

WORKOUT 2

This is a harder progression from Workout 1, so we recommend completing Workout 1 a few times before trying Workout 2!

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

Complete as follows:

- **2 rounds of Circuit 1** (2 mins rest after each round)
- **2 rounds of Circuit 2** (2 mins rest after each round)
- **Finisher** (repeat exercises as many times as possible in 5 minutes)

Circuit 1	Notes
1. Squats	
2. Kneeling Press Ups	If kneeling press ups are difficult, try press ups against a wall (see Week 1 workout for a demo!)
3. Walk Outs	
4. Hammer Curls	Use anything light to curl e.g. 500ml water bottle/can of beans

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

Circuit 2	Notes
1. Arabesques	Round 1: work right leg for full 40 seconds Round 2: work left leg for full 40 seconds
2. Lateral Raises	Use anything light e.g. 500ml water bottle/can of beans
3. Single Leg Calf Raise	Round 1: work right leg for full 40 seconds Round 2: work left leg for full 40 seconds
4. Tricep Dips	

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

Finisher	Notes
1. 10 Plank Ups	
2. 10 Burpees	
3. 10 Jumping Jacks	

Repeat non-stop for **five minutes!**

WORKOUT COMPLETE. GREAT JOB!