



# Day 1

**POWER JUMP BURSTS**

**PLANK JACKS**

**PARALLEL SQUAT JUMPS**

**PRESS UPS**

**HIGH KNEES**

**V-SIT UPS**

**PLANK SPIDER MANS**

**BURPEES**

**BEAR CRAWLS**

**4 X BUNNY HOPS/BACK SHUFFLE**

**FRONT PLANK**

45 SECONDS ON EACH EXERCISE

10 SECONDS BREAK BETWEEN EACH

EXERCISE

REPEAT TWICE WITH A 1 MINUTE REST

BEFORE STARTING THE SECOND ROUND.

USE A FREE APP LIKE 'SECONDS' FOR THE  
TIMER



## Day 2

### **TABATA:**

YOU CAN FIND A PLAYLIST ON SPOTIFY  
20 SECS ON EACH EXERCISE WITH A 10 SEC  
BREAK  
REPEAT EACH EXERCISE 8 TIMES (ONE SET)  
WITH A 30- 60 SEC REST IN BETWEEN EACH  
SET.

**BURPEES**

**HIGH KNEES**

**PLANK REACH**

**LUNGE JUMPS**

**MOUNTAIN CLIMBERS**

**CRISS CROSS LEGS**

**PLANK JACKS**

**POWER JUMP BURSTS**



## Day 3

**BURPEES**  
**TRICEP DIPS**  
**ROTATING SQUAT JUMPS**  
**V-SIT UPS**  
**PLANK REACH**  
**LUNGE JUMPS**  
**PRESS UPS**  
**SQUAT FRONT KICKS**  
**PLANK UP/DOWNS**  
**RUSSIAN TWISTS**  
**PLANK**

COMPLETE EACH WORKOUT FOR 45  
SECONDS WITH A 10 SECOND BREAK IN  
BETWEEN

REST FOR 1 MINUTE AFTER COMPLETING ALL  
11 EXERCISES, THEN REPEAT

USE A FREE APP LIKE 'SECONDS' FOR THE  
TIMER



# Day 4

## **TABATA:**

YOU CAN FIND A PLAYLIST ON SPOTIFY  
20 SECS ON EACH EXERCISE WITH A 10 SEC  
BREAK

REPEAT EACH EXERCISE 8 TIMES (ONE SET)  
WITH A 30-60 SEC REST IN BETWEEN EACH  
SET.

**PLANK UP/DOWNS**

**BEAR CRAWLS**

**PLANK SHOULDER TAPS**

**JUMPING JACKS**

**BICYCLE CRUNCHES**

**BUTT KICKS**

**FRONT FACING LEG RAISES**

**POWER JUMP BURSTS**





## Day 5

THIS IS TOUGH! PACE YOURSELF, JUST FOCUS ON WHAT'S IMMEDIATELY AHEAD OF YOU, MARKING EACH EXERCISE ON A PAD WHEN COMPLETED. WORK YOUR HARDEST FOR 30 MINS. LET'S DO THIS!...

10 X TRICEP DIPS  
10 X POWER JUMP BURSTS  
**REPEAT 10 TIMES**

10 X HEEL TOUCHES  
10 X LEG SLIDERS  
**REPEAT 10 TIMES**

10 X PLANK REACHES  
10 X LUNGE JUMPS  
**REPEAT 10 TIMES**

10 X RUSSIAN TWISTS  
10 X CRUNCHES  
**REPEAT 10 TIMES**