

Tone & Strengthen

11 exercises **35** minutes **459** MOVES **246** kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Forward lunge



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Squat



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

5 - Free Exercise - Russian twist



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

6 - Free Exercise - Side plank with rotation



10 reps x 60 sec
10 reps x 60 sec

7 - Free Exercise - pushups on bench



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

8 - Stretching - Glutes - seated



Sets: 2
Duration: 30 sec
Rest time: 5 sec

Use a chair or the side of the bed for this exercise instead of the bench.

30 seconds of stretch on each side as per picture.

9 - Stretching - Hip flexors - half kneeling



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

10 - Stretching - Lower back - supine



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

Make sure the lower back is in touch with the mat

11 - Stretching - Calves



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.