

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

<p>WARM UP</p> <ul style="list-style-type: none"> • 30 seconds jogging on the spot • 5 walkouts • 5 bodyweight squats • Repeat 3 times 	<p>FAST FEET & PUNCHING IN FRONT</p> <ul style="list-style-type: none"> • Running on the spot as fast as possible while punching the arms forward using alternating arms 	<p>LUNGE AND HOLD & PUNCHING IN FRONT</p> <ul style="list-style-type: none"> • Lunge forward and hold • Punching the arms forward using alternating arms
<p>SQUAT, WALKOUT & PRESS UP</p> <ul style="list-style-type: none"> • Hold a squat position for 3 seconds. • Complete a walkout by walking hands forward on the floor until in a high plank position. • Complete a press up. • Walk hands back in until in starting squat position 	<p>LATERAL SIDE TOUCH</p> <ul style="list-style-type: none"> • Standing with feet together • Step your right leg out and bring your leg hand down to touch your right toe. • Step back together • Repeat on alternate legs 	<p>STEP BACK BURPEE</p> <ul style="list-style-type: none"> • In a high plank position, step both feet in towards your chest • Stand up and reach hands towards ceiling • Step back into plank position
<p>UP DOWN PLANK</p> <ul style="list-style-type: none"> • In a high plank position, come down onto your elbows one at a time. • Then come back onto your hands. • Repeat 		<p>SQUAT, KNEE TO ELBOW</p> <ul style="list-style-type: none"> • From a squat position, move to stand on your left foot. • Bring your right knee across your chest and bring your left elbow to meet it. • Back down into a squat. • Repeat on alternate sides