

WEEK 1

DAY 1: THE STARTING OFF CIRCUIT

WARM UP:

10 Minutes with an easy resistance on the cross trainer, bike or jogging.

THE CIRCUIT:

Perform each exercise for the time stated- increase your speed and effort level through each cycle but be sure to maintain good form with a contracted core. Remember Form over speed! Repeat this circuit 4 times resting for 2 minutes in between each cycle. Start off at a moderate pace and increase your speed and intensity with each repeat.

TOTAL CIRCUIT TIME: 26 MINUTES

1. JUMPING JACKS: 1 MINUTE

2. BUTT KICKS: 30 SECONDS



3. BODY WEIGHT SQUATS: 30 SECONDS

4. HIGH KNEES: 30 SECONDS



5. MOUNTAIN CLIMBERS: 1 MINUTE



6. BICYCLE CRUNCHES: 30 SECONDS



7. PUSH UPS: 30 SECONDS



8. FLUTTER KICKS: 30 SECONDS



THE COOL DOWN:
Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 1

DAY 2: POWER CIRCUIT

WARM UP:

10 Minutes with an easy resistance on the cross trainer, bike or jogging.

THE CIRCUIT:

Perform each exercise for the time stated. Repeat this circuit 4 times resting for 3 minutes in between each cycle.

Make sure you maintain correct form throughout each cycle of the circuit- remember form is more important than speed. Start off at a moderate pace and increase your speed and intensity with each repeat.

TOTAL CIRCUIT TIME: 26 MINUTES

1. MOUNTAIN CLIMBERS: 45 SECONDS



2. POWER JACK: 45 SECONDS



3. LUNGE JUMP: 45 SECONDS



4. HIGH KNEES: 1 MINUTE





THE COOL DOWN:

Drink plenty of water and stay hydrated.
Concentrate on tensing and contracting your core
even when stretching. Hold each stretching
position for 15- 30 seconds

HIP OPENERS



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



HAMSTRING STRETCH



WEEK 1

DAY 3: THE ARM ATTACK CIRCUIT

Today's Circuit will focus on working the arms and targeting the biceps, triceps, shoulders and chest.

WARM UP:

10 Minutes with an easy resistance on the cross trainer, bike or jogging.

THE CIRCUIT:

Perform each exercise for the time stated. Repeat this circuit 4 times resting for 2 minutes in between each cycle.

TOTAL CIRCUIT TIME: 26 MINUTES

1. JUMPING JACKS: 1 MINUTE

2. PUSH UPS: 45 SECONDS



3. BURPEES: 30 SECONDS

4. TRICEP DIPS: 1 MINUTE



5. SHOULDER PRESS PUSH UP: 45 SECONDS



6. POWER JACK: 30 SECONDS



7. DIAMOND PUSH UP: 30 SECONDS



THE COOL DOWN:
Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 1

DAY 4: REST DAY

Today is a day to recover your muscles.

Perform the following stretches first thing in the morning and before you go to bed. Hold each stretch for at least 30 seconds.

SIDE LUNGE



HIP FLEXOR STRETCH



QUADRICEPS STRETCH



HIP OPENERS



HAMSTRING STRETCH



CALF STRETCH



WEEK 1

DAY 5: THE AB ATTACK CIRCUIT

Today's Circuit focuses on strengthening the core and targeting the abdominal muscles.

WARM UP:

Jumping jacks: 1 Minute

Butt Kicks: 1 Minute

High Knees: 1 minute

THE CIRCUIT:

Perform each exercise for the time stated. Repeat this circuit 3 times resting for 3 minutes in between each cycle.

TOTAL CIRCUIT TIME: 24 MINUTES

1. REGULAR CRUNCHES: 1 MINUTE

2. LEG RAISES: 30 SECONDS



3. MOUNTAIN CLIMBERS: 1 MINUTE

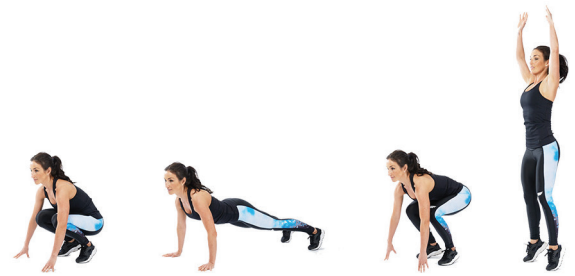
4. PLANK: 30 SECONDS



5. SIDE CRUNCHES: 30 SECONDS EACH SIDE



6. BURPEES: 30 SECONDS



7. RUSSIAN TWISTS: 30 SECONDS



8. TOE REACH SIT UP: 30 SECONDS



THE COOL DOWN:
Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 1

DAY 6: LEG DAY CIRCUIT

Today's circuit will focus on working your Calves, Glutes, hamstrings and Quads.

WARM UP:

10 Minutes with an easy resistance on the cross trainer, bike or jogging.

THE CIRCUIT:

Perform each exercise for the time stated. Repeat this circuit 4 times resting for 3 minutes in between each cycle.

TOTAL CIRCUIT TIME: 29 MINUTES

1. JUMPING JACKS: 1 MINUTE



2. BUTT KICKS: 30 SECONDS



3. BODY WEIGHT SQUATS: 30 SECONDS



4. LUNGE JUMPS: 45 SECONDS



5. HIGH KNEES: 30 SECONDS



6. BASKETBALL JUMPS: 45 SECONDS



7. CALF RAISES: 30 SECONDS



8. VERTICAL JUMPS: 30 SECONDS



THE COOL DOWN:
Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 1

DAY 7: REST DAY

Today is a day to recover your muscles.

Perform the following stretches first thing in the morning and before you go to bed. Hold each stretch for at least 30 seconds.

SIDE LUNGE



HIP FLEXOR STRETCH



QUADRICEPS STRETCH



HIP OPENERS



HAMSTRING STRETCH



CALF STRETCH

