



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight,

Standing Mountain Climbers



Stand straight with your feet shoulder-width apart and your arms by your sides. Bring your right knee up to waist level and extend your left arm over your head. Return to the starting position and then repeat with the opposite side. Keep alternating sides until set is complete.

Squat With Toe Tap To Side



Start with feet outside hips, toes turned out slightly. Come down into a squat, hold and tap toe to the side and back. All weight is on standing leg. Stay one leg for the set then change

Gate Swings



Start in a sumo squat position, with your feet in a wide stance, your toes pointing out to the sides and your thighs parallel to the floor. Jump up, crossing your legs. Jump again, uncrossing them. Bend your knees, press your hips back and return to the starting position. Repeat until the set is complete.

Squat With Toe Tap To Side



Start with feet outside hips, toes turned out slightly. Come down into a squat, hold and tap toe to the side and back. All weight is on standing leg. Stay one leg for the set then change

Hop scotch



Bouncing on the balls of your feet, jump your feet wide. Hop back to center on your left foot, bringing your right knee up, then jump your feet wide. Hop back to center on your right foot, bringing your left knee up. Continue alternating

Walk Lunge

Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee down and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off front your foot and take a step forward, dropping down into a lunge on the other side.
- Continue walking forward.

Bunny Hop Over



Start in a plank position. Take both feet over to one side and slightly closer to your hands and bend the knees. With the hands on the floor, jump with the feet held tightly and the knees bent. Almost as if you're trying to kick your butt. Imagine jumping the feet over a line on the floor. Land the feet towards the other side. Repeat

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.

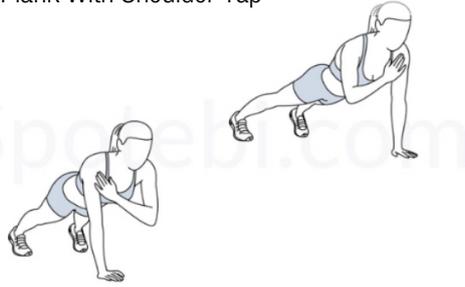


Archer Push Ups



Start in the "up" push up position with your arms wider than shoulder-width
Keep the body in a straight line- no sagging hips
Alternate sides of the dominant hand for the push-up –
Bring the body down on the right side by bending the right elbow and straightening the left arm out to the left side.
Come back up and into the middle
Lower the body on the left side by bending the left elbow and straightening the right arm out to the right side.

Plank With Shoulder Tap



Start in plank position and make sure your hands up directly under your shoulders and your feet are in line with your hips. Keeping your hips as still as possible, lift one hand and tap it on the opposite shoulder. Then repeat on the other side. Keep repeating this while still keeping your body as still as possible and squeezing your core tight