



Home workout

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Session 11	
Warm Up	
2 Rounds	
Jog	15 Seconds
Jog + Arm Swings	15 Seconds
Side Leg Raise	x5
Torso Twist	x5
Torso TTrump Twist	x4
Squat to Sumo Squat	x4
Plank Limb Raise	x4
A Skips	x6
2 Rounds	
Inch Worm	x1
Cat Stretch	x2
Mid Back Stretch	x2
Press Ups	x3
Cardiovascular	
1 Round - Bring Sally Up Press Up Challenge	
Press Up to the song Down on "down" Up on "up"	Song: https://www.youtube.com/watch?v=koMp3ei4xJw
Cool Down/Flexibility	
1 Rounds	
Shoulder Stretch	20 seconds
Tricep Stretch	20 seconds
Hamstring Stretch	20 seconds
Low Lunge	20 seconds
Cat Stretch	20 seconds
Lying Back Twist	20 seconds
Video tutorial: https://www.instagram.com/tv/B-Ue6oIFFwL/?igshid=yh4zl3v23oas	

Weekly plan	
Monday	Resistance Band & Burpee Challenge
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
Saturday	Resistance Band & Burpee Challenge
Sunday	Bring Sally Up - Press Up



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Session 10	
Warm Up	
3 Rounds	
Jog	20 Seconds
Side-Side Hop	20 Seconds
Jog	20 Seconds
Half Jack	20 Seconds
Jog	20 Seconds
High Knees	20 Seconds
Jog	20 Seconds
Heel Flicks	20 Seconds
3 Rounds	
Streamline Jump - Butterfly Arms	15 Seconds
Streamline Jump - Backstroke Arms	15 Seconds
Streamline Jump - Breaststroke Arms	15 Seconds
Streamline Jump - Frontcrawl Arms	15 Seconds
Resistance Band Workout	
3 Rounds x 8 - 15 reps per exercise	
Seated Row	x8-15
Sword Fighter	x8-15
Downward Sword Fighter	x8-15
Chest Press	x8-15
Bicep Curls	x8-15
Side Steps	x8-15
Calf Raises	x8-15
Rotator Cuff - Internal Rotation	x8-15
Rotator Cuff - External Rotation	x8-15
Challenge	
1 minutes challenge - how many reps?	
Burpees	---
Cool Down/Flexibility	
1 Rounds	
Cross Leg Side Bend	20 seconds
Tree Hug	20 seconds
Downward Dog	20 seconds
Low Lunge	20 seconds
Dog Walk	20 seconds
Cobra	20 seconds
Child's Pose - Thumbs Up	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-Sg1s5loO-/?igshid=exew7etc51ab	

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Monday	Resistance Band & Burpee Challenge
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
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Session 9	
Warm Up	
2 Rounds	
Side Steps	x4
Skipping	x20
Leg Swings	x4
High Knees	x4
Hopping	x4
Lunge with Twist (optional)	x4
Reverse Lunge	x2
Frog Jumps	x2
Bounce	x6
Lower Body Workout	
3/5/7 Rounds	
High Knees	x20
High Flicks	x10
Lunges (explosive optional)	x10
Rest	15 seconds
Toe Tap Hop	x20
Half Jack	x10
Squat Jumps	x10
Rest	60 seconds
Cool Down/Flexibility	
1 Rounds	
Shoulder Blade Squeeze	x4
Arm Wrap	20 seconds
90 degree hang	20 seconds
All 4s Mid Back Twist	20 seconds
Kneeling back reach forward	20 seconds
Low Lunge	20 seconds
Video tutorial: https://www.instagram.com/tv/B-PsixeKqac/?igshid=znqcsz1hpqvt	

Weekly plan	
Monday	Resistance Band & Burpee Challenge
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
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Session 8	
Warm Up	
3 Rounds	
Lying I-Y-T-W	x2
Torso Rotation	x8
Squat & Torso Rotation	x6
Squat & Trump Twister	x4
Reverse Lunge	x6
IM	x4 per stroke
Cardiovascular	
2/4/6 Rounds	
High Knees	x50
Mountain Climber	x10
Tap Climbers	x10
Punches	x20
Rest	20 seconds
Jumping Jacks	x50
Flutter Kicks	x10
Lunge Steps	x10
Overhead Punches	x20
Cool Down/Flexibility	
1 Rounds	
Full body side bend	
Low lunge with chest stretch	
All 4s Mid Back stretch	
Lying quad stretch	
V sit Hamstring stretches	
Video tutorial: https://www.instagram.com/tv/B-M6k7aFXoT/?igshid=b1uhdask9qgn	

