



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.

## Squat Jump Forward Shuffle Back



- Start with your feet shoulder-width apart and your hips low. Extend your arms back to create momentum, and squat jump forward. Shuffle back to the initial position and repeat until the set is complete.

## Side Lunge

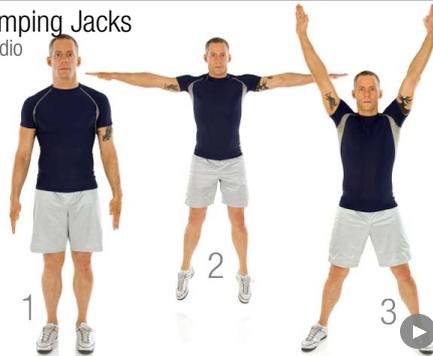
Hotel



- 1 - Stand upright with your arms by your sides.
  - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
  - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
  - 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.

## Side Lunge

Hotel



- 1 - Stand upright with your arms by your sides.
  - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
  - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
  - Complete all reps on one side before switching to the other side.

## 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.

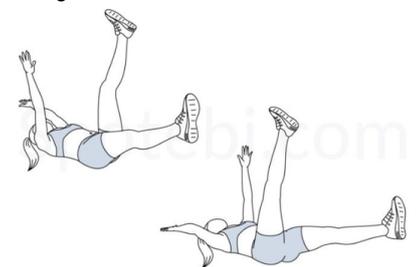
## Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

## Dead Bug



- Lie on your back and extend your arms and legs toward the ceiling.
- Lower your right leg and extend your left arm behind your head.
- Return to the starting position and repeat with the opposite arm and leg.
- Keep switching sides until the set is complete.
- Option - leave the knees bent and extend the leg away from a bent knee position



## 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.

## Forearm Plank

Pilates



- Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- Raise your body up onto your toes and forearms and hold briefly.
- Keep your back flat and head slightly raised, looking forward.