



Workout A

Exercise bike warm up- 6 mins
 Max resistance setting.
 Maximum distance in 15 seconds
 -Superset with-

Wall sit

Stretches

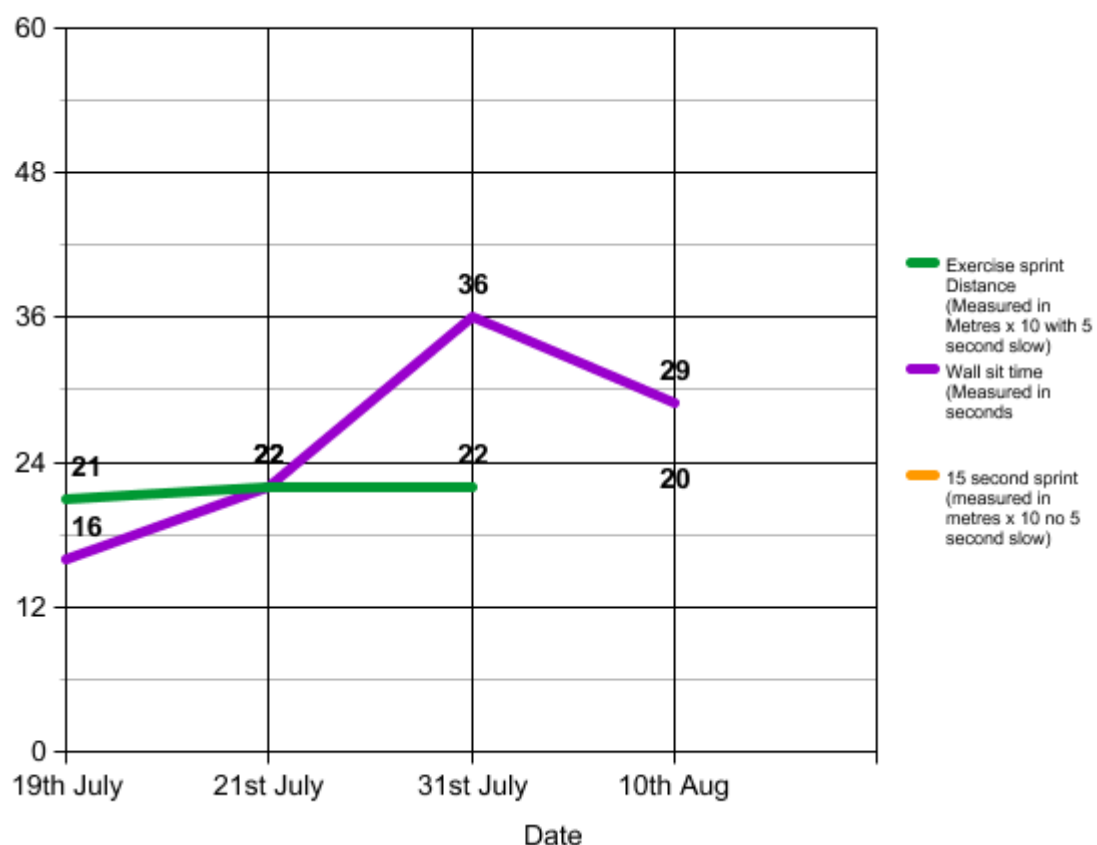
Side splits 1 min

Front splits- 1 min (Each leg)

