

WORKOUT 3

This is a harder progression from Workout 1, so we recommend completing Workout 1 a few times before trying Workout 3!

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

Circuit 1	Notes
1. Single leg step ups	Use a stable box or stairs to step onto
2. I-Y-T	
3. Bowler's Lunge	
4. Reverse Fly	Use something light as weights for more of a challenge e.g. 500ml water bottle/can of beans

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

Circuit 2	Notes
1. Single leg side lunge	
2. Plank	
3. Clams	
4. Press up with twist	

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

Circuit 3	Notes
1. Mountain climbers	
2. Punches	Use something light as weights for more of a challenge e.g. 500ml water bottle/can of beans
3. Squats	

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

WORKOUT COMPLETE. GREAT JOB!