**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