











CARDIO 1

START

HIGH KNEES 45 SECS	INVISIBLE SKIP 45 SECS	SPRINT ON SPOT 45 SECS	SKIERS 45 SECS	FOOTBALLERS 45 SECS
				
				
				

REST FOR 45 SECONDS

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REST FOR 45 SECONDS

REST FOR 45 SECONDS

FINISH

REPEAT EACH CIRCUIT UP TO FIVE TIMES DEPENDING ON FITNESS LEVELS. DON'T FORGET TO STRETCH!

INFO 

Alternate the knees quickly so thighs are parallel to the ground, keeping arms held out in front of you at waist height.

Hold an imaginary skipping rope with both hands out to the side. Bring it round in a skipping motion and perform a slight jump.

Sprint on the spot using your arms to pump as fast as you can. Keep waist and hips as straight as possible.

Shift weight from one foot to the other using a jump in between. Swing arms from side to side in front of you.

Lift right heel up, rotating knee out to the side. Touch heel with left hand and switch to left foot in a jumping motion.

STEP IT UP 

Speed up by lifting knees quicker and higher

Speed up by jumping faster and/or higher

Get those feet moving even quicker!

Increase the distance you leap and speed up!

Kick those ankles up even higher!

SLOW IT DOWN 

Slow it down or step from one leg to the other, taking out the jump

Jump slower.

Slow feet down or even walk on the spot

Slow it down by taking out the leap.

Take out the jump and just step it out.

Find a way. not an excuse

STRENGTH

START

SQUAT
45 SECS



LUNGE
45 SECS



PUSH-UP
45 SECS



SIT-UP
45 SECS



PLANK
45 SECS



REST FOR 45 SECONDS

REST FOR 45 SECONDS

REST FOR 45 SECONDS

REST FOR 45 SECONDS

REPEAT EACH CIRCUIT UP TO FIVE TIMES DEPENDING ON FITNESS LEVELS. DON'T FORGET TO STRETCH!

INFO



Feet hip width apart, hands clasped in front, toes pointing forward. Lower to floor. Squeeze glutes together as you come up.

Step forward on one leg in a long stride. Lower the back knee towards the floor. Return and repeat with other leg.

Start with hands a little wider than shoulder width, feet out behind. Lower upper body to floor by flexing elbows out. Push up, keeping a slight bend in the joint.

Start on back with legs bent, lower back in contact with floor and hands at either side of the head. Bring upper body towards knees and lower back down to floor.

Support body on your elbows and toes, keeping neck in line with spine and knees off the ground. Keep your core tight.

STEP IT UP



Grab a couple of tins for extra weight

Grab a couple of tins for extra weight

Elevate your feet onto a box or chair

Hold a couple of tins to your chest

Raise one leg at a time off the floor.

SLOW IT DOWN



Use a chair - sit down and stand up, with back straight

Hold onto a chair or counter for support

Bend knees to floor

Crunch half way rather than all the way.

Plank on your knees instead of your toes.

FINISH

Hot to trot

CARDIO 2

START

ALT HOPS
45 SECS



REST FOR 45 SECONDS

HOPSCOTCH
45 SECS



REST FOR 45 SECONDS

TWISTING JUMPS
45 SECS



REST FOR 45 SECONDS

JOG ON SPOT
45 SECS



REST FOR 45 SECONDS

SPOTTY DOGS
45 SECS



REPEAT EACH CIRCUIT UP TO FIVE TIMES DEPENDING ON FITNESS LEVELS. DON'T FORGET TO STRETCH!

INFO

Keeping knees soft and core tight, hop twice on your right leg, then switch and hop twice on your left leg. Repeat.

Start with feet together. Jump legs out at the same time to just wider than hip width apart. Jump back in, staying light on your feet.

Holding arms horizontally out to the side, use the waist to rotate your lower body from left to right in a jump

Lightly jog on the spot, driving alternative arms forwards and backwards at the same time.

Drive legs backwards and forwards, lifting corresponding arms to shoulder height at the same time, switching from left to right in the middle.

STEP IT UP

Speed it up and try hopping higher!

Quicken the pace!

Jump higher and twist faster!

Speed it up

Lift those arms higher and increase the size of your stride.

SLOW IT DOWN

Slow down.

Slow down or take out the jumps.

Decrease the speed

Slow down or simply march on the spot.

Slow down or step it out.

FINISH

Never say never

STRENGTH

START

SQUAT
45 SECS



LUNGE
45 SECS



PUSH-UP
45 SECS



SIT-UP
45 SECS



PLANK
45 SECS



REST FOR 45 SECONDS

REST FOR 45 SECONDS

REST FOR 45 SECONDS

REST FOR 45 SECONDS

REPEAT EACH CIRCUIT UP TO FIVE TIMES DEPENDING ON FITNESS LEVELS. DON'T FORGET TO STRETCH!

INFO



Feet hip width apart, hands clasped in front, toes pointing forward. Lower to floor. Squeeze glutes together as you come up.

Step forward on one leg in a long stride. Lower the back knee towards the floor. Return and repeat with other leg.

Start with hands a little wider than shoulder width, feet out behind. Lower upper body to floor by flexing elbows out. Push up, keeping a slight bend in the joint.

Start on back with legs bent, lower back in contact with floor and hands at either side of the head. Bring upper body towards knees and lower back down to floor.

Support body on your elbows and toes, keeping neck in line with spine and knees off the ground. Keep your core tight.

STEP IT UP



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Elevate your feet onto a box or chair

Hold a couple of tins to your chest

Raise one leg at a time off the floor.

SLOW IT DOWN



Use a chair - sit down and stand up, with back straight

Hold onto a chair or counter for support

Bend knees to floor

Crunch half way rather than all the way.

Plank on your knees instead of your toes.

FINISH

Shake it like you mean it