

Week 4-5

In this workout you shall be working your full body, it's a similar workout to the Monday one you have been doing over the last couple of weeks but you will be working for 30s this time per exercises but adding 2 more exercises and an extra round.

You have 3 upper body exercises, 3 lower body and a core exercise to do. A few of these exercises will probably be new to you so just check the library to see how to perform them.

You will be working for around 4 minutes for each circuit and doing it 5 times. With warm up and cool down this session will take around 35 minutes.

Workout 1 – Full Body Circuit

Bent over circles – 15s forwards – 15s seconds backwards as fast as you can

Press ups/ ½ Press Ups	30s
Step Ups	30s
Alternate leg lunge	30s
DB Shoulder press	30s
Squats	30s
Plank	30s

Perform each exercise in a row – rest for 1 minute and repeat 5 times