift. Ensure the back is not rounded and completely straight throughout.

## Mountain Climbers

- Set up in top press up position
- Feet shoulder width apart, back straight like a plank of wood, arms locked out and directly under shoulders
- Bend right knee up to right elbow and then back to starting position
- Repeat on left side
- Repeat this process as quickly as possible 10 times (5 each side)

