

Norse Trisets Advanced

This is an advanced exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm Up - 30s on, 10s off.	Set 1 - 25s on	Set 2- 25s on	Set 3 - 25s on	Cool Down - 30s on, 10s off.
High knees	Mountain climber press ups	Squat squat jump	Star jump switch	Slow high knee claps
Calf stretch standing L	Plyo lunges	Plank up plank down	Press up windmill	Cycling on the spot
Calf stretch standing R	Plank walk outs	Forward & reverse lunge L	Burpee lateral jump	Neck circles
Regans	Rest- 60s	Forward & reverse lunge R	Rest - 60s	Hip circles L
Point pull hamstrings	Mountain climber press ups	Rest - 60s	Star jump switch	Hip circles R
Shadow boxing upper cuts	Plyo lunges	Squat squat jump	Press up windmill	Knee circles
Shoulder circumductions	Plank walk outs	Plank up plank down	Burpee lateral jump	Hip rotations both sides
	Rest - 60s	Forward & reverse lunge L	Rest - 60s	
	Mountain climber press ups	Forward & reverse lunge R	Star jump switch	
	Plyo lunges	Rest - 60s	Press up windmill	
	Plank walk outs	Squat squat jump	Burpee lateral jump	
	Rest - 60s	Plank up plank down	Rest - 60s	
		Forward & reverse lunge L		
		Forward & reverse lunge R		
		Rest - 60s		

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.