

**FOR EACH EXERCISE - 30 SECONDS WORK, 10 SECONDS REST.  
COMPLETE 4 ROUNDS OF THESE EXERCISES.**

<p><b>WARM UP</b></p>	<p><b>3-WAY CLIMBER</b></p>	<p><b>SQUAT &amp; REACH</b></p>
<ul style="list-style-type: none"> <li>• 30 seconds march on the spot</li> <li>• 5 reverse lunges on each leg</li> <li>• 30 seconds of arm circles</li> <li>• Repeat 3 times</li> </ul>	<ul style="list-style-type: none"> <li>• In a high plank position, bring your right knee up towards your right elbow and return to original position.</li> <li>• Now bring right knee across your body towards your left elbow and return to original position.</li> <li>• Finally, bring right knee towards right elbow on the outside of the body.</li> <li>• Repeat on both sides</li> </ul>	<ul style="list-style-type: none"> <li>• Knees shoulder width apart, squat down as low as you can.</li> <li>• Push up onto your tip toes, reaching your hands towards the ceiling</li> </ul>
<p><b>KICK &amp; TWIST</b></p>	<p><b>LATERAL KNEE LIFT</b></p>	<p><b>SQUAT SIDE KICK</b></p>
<ul style="list-style-type: none"> <li>• Kick out in front of your body with one foot.</li> <li>• Twist your upper body to the left and then the right.</li> <li>• Kick out with your other foot</li> </ul>	<ul style="list-style-type: none"> <li>• Stand with your legs far apart.</li> <li>• Bend your right knee and feel the stretch of your left inner thigh.</li> <li>• Stand up onto your left leg and bring your right knee towards your chest.</li> <li>• Return to original stretch and repeat on both sides</li> </ul>	<ul style="list-style-type: none"> <li>• Knees shoulder width apart, squat down as low as you can.</li> <li>• Stand up onto your right leg and kick your left leg out to the side.</li> <li>• Repeat on both legs</li> </ul>
<p><b>DUCK WALK &amp; REACH</b></p>	<p><b>STEP BACK BURPEE PRESS UP</b></p>	
<ul style="list-style-type: none"> <li>• Standing in a slightly squatted position, walk forwards 4 steps.</li> <li>• Push up onto your tip toes and reach your hands towards the ceiling.</li> <li>• Return to squat and walk backwards 4 times.</li> <li>• Push up on to tip toes and reach hands towards the ceiling. Repeat</li> </ul>	<ul style="list-style-type: none"> <li>• In a high plank position, step both feet in towards your chest.</li> <li>• Stand up and reach hands towards ceiling.</li> <li>• Step back into plank position.</li> <li>• Complete a press up.</li> <li>• Repeat</li> </ul>	