



Do each exercise for 45 secs with 15 sec break
Repeat the circuit as many times as you can

Equipment: Bodyweight

Jump Rope

Cardio



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

Squat

Legs



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.

Squat To Hip Extension

Legs



- Stand with feet hip width apart
Squat down, weight in the heels, hips back and down behind you
As you stand extend one leg straight back behind you from the hip
Repeat

Lunge

Hotel



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Side Lunge

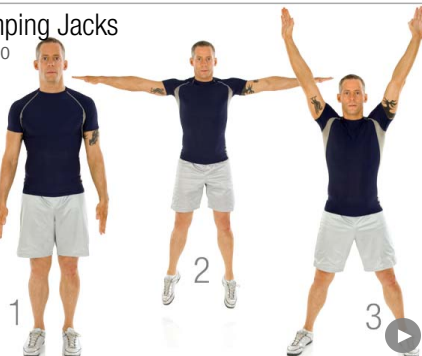
Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.

Jumping Jacks

Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.



Crunch

Abs



- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.

Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.