Workouts

Legs

- 10 Squats
- 10 Lunges (Forward)
- 10 Deep Squats
- 10 Lunges Backwards
*Consecutive*

- 10 Deep Squats
- 10 Lunges Forward
- 10 Squat Jumps
- 10 Lunge Jumps
- 10 Step Ups or Step Up Toe Touches
*Consecutive*

60 Seconds Rest
Build Number of Sets

70 Seconds Rest
Build Number of Sets

90 Seconds Rest
Build Number of Sets

Core (Control all movements)

- 10 Trunk Curls
  Lie flat, Arms extended, Curl up until fingers touch toes

- 10 Sit Up Crunches
  Flat back with knees at 45 degrees, Small movements

- 10 Russian Twists
  Sitting position, feet off the ground, arms on chest, Rotate

- 10 breath plank
  Straight back when holding plank

- 10 Flutter kick
  Lie flat, raise legs and kick legs alternatively

- 10 Sit Ups
  Arms on chest or placed behind head, don’t link fingers

- 10 Double leg raises
  Lie flat on back, Double straight leg raise

- Reverse Curls
  Flat back, Legs pointing towards the ceiling, Small movements with hips, pushing legs upwards, (Keep hips low to ground)
*Consecutive* 90 Seconds Rest, Build Number of Sets

- 10 turtles
  Lie flat on back, knees at 45 degrees, Rotate upper body, keeping head still.

- 10 Knee to chest Tucks
  Lie on back, full extension, bring knees & chest together, arms go past ankles, Keep feet of the ground during exercise

- 1-10 Sit to Stand
  Lie flat on back, try to stand with crossing legs and putting hands down on the floor

- 20 breath Plank
  Straight back when holding plank

- 10 Sit ups
  Arms on chest or placed behind head, don’t link fingers

- 20 breath Plank
  Alternate lifting limbs off ground whilst holding plank

- 1-10 V-Sits
  Raise arms and double legs to the ceiling, aim to touch toes and finish by holding in a V position.

*Consecutive* 90 Seconds Rest, Build Number of Sets

*You could replace set numbers for time. Instead of 10 Trunk Curls choose one of the two following options: 30 seconds exercise 30 seconds recovery or 40 seconds exercise 20 seconds recovery*
**Body Weight Circuits (Cardio)**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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<tbody>
<tr>
<td>- 10 Press Ups</td>
<td>Arms shoulder width a part- Deep press-ups</td>
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<tr>
<td>- 10 jumps side to side</td>
<td>Jump over a line or object</td>
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<tr>
<td>- 10 Truck Curls</td>
<td>Lie flat- Arms extended- Curl up until fingers touch toes</td>
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<tr>
<td>- 10 Dorsal Raises</td>
<td>Lie on front- arms at side then raise chest- Keep hips on ground</td>
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<tr>
<td>- 10 Burpees</td>
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<tr>
<td>- 10 Start Jumps</td>
<td>Feet off the ground when you jump</td>
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<tr>
<td>- 10 Breath Plank</td>
<td>Slow Breaths</td>
</tr>
<tr>
<td>- 1-10 Press up claps or Press up from Knees</td>
<td>Build number up</td>
</tr>
</tbody>
</table>

60 Seconds Rest- Build Number of Sets

To increase intensity- *You could replace set numbers for time. Instead of 10 Trunk Curls choose one of the two following options: 30 seconds exercise 30 seconds recovery or 40 seconds exercise 20 seconds recovery*