

WEEK 2

DAY 1: BACK TO BASICS 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 3 minutes in between each cycle. Start off at a moderate pace and increase your speed and intensity with each repeat.

TOTAL CIRCUIT TIME: 29 MINUTES

1. MOUNTAIN CLIMBERS: 1 MINUTE



2. BASKET BALL JUMPS: 45 SECONDS



3. HIGH KNEES: 1 MINUTE



4. BURPEES: 45 SECONDS





PERFORM 15 MINUTES STEADY STATE CARDIO ON A BIKE, TREADMILL OR ELLIPTICAL MACHINE

THE COOL DOWN:

Finish off with the following stretches making sure to concentrate on tensing and contracting your core even when stretching. Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 2

DAY 2: ARM ATTACK CIRCUIT

WARM UP:

Jumping Jacks: 1 minute
Butt Kicks: 1 Minute
Mountain Climbers: 1 Minute
High Knees: 1 Minute

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: 33 MINUTES

1. POWER JACKS: 30 SECONDS



2. 8 PUSH UPS INTO 8 MOUNTAIN CLIMBERS



3. BURPEES: 30 SECONDS



4. TRICEP DIPS: 1 MINUTE



5. SIDE PLANK: 30 SECONDS EACH SIDE



6. JUMPING JACKS: 1 MINUTE



7. DIAMOND PUSH UPS: 1 MINUTE



FINISH OFF YOUR CIRCUIT TRAINING WITH 15 MINUTES OF LOW STEADY STATE CARDIO

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

HIP OPENERS



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 2

DAY 3: 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 2

DAY 4: LEG DAY 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.

TOTAL CIRCUIT TIME: 29 MINUTES

1. POWER JACK: 45 SECONDS



2. HIGH KNEES: 45 SECONDS



3. SQUAT JUMP: 45 SECONDS



4. BUTT KICKS: 1 MINUTE



5. BASKET BALL JUMP: 45 SECONDS



6. SQUAT: 30 SECONDS



7. LUNGE JUMP: 30 SECONDS



FINISH OFF YOUR CIRCUIT TRAINING WITH 15 MINUTES OF LOW STEADY STATE CARDIO

THE COOL DOWN:

Hold each stretching position for 15- 30 seconds

HIP OPENERS



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 2

DAY 5: THE AB ATTACK CIRCUIT

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: 31 MINUTES

1. JUMPING JACKS: 1 MINUTE



2. BUTT KICKS: 30 SECONDS



3. RUSSIAN TWIST: 30 SECONDS



4. MOUNTAIN CLIMBERS: 1 MINUTE



5. PLANK: 1 MINUTE



6. HIGH KNEES: 1 MINUTE



7. PUSH THROUGH CRUNCH: 30 SECONDS



8. SIDE CRUNCH: 45 SECONDS (EACH SIDE)



7. FLUTTER KICKS: 30 SECONDS



8. REVERSE CRUNCH: 30 SECONDS



FINISH OFF WITH 15 MINUTES OF STEADY STATE CARDIO ON THE BIKE, ELLIPTICAL OR TREADMILL

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.

Follow cool down from day 4.

WEEK 2

DAY 6: LEG DAY 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.

TOTAL CIRCUIT TIME: 29 MINUTES

1. MOUNTAIN CLIMBERS: 45 SECONDS



2. POWER JACK: 45 SECONDS



3. LUNGE JUMP: 45 SECONDS



4. HIGH KNEES: 30 SECONDS



5. BASKET BALL JUMPS: 30 SECONDS



6. BUTT KICKS: 1 MINUTE



7. VERTICAL JUMP: 45 SECONDS



FINISH OFF WITH 15 MINUTES STEADY STATE CARDIO, MAKING SURE TO DRINK PLENTY OF WATER AND STAY HYDRATED

THE COOL DOWN:

Hold each stretching position for 15- 30 seconds

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



WEEK 2

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

