



Squat
Legs

- 1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
- 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- 3 - Return upright and lower your arms to the start position.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Push Up
Chest

- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Crunch Reach
Abs

- 1 - Lie on your back with your knees bent, feet flat and your hands on your thighs.
- 2 - Lift your head and shoulders off the floor and slide your hands up to your knees, keeping your feet flat.

- Lower your head, shoulders and hands, and repeat.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Side Lunge
Legs

- 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.

Sets	Reps	Weight	Notes
1	12		12 reps per leg
2			
3			
4			
5			
6			



Mountain Climber
Cardio

- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

Sets	Reps	Weight	Notes
1	50		25 foot strikes per leg
2			
3			
4			
5			
6			



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.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Push Up
Chest

- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Bicycle Crunch
Abs

- 1 - Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

Sets	Reps	Weight	Notes
1	12		12 reps per side
2			
3			
4			
5			
6			



Reverse Lunge
Legs

- 1 - Stand upright with your arms by your sides.
- 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
- 3 - Push off your front foot to return to the start position.

Sets	Reps	Weight	Notes
1	12		12 reps per leg
2			
3			
4			
5			
6			



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Take your time and be sure to maintain your balance.

Sets	Reps	Weight	Notes
1	12		12 reps per side
2			
3			
4			
5			
6			



- 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.

Sets	Reps	Weight	Notes
1	25		50 total foot strikes
2			
3			
4			
5			
6			