



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Run On The Spot



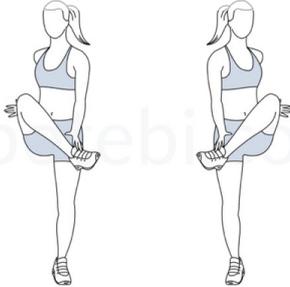
Stand straight with your feet shoulder width apart and face forward, opening up your chest. Start pulling your knees up, and slowly land on the balls of your feet. Repeat until set is complete.

Lunge Kick



Start with your feet together, step back with your right leg and lunge. As you come up kick your right leg up. Return to the starting position and repeat with the same leg until the set is complete.

Reach Across Jacks



Stand up straight with your feet hip-width apart and your hands by your sides. Bend your right leg and lift your foot as high as you can. Slightly rotate your torso to the right and try touching your right foot with your left hand. Jump your feet wide. Repeat on the opposite side and keep alternating sides until the set is complete.

Lunge Kick



Start with your feet together, step back with your right leg and lunge. As you come up kick your right leg up. Return to the starting position and repeat with the same leg until the set is complete.

Scissor Skis



Stand tall with your feet together, arms by your sides and your palms facing your hips. Jump up, bring your right leg forward, your left leg back, and reach your left arm up and your right arm back. Jump again and switch your legs and arms. Continue switching until set is complete.

Wall Sit



Start in a squat position, with your thighs parallel to the floor and your back against a wall. Hold this position for the set

Spiderman Push Up



Place your hands under the shoulders and extend your legs back. Start bending your elbows and, at the same time, bring your left knee to the left shoulder. Push up and return to the starting position. Repeat on the right side until set is complete.
Option : stay on knees

Alternating Bird Dog



Begin on all fours in the tabletop position. Place your knees under your hips and your hands under your shoulders. Maintain a neutral spine by engaging your abdominal muscles. Draw your shoulder blades together. Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor. Lengthen the back of your neck and tuck your chin into your chest to gaze down at the floor. Hold this position for a few seconds, then lower back down to the starting position. Raise your left arm and right leg, holding this position for a few seconds. Repeat



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 With Toe Taps / March In And Out



Start in a basic plank position. Move one leg a little way out to the side. Tap, and return to the starting position. Alternate legs.