

Session 2:

40:20 (40s Work, 20s Rest)

Circuit 1 – Complete 3 Sets

Push Ups

Bent Rows

Reverse Lunges

Plank Jacks

Circuit 2 – Complete 3 Sets

See Saw Presses

Reverse Flys

DB Squats

Burpees

Circuit 3 – Complete 3 Sets

Diamond Push Ups

Renegade Rows

Stiff-legged Deadlifts

Mountain Climbers

Continuous ab circuit – 30s per exercise, no rest between exercises, change over as soon as you hear the bell chime. Repeat the circuit 2-3 times.

Crunches/Sit Ups/Toe Touches

Bicycles

Scissor Kicks

Planks