



## Intensity

Reps: **50** for the first cardio move & **15** for the next 2 exercises

Sets: contain **3** exercises each

Rest: **60** seconds between sets

This workout is a circuit of triple sets, each containing 3 separate exercises.

For each triple set, perform 50 repetitions of the first cardio move and 15 repetitions of the following 2 exercises.

Complete the 3 exercises in each triple set one after another, and then rest for 60 seconds before moving on to the next triple set.



- Crunch**  
Abs
- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
  - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
  - Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			



- Reverse Crunch**  
Abs
- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			

## Set 1

Get ready to perform Set 1.



- Jumping Jacks**  
Cardio
- 1 - Stand upright with your feet together and your arms by your sides.
  - 2 - Jump up, splitting your feet out to the sides.
  - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

#	REPS	WEIGHT	TIME	NOTES
1	50			



- Split Squat**  
Legs
- 1 - Stand upright with your feet split front to back with your hands at your sides.
  - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
  - 3 - Push off the front foot to return to start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			

## Set 2

Get ready to perform Set 2.



- Toe Taps**  
Cardio
- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
  - 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

#	REPS	WEIGHT	TIME	NOTES
1	50			



- Push Up**  
Chest
- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
  - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			

## Set 3

Get ready to perform Set 3.



- High Knees**  
Cardio
- Stand upright with your feet together and your arms by your sides.
- 1 - Run on the spot raising your knees as high as possible each step.
  - 2 - Rapidly switch feet and use your arms as if running.

#	REPS	WEIGHT	TIME	NOTES
1	50			



- Step Up**  
Legs
- 1 - Stand upright with one foot on a bench and your arms at your sides.
  - 2 - Step up onto the bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
  - Complete all reps on one side before switching to the other side.

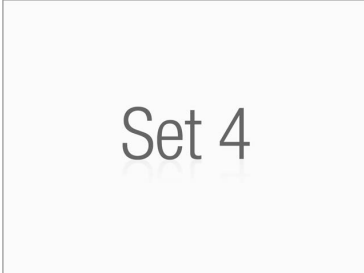
#	REPS	WEIGHT	TIME	NOTES
1	15			



**Quad Superman**  
Lower Back

- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			



Get ready to perform Set 4.

#	REPS	WEIGHT	TIME	NOTES
1	50			



**Front Jumping Jacks**  
Cardio

- Stand upright with your feet together and your arms by your sides.
- 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
- 2 - Reverse the direction of the movement.

#	REPS	WEIGHT	TIME	NOTES
1	50			



**Push Up**  
Chest

- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

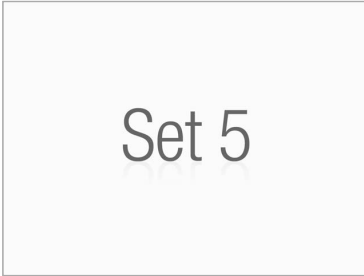
#	REPS	WEIGHT	TIME	NOTES
1	15			



**Bench Dip**  
Triceps

- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	15			



Get ready to perform Set 5.

#	REPS	WEIGHT	TIME	NOTES
1	50			



**Mountain Climber**  
Cardio

- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

#	REPS	WEIGHT	TIME	NOTES
1	50			



**Reverse Lunge**  
Legs

- 1 - Stand upright with your arms by your sides.
- 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
- 3 - Push off your front foot to return to the start position.

- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			



**Bicycle Crunch**  
Abs

- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

#	REPS	WEIGHT	TIME	NOTES
1	15			