

Week 4-5

Workout 2

Cardio workout.

25 Minute Walk/Jog

Try and pick it up just a little bit from the first 2 weeks. If you managed to walk for 15 mins and jog for 5 mins then try and reduce the walking and increase the jogging.

If you are confident why not try jogging for 1 minute and walking for 2 minutes and see if you can keep this up for 25 minutes.

Remember to stretch after your workout and keep track of your distance.

Backup cardio workout if bad weather.

Marching high knees, Squats, Alternate leg forward lunges, Star Jumps, Squat & arm raise.

60s each exercise, perform all 5. Rest for 30-60s and repeat 2-3 times.