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Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
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Session 7	
Warm Up	
3 Rounds	
Star Foot Taps	x2
Star Plank Taps	x2
High knees	15 seconds
Lunges	15 seconds
Punches	15 seconds
Full body - 30 seconds exercise + 20 seconds rest	
1-3 Rounds	
High knees	30 seconds on + 20 seconds rest
Lunges	30 seconds on + 20 seconds rest
T Rotation	30 seconds on + 20 seconds rest
Jumping Jacks	30 seconds on + 20 seconds rest
Plank Arm Raise	30 seconds on + 20 seconds rest
Mountain Climbers	30 seconds on + 20 seconds rest
Squats	30 seconds on + 20 seconds rest
Plank Leg Raise	30 seconds on + 20 seconds rest
Side Leg Raise	30 seconds on + 20 seconds rest
Press Ups	30 seconds on + 20 seconds rest
Cool Down/Flexibility	
2 Rounds	
Streamline	10 seconds
Roll Down	10 seconds
Inch Worm	10 seconds
Cobra	10 seconds
Cat Stretch	10 seconds
Childs Pose	10 seconds
Low Lunge	10 seconds
Walking Dog	10 seconds
Inch Worm to Streamline	10 seconds
Video tutorial: https://www.instagram.com/tv/B-Kel57Fvej/?igshid=st2rdysconab	

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Thursday	CV
Friday	Lower
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Session 6	
Warm Up	
3 Rounds	
Jog	10 seconds
I-Y-T-W	x2
Squats	x3
Press Ups	x4
Jumping Jacks	x5
1-3 Rounds depending on your age/fitness	
Part 1 - Core	
Plank	15 Seconds
Bird Dog	20 seconds
Aleknas	x10
Part 2 - Lower Body	
Squat Jumps	x4
Lying Hip Extension	x6
Single Leg Squat	x2
Part 3 - Upper Body	
T Rotation with Press Ups	x6
Shoulder Press (down to 8")	x8
Limb Raise	x10
Cool Down/Flexibility	
2 Rounds	
Shoulder Stretch	20 seconds
Tricep Stretch	20 seconds
Hamstring Stretch	20 seconds
High Lunge/Hip Flexor Stretch	20 seconds
Cat stretch (Happy Cat/Angry Cat)	x4
Seated Leg Hug	20 seconds
Lying Back Twist	20 seconds
Video tutorial: https://www.instagram.com/tv/B-Hyc-MFNC3/?igshid=l6igd49i1ooy	

Weekly plan	
Monday	Resistance Band & Burpee Challenge
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
Saturday	Resistance Band & Burpee Challenge
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Session 5	
Warm Up	
3 Rounds	
2 rounds:	
Jog on the spot	15 seconds
Hop - Side to side	15 seconds
2 rounds:	
High knees	10 seconds
Heel flicks	10 seconds
1 rounds:	
Jumping Jacks	x10
Squat to burpee	x10
Resistance Band - Upper Body	
3 Rounds	
Reverse Fly	x8-15
Standing Chest Press	x8-15
Lateral Raise	x8-15
Shoulder Press	x8-15
Long Seated Row	x8-15
Rotator Cuff - Internal Rotation	x8-15
Rotator Cuff - External Rotation	x8-15
Challenge	
1 minutes challenge - how many reps?	
Burpees	---
Cool Down/Flexibility	
2 Rounds	
Streamline	10 seconds
Side Bends	10 seconds
90 degree stretch	10 seconds
Quadriceps Stretch	10 seconds
Body hand	10 seconds
Child's pose - lat stretch	10 seconds
Video tutorial: https://www.instagram.com/tv/B-FBUtcFA8Q/?utm_source=ig_web_button_share_sheet	

Weekly plan	
Monday	Resistance Band & Burpee Challenge
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
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Session 4	
Warm Up	
3 Rounds	
Standing I-Y-T-W	x3
High Knee March	x10
Inch Worm Down	---
Plank	10 seconds
Low Lunge (left leg)	2 seconds
Hamstring stretch (right leg)	2 seconds
Cat stretch (Happy Cat-Angry Cat)	x2
Low Lunge (right leg)	2 seconds
Hamstring stretch (left leg)	2 seconds
Inch Worm Up	---
Tuck Jump	x3
Calf Raise	x5
Cardiovascular	
1 Round - Bring Sally Up Press Up Challenge	
Press Up to the song	
Down on "down"	
Up on "up"	Song: https://www.youtube.com/watch?v=koMp3ei4xJw
Cool Down/Flexibility	
2 Rounds	
Chest & Shoulder stretch	10 seconds
Shoulder stretch	10 seconds
Hug tree	10 seconds
Forearm stretch	10 seconds
Low lunge	10 seconds
Achilles squat stretch	10 seconds
Video tutorial: https://www.instagram.com/tv/B-CY_CvIXS6/?utm_source=ig_web_button_share_sheet	

