

## WORKOUT 1

40 seconds per exercise, take 20 seconds rest, move onto the next exercise.

Complete as follows:

- 2 rounds of **Circuit 1** (2 mins rest between each round)
- 2 rounds of **Circuit 2** (2 mins rest between each round)
- 2 rounds of **Circuit 3** (2 mins rest between each round)

Circuit 1	Notes
1. Wall sit	
2. Half kneeling dumbbell overhead press <ul style="list-style-type: none"> <li>▪ do one arm for full 40 seconds, then swap arms for round 2</li> </ul>	You can use anything light for overhead press e.g. 500ml water bottle/can of beans
3. Double leg calf raise (from floor or step)	
4. Dumbbell row	Use anything light to row e.g. 500ml water bottle/can of beans

Do Circuit 1 **twice** through, taking **two mins rest between each round**.

Move onto Circuit 2.

Circuit 2	Notes
1. Lunges	
2. Wall press ups	
3. Double leg glute bridges	
4. Dumbbell frontal raises	Use anything light to lift e.g. 500ml water bottle

Do Circuit 2 **twice** through, taking **two mins rest between each round**.

Move on to Circuit 3.

Circuit 3	Notes
1. Bear Crawl	
2. Front plank	
3. Dead bugs	

Do Circuit 3 **twice** through, taking **two mins rest between each round**.

**WORKOUT COMPLETE. GREAT JOB!**