

2 Sets / 20 Reps / 30 sec duration

**1. Rope-free skipping - alternate foot**

Stand up straight with a clear area around you.
Bounce lightly up and down on the balls of your feet.
Spring from one foot to the other.
It is ok to gently touch the floor with one foot as you land on the other.
Imagine you are skipping on the spot over a rope.
Continue this movement.
Ensure you land gently and spring back up from the balls of your feet.
There is no need to jump high in this exercise.

WARM UP - if you have a skipping rope and room great! If not, use the same movement to warm up your legs and fire up for your work out. Complete 1 set for 30 seconds for each round.

Complete 2 rounds as par of the warm up circuit!

(Warm up circuit: 2 rounds: free rope skipping / lunge with rotation/squat and reach).

2 Sets / 10 Reps

**2. Lunge - with rotation**

Start Position is standing upright with the legs one pace apart.
Perform a full forward lunge by taking a large pace forward so the thigh of the front leg is perpendicular to the trunk and the rear leg is stretched out with the toes on the floor, make sure to keep the trunk upright and the abdominals tight.
Rotate the trunk to the same side as the forward leg and sink further into the lunge position. A stretch should be felt in the hip flexors of the rear leg. Pause in this position for 1- 2 seconds only.
Rise out of the lunge using the power of the front leg, then step through to perform the exercise on the opposite leg.

WARM UP - Complete 1 set for 10 reps each side for each round - complete 2 rounds as a circuit!

Warm up circuit: 2 rounds: free rope skipping / lunge with rotation/squat and reach

3. Squat and reach



Start position is the same as for the squat

Perform 3 standard squats and at the top of the third squat move onto the toes reaching upwards with the arms, repeat this motion three times and at the top of the the third reaching squat, move into a leaping jump.

The landings should be soft on the balls of the feet then sinking to heels with some bend with the hips and knees.

Keep the feet shoulder width apart and do not allow the knees to buckle inward or outward upon landing.

WARM UP: focus on getting a deep stretch at the bottom of each squat - this is a warm up! Keep you back in neutral.

Don't round your back! If this means you don't get as deep into the squat as you'd like, don't worry! Just go as deep as you can while maintaining a good neutral spine and work on your depth as you progress!

Complete 2 rounds as par of the warm up circuit!

(Warm up circuit: 2 rounds: free rope skipping / lunge with rotation/squat and reach).

4 Sets / 20 Reps

4. Lunges jumping alternate



Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees.

Jump up and switch legs, landing back in the opposite lunge.

Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.

BLOCK 01!

Complete each of the exercises in BLOCK 01 for 20 seconds as part of a circuit. Rest 10 seconds between each exercise.

The rep range is a guide, just complete as many as possible in the time allowed: for this block it is 20 seonds work and 10 seconds rest!

Complete each exercise for one set, then move on to the next exercise.

Complete for 4 rounds!

If you have trouble with the jump in this exercise - take it out! Just complete a low impact version until your balance, strength and confidence improve!

4 Sets / 10 Reps / 0 s hold

5. Plank to push-up



Start in a press up position with a straight line from your head to your feet.

Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands.

Do not allow the back to sag at any point.

BLOCK 01!

Complete each of the exercises in BLOCK 01 for 20 seconds as part of a circuit. Rest 10 seconds between each exercise.

The rep range is a guide, just complete as many as possible in the time allowed: for this block it is 20 seonds work and 10 seconds rest!

Complete each exercise for one set, then move on to the next exercise.

Complete for 4 rounds!

Keep moving through this exercise and focus on keeping your shoulder joint solid and stable - don't let your shoulders end up near your ears!



6. Squat into high knee march – knee to elbow

Stand up straight with your arms raised in front of you and your elbows bent to 90 degrees.

When ready, bend your knees as you sink your buttocks backward into a squat position.

Push through the heels of your feet and straighten your knees.

Upon reaching the top of the squat, simultaneously lift one knee and lower your opposite elbow until they meet.

Return to the start position and repeat, leading with your other leg and elbow.

BLOCK TWO!

Time to ramp up the effort! This is your main workout - only 14 mins!

Complete each of the exercises in BLOCK 01 for 45 seconds as part of a circuit. Rest 10 seconds between each exercise.

