



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.

Uni Squat

Legs



1 - Stand upright with one foot slightly off the floor.

2 - Slowly lower your body down towards the floor into a squat position, keeping your back neutral/flat and one foot off the floor.

3 - Push into your standing foot to return to the start position.

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

Squat Jump 180 / Snow Boards



Stand with your feet a little wider than shoulder-width apart, your toes pointing slightly outward and sit back. Push through the heels to jump up, spinning to the left 180 degrees. Land on your toes with your knees slightly bent and squat. Quickly jump up, spinning to the right, and go back into the squat position. Repeat until the set is complete.

Uni Squat

Legs



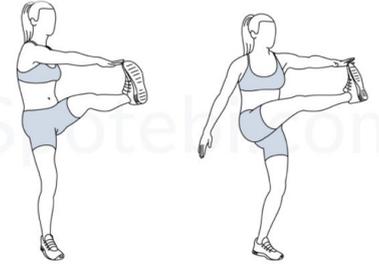
1 - Stand upright with one foot slightly off the floor.

2 - Slowly lower your body down towards the floor into a squat position, keeping your back neutral/flat and one foot off the floor.

3 - Push into your standing foot to return to the start position.

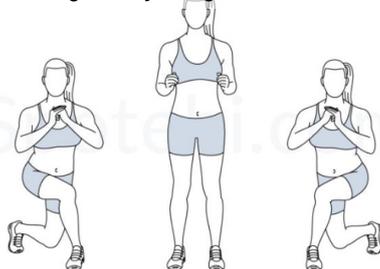
- Complete all reps on one side before switching to the other side.

High Alternating Kicks



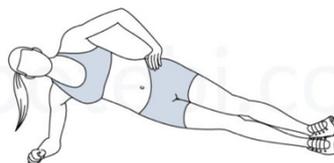
Stand tall with your feet shoulder-width apart. Lift your left leg as high as you can, and touch your left foot with your right hand. Brace your core. Return to the initial position and repeat on the opposite side. Continue alternating sides, in a fast-paced move, until the set is complete.

Alternating Curtsy Lunge



Stand tall with your feet hip-width apart. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg. Start lowering your body, by bending your knees, until your right thigh is parallel to the floor. Return to the starting position and repeat on the opposite side.

Side Plank



Lie on your side with your body fully extended. Lift your body off the ground and balance your weight between the forearm and the side of the foot. Keep your body in a straight line and hold for as long as you can. You can put one knee down if needed

Plank Crawl



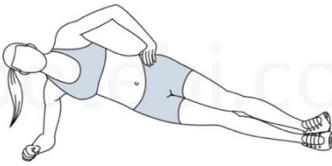
Begin in a plank position low on your forearms, with your elbows on the mat and hands in loose fists. Keep your body in a straight line and your core engaged.

Lift up one arm and move it forward, keeping the body in a steady plank position that stays low to the ground.

Your opposite leg will drag behind you as you move your other arm forward. This is the motion that will propel your body forward as you keep your core tight. Focus on relying solely on your upper body to pull you through the crawl as you repeat the movement.

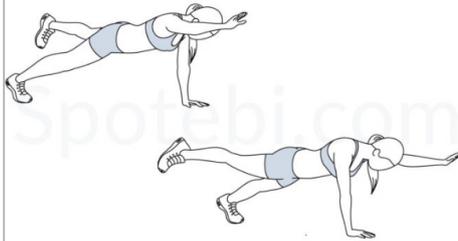


Side Plank



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Plank Bird Dog



Start in a plank position with your body in a straight line, your wrists under your shoulders and your feet shoulder-width apart. Extend one leg and the opposite arm at the same time. Pause then return to the starting position and switch sides. Continue alternating sides until the set is complete.