



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

Jog In Place

Cardio



- Jog in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

Pulse 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.
- 3,4 - Raise your hips, coming up about 6-8 inches, then lower back to the bottom position in a pulsing motion.
- 5 - Push through your heels to return to the top position, keeping your back flat and looking straight ahead throughout the movement.

Skaters



Start with your legs slightly wider than shoulder distance apart and arms at the sides.

Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90-degree angle.

Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.

Lunge to Reverse 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 and step backward with this leg, dropping your knee towards the floor with your weight on your front leg.
- Push off your front foot to return to the start position.
 - 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.

Lunge to Reverse 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 and step backward with this leg, dropping your knee towards the floor with your weight on your front leg.

- Push off your front foot to return to the start position.

- Complete all reps on one side before switching to the other side.

Squat thrust Side To Side



Begin in a plank with your feet together. Tighten your abs and jump your feet to the right, bringing your knees toward your right elbow. Jump your feet back to plank and repeat on the other side.

Plank Jacks

Cardio



1 - Support your body on your toes and hands with your arms straight, back flat and your feet together.

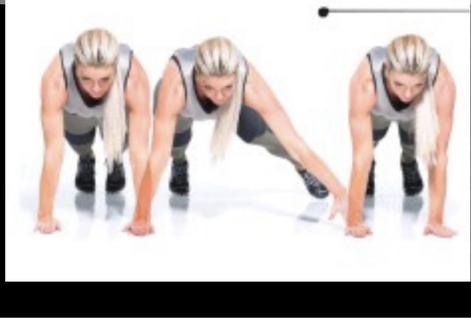
2 - Jump your feet out wide to the sides, keeping your hands stationary.

3 - Jump your feet back in together to the middle.

- Continue rapidly jumping your feet out wide and back in.



Lateral Plank Walk



Start off in a Plank position with straight arms. Make your body as rigid as you can from your feet to your head to keep it in a straight "plank-like" shape side on. Do this by tensing your quads to lift your knee caps up your thighs, squeezing your glutes together, bracing your core and drawing your belly button up away from the floor, whilst at the same time pressing down into the floor with your hands.

Then step your left hand out to the side at the same time as stepping your left foot out the same distance. Then follow by stepping your right hand and foot across to meet your left. Move sideways to the left for 2 -4 steps (depending on space) then change the direction and move back to the right.

Bear plank knee Taps



Start on your hands and knees in tabletop position with your wrists above your shoulders and your knees below your hips.

Lift your knees just a few inches off the ground. Use your core to balance and keep your back flat.

Slowly tap your hand to your opposite knee. Repeat, alternating sides.

Keep your torso still and try not to twist your body.