The rep range is a guide, just complete as many as possible in the time allowed: for this block it is 45 seconds work and 10 seconds rest!

Complete each exercise for one set, then move on to the next exercise.

Tip! When squatting touch elbows to knee in the low position to ensure good depth!



7. Commando push ups

Get down into a push-up position with your hands directly beneath your shoulders. As you bend your elbows into a push-up, bring one knee to your elbow and then back.

Repeat with the opposite knee.

BLOCK TWO!

Time to ramp up the effort! This is your main workout - only 14 mins!

Complete each of the exercises in BLOCK 01 for 45 seconds as part of a circuit. Rest 10 seconds between each exercise.

The rep range is a guide, just complete as many as possible in the time allowed: for this block it is 45 seconds work and 10 seconds rest!

Complete each exercise for one set, then move on to the next exercise.

Tip: tuck your tail and keep your tummy tight - don't let your back sag! If you need to regress this a little, drop to your knees and continue!

3 Sets / 10 Reps



8. Squat jumps narrow and wide

Stand up straight with your legs hip-distance apart.
 Keeping your back straight, bend your hips and knees.
 Push through your legs and feet and explode into the air.
 Land with your feet wide apart while simultaneously reaching down to touch the floor between your feet with your fingertips.
 Explode through your legs again as you jump into the air and land with your legs hip-distance apart.
 Repeat, alternating between wide landing with floor touch, and a narrow landing without.

BLOCK TWO!

Time to ramp up the effort! This is your main workout - only 14 mins!

*Complete each of the exercises in BLOCK 01 for 45 seconds as part of a circuit.
 Rest 10 seconds between each exercise.*

*The rep range is a guide, just complete as many as possible in the time allowed:
 for this block it is 45 seconds work and 10 seconds rest!*

Complete each exercise for one set, then move on to the next exercise.

Tip: land as lightly as you can, controlling the impact - this will load your legs eccentrically and give you a great after burn!

3 Sets / 10 Reps



9. Wide press up (full) – full range of motion

Lie on your front with your hands wide and in line with your chin.
 The balls of your feet should remain in contact with the floor.
 Keep your back straight and engage your abdominal muscles throughout this exercise to prevent your trunk from sagging.
 Push your body upwards by extending your arms out straight, ensuring you do not lock your elbows at the top of the movement.
 Pause briefly and then lower back down in a controlled manner until your chest touches the floor.
 Momentarily take your hands off of the floor, and then repeat.

BLOCK TWO!

Time to ramp up the effort! This is your main workout - only 14 mins!

*Complete each of the exercises in BLOCK 01 for 45 seconds as part of a circuit.
 Rest 10 seconds between each exercise.*

*The rep range is a guide, just complete as many as possible in the time allowed:
 for this block it is 45 seconds work and 10 seconds rest!*

Complete each exercise for one set, then move on to the next exercise.

Remember to keep your core strong and don't let your lower back sag!

10. Jack-knife sit up with opposite arm to leg

Lie on your back with your arms and legs straight.

Lift one leg and the opposite arm up.

Sit up, bringing your hand to your foot.

Control the movement as you lower yourself back down and repeat on the other side.

BLOCK TWO!

Time to ramp up the effort! This is your main workout - only 14 mins!

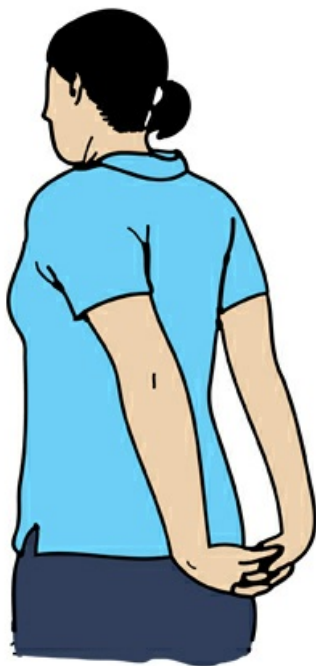
Complete each of the exercises in BLOCK 01 for 45 seconds as part of a circuit. Rest 10 seconds between each exercise.

The rep range is a guide, just complete as many as possible in the time allowed: for this block it is 45 seconds work and 10 seconds rest!

Complete each exercise for one set, then move on to the next exercise.

