

**FOR EACH EXERCISE - 20 SECONDS WORK, 10 SECONDS REST.
COMPLETE 4 ROUNDS OF THESE EXERCISES.**

<p>WARM UP</p>	<p>KICK & TWIST</p>	<p>SQUAT & SIDE REACH</p>
<ul style="list-style-type: none"> • 30 seconds of Jogging on the Spot • 10 Bodyweight Squats 	<ul style="list-style-type: none"> • Kick out in front of your body with one foot • Twist your upper body to the left and then the right • Kick out with your other foot 	<ul style="list-style-type: none"> • With feet should width apart, complete a bodyweight squat • Push straight up onto your tiptoes and punch the air diagonally above one shoulder with the alternate hand (left hand punch over right shoulder, right hand punch over left shoulder)
<p>KNEE DRIVES</p>	<p>SIDE TAPS</p>	<p>ALTERNATE FOOT LAUNCHER</p>
<ul style="list-style-type: none"> • Standing upright with your hands above your head, bring your right knee to your chest at the same time as bringing your hands down into a crunch-like position • Repeat on alternate legs 	<ul style="list-style-type: none"> • Standing with legs slightly wider than shoulder width and arms in front of you, in line with shoulders • Turn 45 degrees left on your toes, bring knee up to chest and bring hands down to tap knee • Repeat on alternate legs 	<ul style="list-style-type: none"> • Standing with legs shoulder width apart and arms above your head • Touch your right foot with your left hand • Return to the start position, push up onto your tiptoes and push your hands above your head • Repeat on alternate legs
<p>PUSH BACK KNEE DRIVE</p>	<p>HALF-MOONS</p>	
<ul style="list-style-type: none"> • Start in a standard press up position, on hands and toes • Sit back onto your heels • As you return to the start position, bring your right knee up to your chest • Repeat on alternate legs 	<ul style="list-style-type: none"> • Standing with legs shoulder width apart, and hands on right foot • Stand up whilst bringing hands in a semi-circle motion over the top of your head and touch left foot • Repeat from left foot to right 	