

Bodyweight Get Moving Session v1.

Aim of this quick simple session is to ensure elevated your heart and breathing rate and moderately load your muscles and joints. It will be suitable for the majority of fitness levels. If you haven't exercised a great deal recently this is an excellent session to start with. If you are exercising regularly at present this would be great to do on recovery days between Runs or on those days where time is limited.

Do these 3 exercises every minute on the minute for 8-15 minutes.

Reverse Lunge x 3p/s

Plank and Leg Lift x 3p/s

Star Jump x 12

[Click here to watch the full sequence](#)

Keep an eye on the College Gym [Facebook Page](#) for new workouts

More options will be made available frequently over the next few weeks.