Tip: keep your tummy tight and don't let your lower back 'pop' up - put a small towel under your lower back and keep pressing into it as you complete the moves. Don't focus on reps - focus on controlling the movement!

1 Set / 1 Rep / 20 s hold

11. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.

1 Set / 1 Rep / 20 s hold

12. Pectoralis stretch standing

Starting position is standing at 90 degrees to a wall with the side stretched leg a pace forward.

Execution - Place the forearm on the wall and turn slowly away until a stretch is felt in the chest.

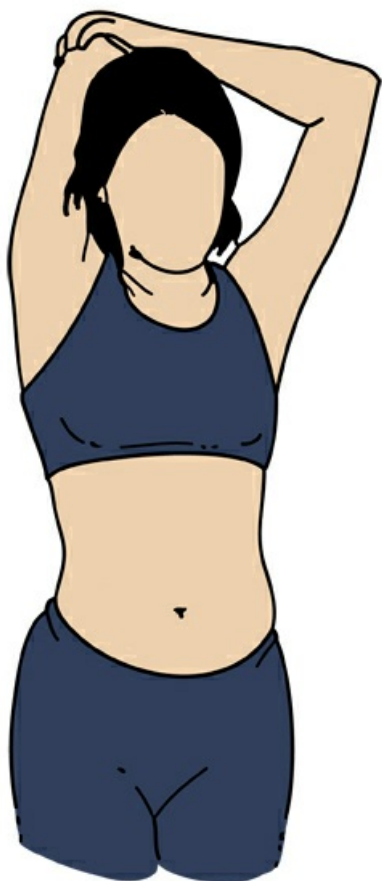
Ensure that the stretch is felt in the Pec muscle, not the shoulder joint. Leaning into the wall and changing the arm elevation (up or down) will transfer the stretch from the joint to the muscles.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.

13. Triceps stretch



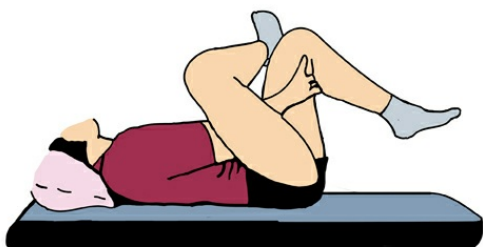
Put one hand in the air, and then lower it behind your head between your shoulder blades.
With your other hand, pull your elbow in towards your head.
You should feel this stretch down the back of your upper arm.
Hold this position.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.

14. Glute stretch - supine

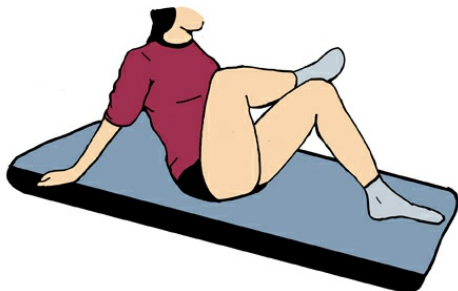


Start position is lying on the back with the legs bent and the feet on the floor.
Lift one leg and cross that ankle over the opposite knee.
Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.
The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.
Hold for 15 seconds and repeat for the other side.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.



15. Quadriceps stretch - side lying

Start position is lying on the floor with the upper trunk and body weight resting on one elbow. The shoulder, head and elbow should be in a direct line with the lower hip in contact with the floor.

Using the free hand, pull the upper leg and thigh to the rear without straining the knee joint. Keep the abdominals tight to prevent the trunk from arching and keep the upper thigh parallel to the floor through the stretch.

Hold for 15 seconds then change sides.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.

1 Set / 1 Rep

16. Spine stretch

Sit upright with your legs straight out at shoulder width apart and your feet Dorsi-flexed with your toes pointing upwards towards the ceiling.

Reach your arms forward parallel to the mat with your palms facing each other.

INHALE: no movement.

EXHALE: roll down and forward through the spine.

INHALE: pause.

EXHALE: return back upright to the sitting position.

Roll your back up in a fluid manner as if up against the wall and keep your legs still throughout.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.

1 Set / 1 Rep / 20 s hold

17. Prayer stretch

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels.

Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.

Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.

STRETCH!

Finish up with some relaxing stretching. Stretching shouldn't be painful but push a bit to feel the muscles under tension!

Hold each stretch for 20-30 seconds.