

Week 1

SESSION 3

WARM-UP: 3 ROUNDS

- 5x Plank Jack
- 5x Knee Hug (each side)
- 5x Up Dog to Down Dog
- 10x Shoulder Tap (each side)
- 10x Hip Bridge
- 10x Dead Bug (each side)

4 ROUNDS

- 12x Bodyweight Squat
- 12x Bicycle Sit-up (each side)
- 12x Alternate Reverse Lunge (each side)
- 12x Flutter Kick (each side)
- 12x Reverse Leg Lift (each side)
- 12x In-and-out Sit-up

5 ROUNDS 30 SECONDS EACH

- Burpee
- Rest
- Mountain Climbers
- Rest

SESSION 4

WARM-UP: 3 ROUNDS 30 SECONDS EACH

- Split Jack
- Lateral Hops
- Plank Walk-out
- Single Leg Deadlift (each side)
- Lunge and Twist (each side)
- Superman Back Extension

20-2, BY 2 20 REPS OF EACH EXERCISE, FOLLOWED BY 18 REPS OF EACH, THEN 16... REPEAT DOWN TO 2

- Push-up
- Bodyweight Squat
- Leg Raise

4 ROUNDS

- 10x Squat Thrust
- 20x Russian Twist (each side)