

Session 2:

On The Minute:

Complete the following circuits within 1 minute. When the round ticks over, start the next round

First 5 Rounds (5 x 1 Minute Rounds – Rounds 1-5)

6 Jump Squats (*Alt: Dumbbell Squats*)

6 Mountain Climbers

6 Push Ups

Next 5 Minutes (Rounds 6-10)

10 Jump Squats

6 Mountain Climbers

6 Push Ups

Next 5 Minutes (Rounds 11-15)

10 Jump Squats

10 Mountain Climbers

6 Push Ups

Next 5 Minutes (Rounds 16-20)

10 Jump Squats

10 Mountain Climbers

10 Push Ups

Finisher:

Complete 3 Sets

9 Triceps/Diamond Push Ups

16 Skull Crushers

25 Chest Presses

Ab Work:

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