

Circuits

5min warm up jog on spot / star jumps / high knees / heel flicks

1min squat with shoulder press

1min star jumps

1min press ups

30 secs rest

X 3

1min Burpees

1min lateral shoulder raises

1min plank (hands under shoulders)

30secs rest

X3

1min sit up bicycle legs.

1min press ups

1min dorsal raise extend alternate legs and arms

30secs rest

1min mountain climbers

1min v-sit ups

1min switch side plank (keep alternating sides) do not drop to the floor though.

30sec rest

X3

Cool down 5 mins stretching all major muscle groups.

