



Class Plan: The 20 Rep Challenge

The task: Decide how many rounds they need to do and let them get on with it. 3 rounds took us about 7-8 minutes to get through 😊

Works well to set a time limit and a rough idea of rounds for them to aim for! They can rest at will so the fitter clients will get through more rounds

Leave the bands on the whole time for ease

Length: 7-10 minutes approximately

20 second banded wallsit – self timed
20 banded squat jumps
20 banded glute bridges
20 glute bridge hold & flash
20 glute bridge walkouts (10 each leg)