

Complete each
exercise for 30
seconds, then go
straight onto the
next exercise!


Round 1

1.Squats

2.Sit ups (Arms across chest)

3.Burpees


4.Low plank



Complete each exercise for 30 seconds, then go straight onto the next exercise!

Round 2

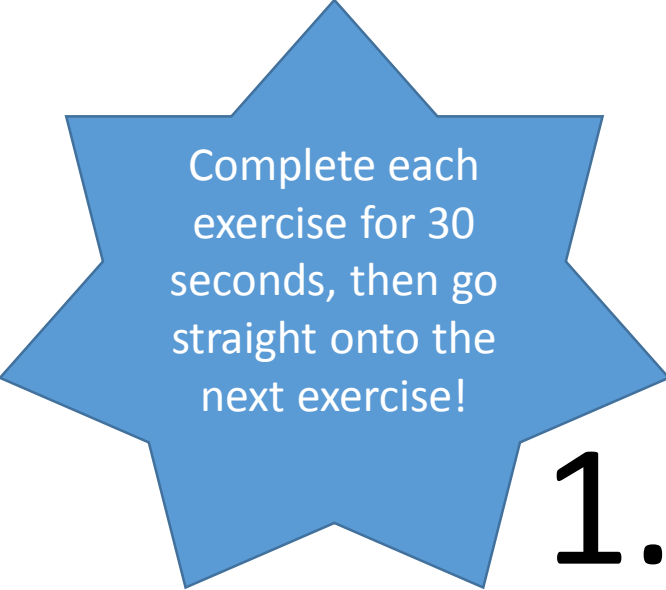
1. Press ups
2. Crunches
3. High Knees
4. High plank



Complete each exercise for 30 seconds, then go straight onto the next exercise!

Round 3


1. Star jumps
2. In and outs
3. Calf raises
4. Side plank (left)



Complete each exercise for 30 seconds, then go straight onto the next exercise!

Round 4

1. Mountain climbers
2. V sit
3. Ski jumps
4. Side plank (right)



Complete each
exercise for 30
seconds, then go
straight onto the
next exercise!


Round 5

1. Punches

2. Russian twists

3. Lunges

4. Low spiderman



Complete each exercise for 30 seconds, then go straight onto the next exercise!


Round 6

1. Wall sit

2. Side heel touches

3. Heel digs


4. High spiderman



Complete each exercise for 30 seconds, then go straight onto the next exercise!

Round 7

1. Squat jumps
2. Straight arm/leg sit ups
3. Toe taps
4. Shoulder tap plank



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seconds, then go
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next exercise!

Round 8

1.2 step dash

2. Bicycles

3. Straight jump

4. Up-down high plank