Weekly plan	
Monday	Core/Lower/Upper
Tuesday	Rest Day
Wednesday	Full Body
Thursday	Rest Day
Friday	CV
Saturday	Rest Day
Sunday	Bring Sally Up - Press Up



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Session 3	
Warm Up	
3 Rounds	
Shuttle Runs (point to point)	x4
Mid-Back Twist	x4
Swimming Arms	x10 (forwards & backwards)
Leg Swings	x10
Heel taps	x10
Cardiovascular	
2-4 Rounds depending on your age/fitness	
Mountain Climbers	20 seconds
Skipping	20 seconds
Lunges (or explosive lunges)	20 seconds
T-Plank	20 seconds
Bear Crawls	20 seconds
Jog on the spot	20 seconds
Cool Down/Flexibility	
2 Rounds	
Banana body shape	10 seconds
Pencil body shape	10 seconds
Dish	10 seconds
Thigh stretch	10 seconds
Rolling Ball	10 seconds
Twist	10 seconds
Butterfly	10 seconds
V sit Hamstring stretch	10 seconds
Video tutorial: https://www.instagram.com/tv/B-AY0CAFdds/?igshid=ahnpaa4otegm	

Weekly plan	
Monday	Core/Lower/Upper
Tuesday	Rest Day
Wednesday	Full Body
Thursday	Rest Day
Friday	CV
Saturday	Rest Day
Sunday	Bring Sally Up - Press Up



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Session 2	
Warm Up	
3 Rounds	
Windmills	x4
Elbow Touch	x4
Shoulder Box	x4
Star Jumps	x10
High Knees	x8
Heel Flicks	x6
Full body - using the edge of a bed/sofa/chair	
2-4 Rounds depending on your age/fitness	
Sit - stand - jump or Sit - squat jump	x4
Seat Press Ups	x6
Seated Flutter Kicks	20 seconds
Mountain Climbers	x10
Chair Glute Bridge	x8
Cool Down/Flexibility	
2 Rounds	
Chin Tuck	5 seconds - x2
Head Turn	5 seconds - x2
Head Tilt	5 seconds - x2
Shoulder Shrugs	5 seconds - x2
Seated Twist	10 seconds
Squeeze & Spread	x4
Foot circle	x4 (each direction)
Point & Flex	x4
Figure 4	10 seconds
90 degree chair stretch	10 seconds
Video tutorial: https://www.instagram.com/tv/B99ze4SF5OO/?igshid=6rsfed23h3rr	

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Wednesday	Full Body
Thursday	Rest Day
Friday	CV
Saturday	Rest Day
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Session 1	
Warm Up	
3 Rounds	
Swimming Arms	x 10
Inch Worm	Forward
Press Ups	x 3
Inch Worm	Backwards
Shoulder Shrugs	x 3
Part 1 - Core	
1-3 Rounds depending on your age/fitness	
Plank	20 seconds
Back Extensions	x 8
Sit Ups	x 8
Part 2 - Lower Body	
1-3 Rounds depending on your age/fitness	
Lunges	x 6
Squats	x4
Calf Raise	x 8
Single leg balance	15 seconds per leg
Part 2 - Upper Body	
1-3 Rounds depending on your age/fitness	
Press Ups	x 8
Dips	x 6
I.Y.T.W	x 4
Cool Down/Flexibility	
2 Rounds	
Standing streamline	10 seconds
Side Bends (each side)	10 seconds
Roll Down	---
Walkout	---
Cat stretch (Happy Cat/Angry Cat)	x 2
Reach through	x 2
Child's pose	10 seconds
Video tutorial link: https://www.instagram.com/tv/B97OpJfl3EL/?igshid=x345rcgwy9lv	

Weekly plan	
Monday	Core/Lower/Upper
Tuesday	Rest Day
Wednesday	Full Body
Thursday	Rest Day
Friday	CV
Saturday	Rest Day
Sunday	Bring Sally Up - Press Up