



Warm Up - 2x through

Exercises	Timing
Gentle jogging with forward punches	45 seconds
Lateral bounces	45 seconds
Mid stance squats	45 seconds
Star Jumps	45 seconds
Fast feet	15 seconds

EMOM (every minute on the minute) - 15 minutes \*3 rounds\*

Exercises	Repetitions to complete in 1minute
Press ups (knees or toes)	25 reps
Squats (static or jumping)	35 reps
Walkout Shoulder Taps	15 reps
Burpees	20 reps
Sit Ups	25 reps

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