

CARDIO 1

START

CRAB SHUFFLE
30 SECS



REST FOR 45 SECONDS

JUMPING ON SPOT
30 SECS



REST FOR 45 SECONDS

WIDE KNEE UPS
30 SECS



REST FOR 45 SECONDS

JUMPING JACKS
30 SECS



REST FOR 45 SECONDS

STAR BURSTS
30 SECS



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

INFO



Face forward in a squat position, shuffle twice to the left, keeping low. Repeat on the right.

Keeping knees soft, jump up and down on the spot, powering from the glutes and thighs.

Start with feet a little higher than knee-width apart. Quickly raise each leg in a running motion, keeping the legs apart and knees out wide.

Start with hands down by sides and knees together. Jump feet out to the side and arms touching overhead. Jump back to starting position and repeat.

Begin in a low squat with hands touching the ground. Jump up and out into a star. Return down to a squat and repeat.

STEP IT UP



Faster feet!

Jump faster and higher

Speed up and get those knees higher

Take your arms higher and legs wider

Jump as high as you can!

SLOW IT DOWN



Slow it down.

Slow it down

Slow down or take out the jump

Lessen movement or slow it down

Regress to a simple jumping jack

FINISH

You're still killing it

STRENGTH

START

FINISH

JUMPING SQUAT 30 SECS	JUMPING LUNGE 30 SECS	PUSH UP/CHEST PRESS 30 SECS	SIT-UP WITH TWIST 30 SECS	TRAVELLING PLANK 30 SECS

REST FOR 45 SECONDS

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

INFO

Start with feet hip width apart. Lower bottom to floor and drive through hips to come up into a jump. Land with knees bent back in the squat position.

Stand with one foot planted about a foot in front of you. Jump upwards, switch legs in the air, come into a lunge as you land. Repeat, switching legs as you do.

Start with a push up. After 1 rep, move hands outside of shoulders and lower upper body to floor into a press. Come up, return hands to push up position and repeat

Perform a sit up. At the top, rotate trunk from core to the left. Return to the middle and lower body. Repeat sit up, this time twisting body to the right.

Begin in a plank position. Raise upper body into upright plank, keeping the hips still. Lower back down onto a plank and repeat, this time leading with the other arm.

STEP IT UP

As you jump, turn your body 180 degrees to the other side.

Add tins in for some extra weight.

Elevate your feet or take it slow for the extra burn.

Hold a couple of tins to your chest.

At each low plank, raise one foot.

SLOW IT DOWN

Take it back to a static lunge

Take it back to a static lunge.

Up onto your knees.

Crunch half way rather than all the way up.

Up onto your knees.

Wake up workout

CARDIO 2

START

IN-OUTS 30 SECS	LADDERS 30 SECS	SIDE TO SIDE JUMPS 30 SECS	MOUNTAIN CLIMBERS 30 SECS	HIGH KICKS 30 SECS

REST FOR 45 SECONDS

REST FOR 45 SECONDS

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

Travel feet in together and out to hip width apart in sequence - left in, right in, left out, right out, as fast as you can.

As if you are climbing a ladder very fast, raise your left arm above your head and your left leg off the floor. Repeat other side.

Keeping both feet together, jump from left to right, as far over as you can.

Get down into an upright plank, feet together behind you, legs straight. Keeping the upper body straight, drive knee quickly & alternately up towards the chest.

Making sure you are stable, kick one leg as high in the air as you can. Return to the ground, bringing it slightly back behind you to prepare the other leg for the kick

STEP IT UP

Get your feet moving faster

Knees up high and nice fast hands

Jump higher and wider

Drive those knees up faster towards the chest

Get your legs up as high and fast as you can

SLOW IT DOWN

Step it out nice and slowly

Remove the jump and just step it out

Step nice and slow from side to side

Move the knees nice and slowly towards the chest

Keep the kick nice and low.

Never limit yourself

JUMPING SQUAT
30 SECS

JUMPING LUNGE
30 SECS

PUSH UP/CHEST PRESS
30 SECS

SIT-UP WITH TWIST
30 SECS

TRAVELLING PLANK
30 SECS

STRENGTH

START



REST FOR 45 SECONDS



REST FOR 45 SECONDS



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



Start with feet hip width apart. Lower bottom to floor and drive through hips to come up into a jump. Land with knees bent back in the squat position.

Stand with one foot planted about a foot in front of you. Jump upwards, switch legs in the air, come into a lunge as you land. Repeat, switching legs as you do.

Start with a push up. After 1 rep, move hands outside of shoulders and lower upper body to floor into a press. Come up, return hands to push up position and repeat

Perform a sit up. At the top, rotate trunk from core to the left. Return to the middle and lower body. Repeat sit up, this time twisting body to the right.

Begin in a plank position. Raise upper body into upright plank, keeping the hips still. Lower back down onto a plank and repeat, this time leading with the other arm.

STEP IT UP



As you jump, turn your body 180 degrees to the other side.

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Elevate your feet or take it slow for the extra burn.

Hold a couple of tins to your chest.

At each low plank, raise one foot.

SLOW IT DOWN



Take it back to a static lunge

Take it back to a static lunge.

Up onto your knees.

Crunch half way rather than all the way up.

Up onto your knees.

Today is your day