

Peak Trampoline Home Workouts

If you are unsure of what an exercise is go have a look at the videos on our Facebook or Instagram. If you have any questions please message or email us, we're here to help!

Make sure you have enough space around you and a water bottle ready before you start the workout!

Upper Body Workout

- * Push ups x10
- * Scarecrows with small weight (if you have one, can be done without) x6 each arm
- * Handstand hold x30 seconds
- * Handstand shrugs x10
- * Bingo wings x30 seconds each way (forward and backward)
- * Plank up and downs x10 each arm

Repeat each exercise 3 times

Lower Body Workout (needs a chair)

- * Bulgarian split squat x 10 each leg
- * squat jump and stick x10
- * Sumo squat pulses 30 pulses
- * Calf raises x15 each leg
- * Glute bridge x10
- * Single leg glute bridge x5 each leg
- * 50 swimming kicks

Repeat each exercise 3 times

Core Workout (No equipment needed)

- * Tuck snaps x10
- * V snaps x10
- * Rockers each side x20
- * Arch raises x 10
- * Plank hold x 1 minute

Repeat each exercise 3 times

Next Level Workout (full body)

- * Tuck to handstand x6
- * Pike sliders x10 or pike slide, straddle press to handstand x5
- * Knee drives x10 each leg
- * Handstand shoulder taps x5 each shoulder
- * Squat jump, caterpillar, push up x5
- * Single leg kicks x10 each side (with ankle weight if possible)

Repeat each exercise 3 times

