AC

PT

Home workout 3:

Warm up with a quick jog around the block (5-10 minutes) or a quick circuit of jumping lunges x20, walkouts x20 and press ups x20. These are two great ways to get warm before you complete the following:

Circuit 1:

Core and cardio.

* **Sit ups.**
* **Cycle crunch.**
* **Burpee.**
* **Tuck jumps.**
* **Plank.**
* Complete 5 rounds of 40s of each exercise.
* No rest in between rounds!!!

Circuit 2:

Upper body and core.

* **Press up.**
* **Leg raises.**
* **Half press up (from the bottom, halfway up).**
* **V-crunch (lay flat on the floor, crunch up and return to the original position).**
* **Feet up press up (feet on a bed, or stool).**

Complete 5 rounds, 20 of everything without rest.

Circuit 3:

Lower body and cardio.

* **Bodyweight squat.**
* **Bodyweight jumping lunge.**
* **Squat thrust (press up position, knees to chest and return).**
* **High knees.**
* **Half squat (squat down and stand halfway up)**
* **Burpee**
* Complete 5 rounds of 20 with no rest.

Cool down with a steady 5/10 minute run/power walk depending on your fatigue levels.