

WEEK 4

DAY 1: THE MULTI MUSCLE 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 3 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: 31 MINUTES

1. MOUNTAIN CLIMBERS: 1 MINUTE



2. CALF RAISES: 30 SECONDS



3. POWER JACK: 1 MINUTE



4. HIGH KNEES: 45 SECONDS



5. BUTT KICKS: 45 SECONDS



6. FLUTTER KICKS: 30 SECONDS



7. BASKET BALL JUMPS: 1 MINUTE



8. PUSH THROUGH CRUNCH: 1 MINUTE



9. RUSSIAN TWIST WITH WEIGHT: 30 SECONDS



10. GLUTE BRIDGE: 1 MINUTE



FINISH OFF WITH 30 MINUTES LOW STEADY STATE CARDIO ON A BIKE, ELLIPTICAL
TRAINER OR TREADMILL

THE COOL DOWN:
Follow cool down from week 3

WEEK 4

DAY 2: THE MAX 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 4 minutes in between each cycle.

TOTAL CIRCUIT TIME: 40 MINUTES

1. MOUNTAIN CLIMBERS: 45 SECONDS



2. LUNGE JUMP: 45 SECONDS



3. HIGH KNEES: 1 MINUTE



4. POWER JACKS: 30 SECONDS



5. BUTT KICKS: 1 MINUTE



6. BURPEES: 30 SECONDS



7. MOUNTAIN CLIMBERS: 45 SECONDS



8. BASKET BALL JUMP: 45 SECONDS



9. SIDE PLANK: 30 SECONDS EACH



THE COOL DOWN:
Follow cool down from week 3

WEEK 4

DAY 3: ARM ATTACK CIRCUIT

WARM UP:

Jumping Jacks: 1 Minute
Mountain Climbers: 1 minute
Butt Kicks : 1 Minute
High Knees: 1 minute
Vertical jump: 45 Seconds

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: 27 MINUTES

1. CALF RAISES: 30 SECONDS



2. PUSH UPS: 45 SECONDS



3. BURPEES: 30 SECONDS



4. POWER JACKS: 30 SECONDS



5. SHOULDER PUSH UP: 45 SECONDS



6. V SIT UP: 1 MINUTE



7. BURPEES: 30 SECONDS



8. DIAMOND PUSH UP: 45 SECONDS



9. BASKET BALL JUMP: 45 SECONDS



10. TRICEP DIP: 1 MINUTE



AFTER YOUR 3 CYCLES PERFORM 20 MINUTES OF HIIT ON A BIKE OR TREADMILL

THE COOL DOWN:
Follow cool down from week 3

WEEK 4

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 4

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 4 minutes in between each cycle.

TOTAL CIRCUIT TIME: 31 MINUTES

1. JUMPING JACKS: 1 MINUTE



2. HIGH KNEES: 45 SECONDS



3. BICYCLE CRUNCHES: 30 SECONDS



4. FLUTTER KICKS: 30 SECONDS



5. VERTICAL JUMP: 45 SECONDS



6. PUSH THROUGH CRUNCH: 45 SECONDS



7. REVERSE CRUNCH: 45 SECONDS



8. CRUNCH: 1 MINUTE



9. PLANK: 45 SECONDS



10. MOUNTAIN CLIMBERS: 45 SECONDS



FINISH OFF YOUR TRAINING WITH 30 MINUTES STEADY STATE CARDIO

THE COOL DOWN:
Follow cool down from week 3

WEEK 4

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. SQUAT JUMPS: 45 SECONDS



2. BUTT KICKS: 30 SECONDS



3. POWER JACK: 45 MINUTE



4. CALF RAISES: 30 SECONDS



5. MOUNTAIN CLIMBERS: 45 SECONDS



6. BURPEES: 45 SECONDS



7. PLANK: 30 SECONDS



8. JUMPING JACK: 30 SECONDS



9. PUSH THROUGH CRUNCH: 30 SECONDS



10. BASKET BALL JUMPS: 45 SECONDS



AFTER YOUR 3 CYCLES PERFORM 20 MINUTES OF HIIT ON A BIKE OR TREADMILL

THE COOL DOWN:
Follow cool down from week 3

WEEK 4

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

