

## Circuits

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

30secs on each exercise 10 secs rest between each. Each set completed x2

Set 1

Burpees / Front kicks / Jumping Lunges / Squats

Set 2

One legged squats left / One legged squats right / jumping jacks / Push ups

Set 3

Mountain Climbers / Alt. lunges / Box Jumps / Jump rope

Set 4

Tuck Jumps / Skaters / Bench Dips / High Knees

Set 5

Plank Jacks / Squat Jumps / Plank / Ski Jumps

Cool down 5 mins stretching all major muscle groups.