



Do each exercise for 45 secs  
15 secs rest

Repeat whole circuit as many times  
as you can

Equipment: Bodyweight,

## High Knees

Cardio



- Stand upright with your feet together and your arms by your sides.

1 - Run on the spot raising your knees as high as possible each step.

2 - Rapidly switch feet and use your arms as if running.

## Squat

Hotel



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.

## 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.

## 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

## Side to Side Mini Hops

Cardio



- Stand in a semi-squat position with your hips and knees slightly bent feet close together and your hands up in front at chest level with your elbows bent.

1 - Hop your feet about 12 inches to one side, keeping your upper body stable.

2 - Rapidly hop back to the other side.

- Continue hopping rapidly from side to side, keeping your upper body stable.

## Lunge

Legs



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.

## Hand Walk

Shoulders



1 - Stand upright with your arms by your sides.

2 - Bend forward at the waist and place your hands on the floor in front.

3 - Walk your hands out until your body is straight in the top position of a push up.

4,5 - Walk your hands back in and return to the upright position.

## 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.



## Wide Push Up

Chest



1 - Support your body on your toes and hands with your hands inside your shoulders and your elbows bent, chest nearly touching the floor.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

## Bridge to Plank

Lower Back



1 - Raise your body off the floor, resting on your toes and forearms.

2, 3 - Straighten your arms, one at a time, coming up into the top of a push up position and hold briefly.

4, 5 - Lower yourself back to your forearms, one arm at a time.

- Repeat, alternating sides with each rep.