

Norse Leg Burner - 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	List of Exercises - 30s main exercise - 15s squat hold, 3 sets	Cool Down - 30s on 10s off
Shoulder shrugging	Squat squat hold	High knees
Hip hinges	Squat hold	Regans
Skipping	Crisscross squat jack	Hip rotation
Squat jumps	Squat hold	Knee circles
Banded pec stretch	Touch down squat jacks	Warrior
Hip circles L	Squat hold	Calf stretch L
Hip circles R	Skater	Calf stretch R
	Squat hold	
	Broad jump shuffle back	
	Squat hold	

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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.