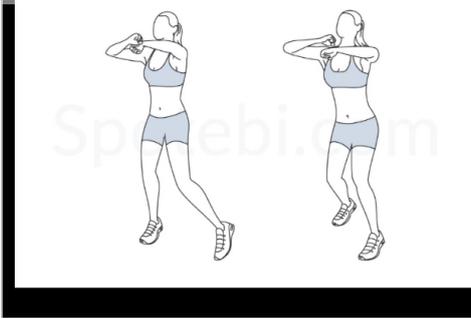




Do each exercise for 45 secs  
15 secs rest

Repeat whole circuit as many times  
as you can

## Bounce With Speed Bag Arms



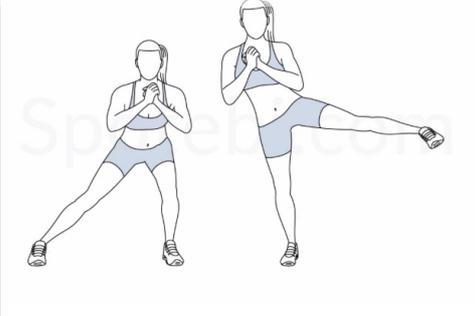
Stand with your feet shoulder-width apart, your knees slightly bent, raise your elbows to shoulder level and keep your hands at eye level. Shift your weight side to side in a light bounce (on the balls of your feet) and rotate your right forearms around each other

## Double Pulse Squat Jump



Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees, pressing your hips back, and squat until the thighs are parallel with the floor. Lift your hips a few inches up and squat again. Push through the heels to jump straight up. Land with your knees slightly bent and go back into the squat position. Repeat until the set is complete.

## Side Lunge Leg Lift



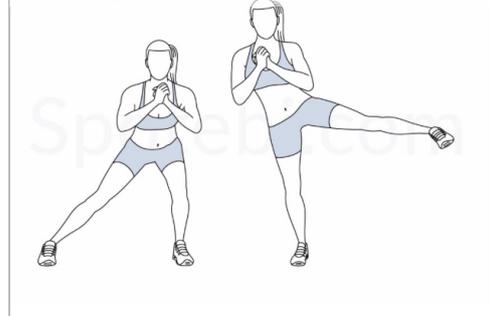
Stand tall with your feet hip-width apart. Step out to the side with your right leg, bend your right knee and push your hips back. As you stand back up, switch your weight to the left leg and lift your right leg out to the side. Return to the lunge position, repeat on same leg until the end of the set

## Lunge Hop



Come into a lunge with your right leg back. Swing your right leg forward to hop up on your left foot, and land softly. Repeat on same leg

## Side Lunge Leg Lift



Stand tall with your feet hip-width apart. Step out to the side with your right leg, bend your right knee and push your hips back. As you stand back up, switch your weight to the left leg and lift your right leg out to the side. Return to the lunge position, repeat on same leg until the end of the set

## Lunge Hop



Come into a lunge with your right leg back. Swing your right leg forward to hop up on your left foot, and land softly. Repeat on same leg

## Frog Leg Squat Thrusts



Start with your feet at about double shoulder width apart, staying on your toes throughout the exercise.

Bring your knees up towards your chest, before thrusting them out again.

Keep feet wide throughout

## 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.



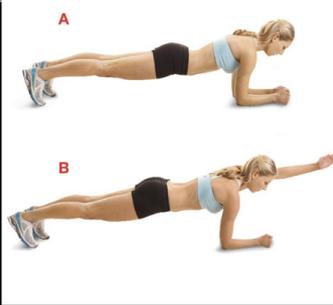
## Tricep Push Up (knees)



On your knees, place hands directly under shoulders (shoulder width apart, wrists directly under shoulders). Engage your core, pulling your belly button in towards your spine. Keep your hips off the floor.

Pull your arms in close to your sides so your elbows are pointed back, driving your hands into the ground to keep your shoulder stable. Slowly lower yourself toward the ground, keeping your elbows pointed back, tucked in and the core engaged. Lower until your arm, shoulder, and elbow make a 90-degree angle. Push hard into the ground to lift your upper body back up

## Plank With Arm Reach



Begin in an elbow plank with your feet slightly wider than your hips to create more stability. Reach your right arm straight out, with the thumb pointed toward the ceiling. Return back to elbow plank, and reach your left arm out.

Can be done on your hands if you prefer