

Session 2:

AMRAP (As Many Rounds As Possible) – Complete as many rounds of the following circuit as possible within 30 minutes. Aim to complete 2-3 sets

Set a timer for 30 minutes

15 Squat + Presses

15 Single Legged Deadlifts (15 Per Side)

15 Man Maker Push Ups or Push Ups

15 Reverse Lunges

15 Burpees

15 Mat Hop Overs

15 Skull Crushers

15 Inchworms

100 Running High Knees

Finisher:

Tabata Finishers – Complete 8 rounds of 20s, with 10s rest between exercises

8 Rounds of Jump Squats

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