

# PDC Workout

This is a lockdown friendly complete at home workout, that can also be made low-impact or neighbour friendly by removing the jumps. Give it a go and let us know how you get on!

## Warm Up

- ▶ Hip circles
- ▶ Torso twists
- ▶ Arm cross swings
- ▶ Boxer shuffle
- ▶ Inch worms
- ▶ Jumping or stepping jacks

## Bodyweight Circuit

- **3 – 5 rounds**
- **1 minute each exercise**
- **10 seconds rest between exercises**
- **30 seconds rest between sets**
- ▶ Squat – jumping or no jump
- ▶ Single Leg Balance / Good Mornings – if doing the single leg balance do 30 seconds per leg
- ▶ Press ups – full, on knees or in a box position
- ▶ Mountain climbers – jumping or stepping
- ▶ Superman lifts
- ▶ Leg raises
- ▶ Side plank thread throughs

## Cool Down

- ▶ Boxer shuffle
- ▶ Torso twists
- ▶ Shoulder rolls
- ▶ Shoulder stretch
- ▶ Chest stretch
- ▶ Wide toe touch stretch
- ▶ Standing glute stretch
- ▶ Quad stretch



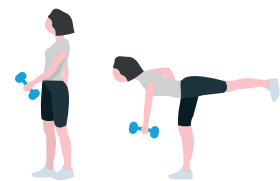
**SUPERMAN LIFTS**



**GOOD MORNINGS**



**SIDE PLANK DIPS**



**SINGLE LEG BALANCE**



**CHEST STRETCH**



**STRETCH**