

# Training programme



## Cardio

**8 exercises 30 minutes 364 MOVES 173 kcal**

### 1 - Circuit - Warm Up - Keep this Light **8 exercises 1 Rounds 60 sec Round rest time**

#### 1 - Free Exercise - Jump rope



R1 30 sec x 1 sec

*If you don't have a rope, jog lightly on the spot.*

#### 2 - Free Exercise - Jumping jack



R1 30 sec x 1 sec

#### 3 - Free Exercise - High knees



R1 30 sec x 1 sec

#### 4 - Free Exercise - Skip - in place



R1 30 sec x 1 sec

#### 5 - Free Exercise - Lateral bound



R1 30 sec x 1 sec

#### 6 - Free Exercise - Jump with half turn



R1 30 sec x 1 sec

#### 7 - Free Exercise - Mountain climber



R1 30 sec x 1 sec

#### 8 - Free Exercise - Squat thrust



R1 30 sec x 1 sec

### 2 - Circuit - Now Go For It!

**8 exercises 2 Rounds 60 sec Round rest time**

#### 1 - Free Exercise - Jump rope



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

*If you don't have a rope, jog lightly on the spot.*

#### 2 - Free Exercise - Jumping jack



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 3 - Free Exercise - High knees



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 4 - Free Exercise - Skip - in place



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 5 - Free Exercise - Lateral bound



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 6 - Free Exercise - Jump with half turn



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 7 - Free Exercise - Mountain climber



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 8 - Free Exercise - Squat thrust



R1 60 sec x 1 sec  
R2 60 sec x 1 sec

### 3 - Free Exercise - Burpee



60 sec x 60 sec  
60 sec x 60 sec

*Only Attempt This if You are Comfortable*

### 4 - Stretching - Quadriceps - side lying



Sets: 1  
Duration: 30 sec  
Rest time: 1 sec

*30 Seconds Per Side*

### 5 - Stretching - Hamstrings - opposite leg bend



Sets: 1  
Duration: 30 sec  
Rest time: 1 sec

*30 Seconds Per Side*

### 6 - Stretching - Glutes - seated



Sets: 1  
Duration: 30 sec  
Rest time: 1 sec

*30 Seconds Per Side*

### 7 - Stretching - Hip flexors - half kneeling



Sets: 1  
Duration: 30 sec  
Rest time: 1 sec

*30 Seconds Per Side*

### 8 - Stretching - Glutes - supine



Sets: 1  
Duration: 30 sec  
Rest time: 1 sec

*30 Seconds Per Side*