



Sets	Reps	Weight	Notes
1			Each exercise, focused form.
2			
3			
4			
5			
6			



**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			60 seconds
2			
3			
4			
5			
6			



**Squat**

- 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			Focused, controlled
2			
3			
4			
5			
6			



**Stretch**

- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**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			
2			
3			
4			
5			
6			



**Abs**

- 1 - Lie on your back with your knees bent and feet raised, placing your hands to the sides of your head.
- 2 - Lift your head and shoulders off the floor and twist your torso to one side, bringing your elbow towards the opposite knee.

- Lower your head and shoulders then repeat, twisting to the other side.

Sets	Reps	Weight	Notes
1			Slow, focuses reps, sets to
2			
3			
4			
5			
6			



**Cardio**

- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Stretch**

- 1 - Lie on your back with both legs straight.
- 1 - Raise one leg up, bending at the knee and place your opposite hand on it.
- 2 - Gently pull your bent leg across the other leg and down towards the floor.

- Keep both shoulders on the floor throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**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			
2			
3			
4			
5			
6			



- Lie on your back with both legs straight out.
- 1 - Raise one leg up straight.
- 2 - Grasp behind the knee or ankle and gently pull the leg towards your head.
- Do not bounce or use quick, jerky movements.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 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.
- Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			