

Norse Hot Hands - 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 Sets x 6	Cool Down 30s on, 10s off
Foot series	Fast feet -10s	Alternate hamstring stretch
Hip circles L	High knees - 10s	Kick up the bum
Hip circles R	Rest - 10s	Five shoulder rotations
Plyo lunges	Mountain climbers - 10s	Bent over l's
Shadow boxing upper cuts	Hot hands - 10s	Piriformis stretch L
Adductor stretch	Rest -10s	Piriformis stretch R
Side curl stretch L		Point pull hamstring stretch
Side curl stretch R		

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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.