PT

AC

Home workout 2:

Warm up:

Skipping:

Let’s work on your technique. Get skipping for as long as you can and time each one. If you skip for over 30 seconds you can have one minute off.

If you do not have a skipping rope then you can do 20 press ups, 20 burpees and 20 squat jumps, one round.

Circuit 1:

* Garden sprints x6.
* Press ups x10.
* Walk outs x10.
* Burpees x10.

*Complete 5 rounds of this and time how long it takes you, try not to rest in between rounds of this but you can have a drink/breather if you need one.*

Circuit 2:

* Squat thrust.
* Tricep dips (stairs or setee).
* Skipping.
* Leg hold outs.
* High knees.

*Complete 60s of each exercise with 10 seconds off in between, after one round is complete rest for 60s, then do another round. You are doing 5 rounds of this.*