

**CARDIO 1**

**START**

**CRAB SHUFFLE**  
45 SECS



REST FOR 45 SECONDS

**JUMPING ON SPOT**  
45 SECS



REST FOR 45 SECONDS

**WIDE KNEE UPS**  
45 SECS



REST FOR 45 SECONDS

**JUMPING JACKS**  
45 SECS



REST FOR 45 SECONDS

**STAR BURSTS**  
45 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 wider 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 high

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**

*Lift  
flex  
smile  
repeat*

**STRENGTH**

**JUMPING SQUAT**  
45 SECS

**JUMPING LUNGE**  
45 SECS

**PUSH UP/CHEST PRESS**  
45 SECS

**SIT-UP WITH TWIST**  
45 SECS

**TRAVELLING PLANK**  
45 SECS

**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.

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.

*Risk more regret less*

**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

Keep the kick nice and low.

*Shake it like you mean it*

**START**

**JUMPING SQUAT**  
45 SECS



**JUMPING LUNGE**  
45 SECS



**PUSH UP/CHEST PRESS**  
45 SECS



**SIT-UP WITH TWIST**  
45 SECS



**TRAVELLING PLANK**  
45 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**

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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 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.

Come onto your knees.

Crunch half way rather than all the way up.

Come onto your knees.

*Today is a good day*