

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