



Ensure you always warm-up

Remember! - SLOW IT DOWN! EVEN SLOWER!!!

Day 1

Lower Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Squat with heartbeat

Curtsy Lunge (r)

Curtsy Lunge (l)

Sumo deadlift (narrow if leaking or heaviness)

Calf Raises (x20 straight, x20 toes in, x 20 heels in)

Finisher

20 secs on / 10 secs off

4 rounds

wall squat

side squats

Day 2

Upper Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Lying tricep ext

Chest press

Seated shoulder press

Bear hold

Shoulder raise

Finisher

20 secs on / 10 secs off

4 rounds

Skaters

Criss cross squat jump

Day 3

Total Body Blast - set a timer - 30 secs on / 15 secs off. 6 rounds

Squat pulses

Inverted rows

Side squats

Shoulder raise to bicep curl

Glute bridges

Boxing

Finisher!

Drink water you are done!!

