

## WEEK 3

## DAY 1: MULTI MUSCLE CIRCUIT

### WARM UP:

Jumping jacks: 1 Minute

High Knees: 1 minute

Butt Kicks : 1 Minute

Mountain climbers: 1 Minute

Vertical jump: 45 Seconds

### 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. BICYCLE CRUNCH: 1 MINUTE



#### 2. BURPEES: 45 SECONDS



#### 3. LUNGES: 1 MINUTE ALTERNATING LEGS



#### 4. SQUAT JUMP: 45 SECONDS



5. PLANK: 1 MINUTE

6. FLUTTER KICKS: 30 SECONDS



AFTER YOUR 4 CYCLES PERFORM 10 MINUTES OF HIIT ON A BIKE OR TREADMILL:

1:30 LOW INTENSITY  
30 SECOND SPRINTS (MAXIMUM EFFORT)

TO FINISH: HOLD A PLANK TILL FAILURE

## THE COOL DOWN

HAMSTRING STRETCH

SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH

QUADRICEP STRETCH



# WEEK 3

## DAY 2: ARM ATTACK 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 3 times resting for 2 minutes in between each cycle.

**TOTAL CIRCUIT TIME: 27 MINUTES**

#### 1. BURPEES: 45 SECONDS

#### 2. PUSH UP: 45 SECONDS



#### 3. HIGH KNEES: 30 SECONDS

#### 4. TRICEP DIPS: 1 MINUTE



5. BASKET BALL JUMP: 30 SECONDS



6. JUMPING JACKS: 1 MINUTE



7. DIAMOND PUSH UP: 30 SECONDS



8. SHOULDER PUSH UP: 45 SECONDS



9. PLANK: 45 SECONDS



10. RUSSIAN TWIST WITH WEIGHT: 30 SECONDS



FINISH OFF YOUR CIRCUIT TRAINING WITH 25 MINUTES OF  
STEADY STATE CARDIO

**THE COOL DOWN:**  
Follow cool down from day 1

# WEEK 3

## DAY 3: THE 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 3 times resting for 3 minutes in between each cycle.

**TOTAL CIRCUIT TIME: 30 MINUTES**

#### 1. JUMPING JACK: 1 MINUTE



#### 2. BURPEES: 45 SECONDS



#### 3. POWER JACKS: 45 SECONDS



#### 4. LUNGE JUMP: 1 MINUTE



5. LEG RAISES: 30 SECONDS



6. VERTICAL JUMP: 1 MINUTE



7. SIDE PLANK: 1 MINUTE EACH SIDE



AFTER YOUR 3 CYCLES PERFORM 15 MINUTES OF HIIT ON A BIKE OR TREADMILL:  
1:30 LOW INTENSITY  
30 SECOND SPRINTS (MAXIMUM EFFORT)

## THE COOL DOWN

HIP OPENERS



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



# WEEK 3

## 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 3

## DAY 5 : THE AB ATTACK 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 3 times resting for 3 minutes in between each cycle.

**TOTAL CIRCUIT TIME: 33 MINUTES**

1. REGULAR CRUNCHES: 1 MINUTE



2. LEG RAISES: 30 SECONDS



3. MOUNTAIN CLIMBERS: 1 MINUTE



4. PLANK: 1 MINUTE





5. RUSSIAN TWISTS: 30 SECONDS



6. V SIT UPS: 30 SECONDS



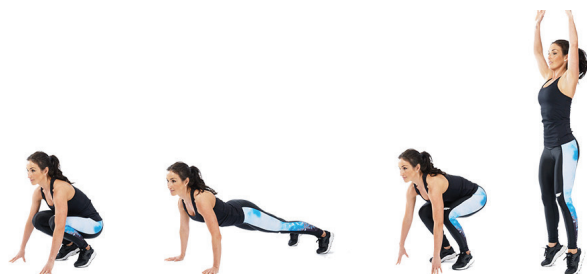
7. SIDE CRUNCHES: 45 SECONDS EACH SIDE



8. TOE REACH SIT UP: 30 SECONDS



9. BURPEES: 30 SECONDS



10. PLANK: 45 SECONDS



11. BICYCLE CRUNCH: 1 MINUTE



AFTER YOUR 3 CYCLES PERFORM 15 MINUTES OF HIIT ON A BIKE OR TREADMILL

**THE COOL DOWN:**  
Follow cool down in above exercise

## WEEK 3

## 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: 33 MINUTES**

1. MOUNTAIN CLIMBERS: 45 SECONDS



2. POWER JACK: 45 SECONDS



3. LUNGE JUMP: 45 SECONDS



4. HIGH KNEES: 30 SECONDS



5. BUTT KICKS: 1 MINUTE



6. VERTICAL JUMP: 45 SECONDS



7. SQUATS: 1 MINUTE



FINISH OFF WITH 25 MINUTES OF STEADY STATE CARDIO

## THE COOL DOWN

HAMSTRING STRETCH



SIDE LUNGE: LEFT AND RIGHT



HIP FLEXOR STRETCH



QUADRICEP STRETCH



# WEEK 3

## DAY 7: REST DAY

Today is a day to recover you 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

