

Lower body & cardio - Level 1



**Tone your
body**



2 per week



from
**18/06/2020 to
30/07/2020**



Sam Riley

Workout 1

7 exercises 48 minutes 525 MOVES 266 kcal

1 - Activities - Walking (high intensity)



Duration: 05:00 min

Walk, jog or run to raise heart rate

2 - Circuit - Circuit 1

3 exercises 3 Rounds 60 sec Round rest time

1 - Free Exercise - Prisoner squat



R1 15 reps x 30 sec
R2 15 reps x 30 sec
R3 15 reps x 30 sec

2 - Plyobox - Single leg squat - foot up



R1 10 reps x 30 sec
R2 10 reps x 30 sec
R3 10 reps x 30 sec

Use chair or step to support leg

3 - Free Exercise - Squat to plank



R1 10 reps x 30 sec
R2 10 reps x 30 sec
R3 10 reps x 30 sec

3 - Circuit - Circuit 2

3 exercises 3 Rounds 60 sec Round rest time

1 - Medicine Ball Arke - Lunge forward with trunk rotation



R1 12 reps x 30 sec
R2 12 reps x 30 sec
R3 12 reps x 30 sec

Use cushion or food can to in place of medicine ball. 12 reps each leg then repeat on the other side.

2 - Free Exercise - Glute bridge - single leg curls



R1 12 reps x 30 sec
R2 12 reps x 30 sec
R3 12 reps x 30 sec

12 reps each leg then repeat on the other side.

3 - Free Exercise - Mountain climber



R1 14 reps x 30 sec
R2 14 reps x 30 sec
R3 14 reps x 30 sec

As many reps as possible in 30 seconds.

4 - Stretching - Hamstrings - standing



30 sec x 60 sec

5 - Stretching - Quadriceps - standing



30 sec x 60 sec

6 - Stretching - Glutes - crossover



30 sec x 60 sec

7 - Stretching - Cat & Cow



30 sec x 60 sec