



3 sets
per exercise

45 seconds
per set

60 seconds
rest between sets



For each exercise, perform 3 sets of 45 seconds, resting 60 seconds between sets

Set a timer for 45 seconds and do the exercise until timer runs out. Rest 45 seconds then repeat. Do this with each exercises 3 sets.

Equipment: Bodyweight

High Knees

Cardio



• Stand upright with your feet together and your arms by your sides.

1 - Run on the spot raising your knees as high as possible each step.

2 - Rapidly switch feet and use your arms as if running.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	

Bicycle Crunch

Abs



• Lie on your back with your legs straight and your hands to the sides of your head.

1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.

2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

• Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	

Airplane

Lower Back



1 - Lie face down on the floor with your legs straight and your arms stretched out to the sides.

2 - Raise your upper body, arms and legs together about 18 inches off the floor as if you were flying.

• Hold this position briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	

Incline Push Up

Chest



1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.

2 - Push up to a straight arm position.

• Lower your chest back down to the step and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	

Front Jumping Jacks

Cardio



• Stand upright with your feet together and your arms by your sides.

1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.

2 - Reverse the direction of the movement.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	