**FITNESS CLUB**

**Move up levels** – 20 secs rotate (16 then break) **10, 9, 8, 7 6, 5, 4, 3, 2 , 1**

**LEGS & AEROBIC**

Shoeshine – quick feet in and out
burpies
jumping jacks

Hip openers – plank bring leg to hands
lunge press with waterbottle one hand – down up ---- bring in a jump
pancake jumps
leg climbers
leg lifts on back
bicycle
running around boxed cones
suicides

**ARMS & CORE**
Sit ups
pulsing situp
pushups
Punch 1,2 duck – with THEA
Punch 10, side step 3, undercut 10
plank
watermelon raises
plank mode, hi 5 rotating arms
plank on side, lift torso – both sides
on back, bench press with water bottles
on back – scissor legs up and down
rainbow water bottles