back stretch 1 min

quad stretch 1 min

Building One Punch Man like Speed



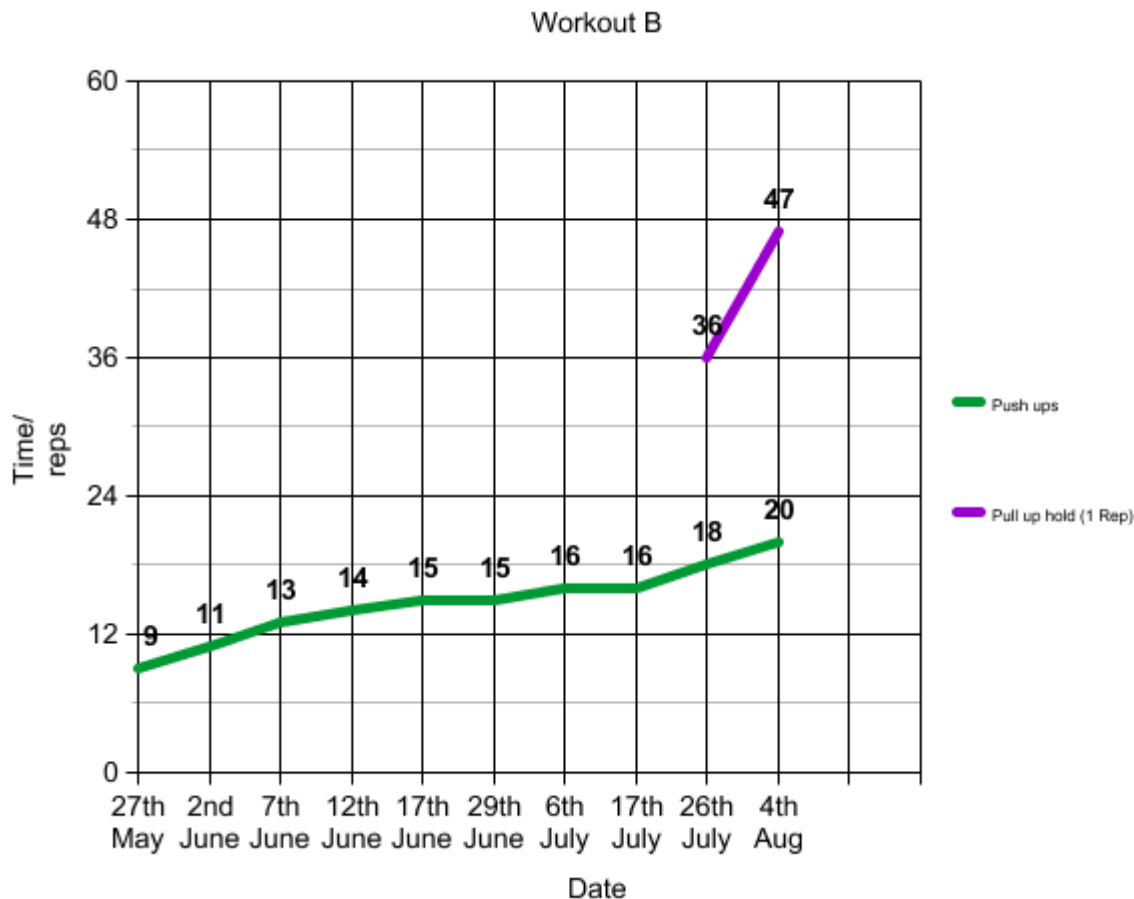
Workout B

Exercise bike warm up- 6 mins

Push Up

Pull up hold

Stretches



21st July 2023- (Workout A) <https://www.youtube.com/watch?v=qw12B4QDbVU>

Distance- 220m +4.7% increase

26th July 2023- (Workout B) <https://www.youtube.com/watch?v=drupKgYbK0o>

Push up- 18 +12.5% increase

Pull up hold- 36sec

31st July 2023- (Workout A) <https://www.youtube.com/watch?v=vmM4YiXY8Lc>

Distance- 220m +0% increase

4th August 2023- (Workout B) <https://www.youtube.com/watch?v=jaVBdX8bMLg>

Push-up- 20 +11.1% increase

Pull-up hold- 47sec +30.5% increase

Note: Reps on push-ups were a little fast so will need to slow cadence for next workout.

10th Aug 2023- (Workout A) <https://www.youtube.com/watch?v=Zu9PzBZXAmk>

Distance- 200m +5.2% increase

Note: no warm-up for 5 secs before the sprint. The 5 secs warm-up adds 30m so is an actual increase of 10m everything be equal

14th Aug 2023- Track session

3x 50m

2x 50m

2x 50m