

Monday to Friday Mornings

Approx 35 minutes

20 mins cross trainer

4 x 3mins fast 2mins 3/4 pace

30 sit up's - knee's up - stand up's
the plank 5x 1 min 30 seconds rest
30 alternate knee's to chest

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week 1-3

mon tues

wed

fri thurs

week 2-4

tues mon

wed

thurs fri

5 min warm up

30 sit ups

30 leg raisers

30 shoulder swings

5 min warm up

30 sit ups

30 crucifix x overs

30 standing knee to elbow

kettlebell

1min per exercise

30 sec rest

1 around the body swing

2 squat

3forward swing alt arm

4oblique stretch

5figure 8

6press up feet touch

7 squat /curl

8figure 8 curl

9 lunge

10 squat/curl/press

5 min cool down

bench press 3x10

lat pull 3x10

thigh ex 3x10

leg curl 3x10

shoulder press 3x10

bicep curl 3x10

tricep pushdowns 3x10

5 min cool down