

Tone & Strengthen

12 exercises 42 minutes 554 MOVES 297 kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Prisoner squat



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

4 - Free Exercise - Lunge with trunk rotation



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

5 - Free Exercise - Step up



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

6 - Free Exercise - Crunch - legs up



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

Use the stairs at home or a low chair.

7 - Free Exercise - Plank with arm raise



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

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.

12 - Free Exercise - Push-up - on knees



14 reps x 60 sec
14 reps x 60 sec