



Warm Up - 3x through gradually increasing speed on each round

| Exercises | Timing |
|--|------------|
| Gentle Jogging | 30 seconds |
| Gentle Jogging with arm circles forward and back | 30 seconds |
| Heel kicks to bum | 30 seconds |
| High knee run | 30 seconds |
| Star Jumps | 30 seconds |

HIIT body weight - 30 seconds on 30 seconds off working at 100% intensity - x3

| <u>Exercise Low Impact option</u> | <u>Exercise High Impact Option</u> |
|-----------------------------------|------------------------------------|
| Squats | Squat Jumps |
| Press Ups on Knees | Press ups on toe/ Plyo Press Ups |
| Touch floor jump | Burpees/Chest to floor burpees |
| Extended Plank slow knees | Mountain Climbers |
| Star Jumps | Explosive Jacks |
| Sit Ups | Get Ups |

Stretches

| Exercise | Timing |
|--|----------------------|
| Cobra Stretch, arms extended, hip on the ground | 45 seconds |
| Childs Pose, bum to heels, elbows towards the floor | 45 seconds |
| Downward Dog Pose, pushing heels into the ground | 45 seconds |
| Single Arm shoulder stretch, arm across your body | 45 seconds each side |
| Tricep stretch behind the head, elbow gently pulled in | 45 seconds each side |