

Week 6-7

Workout 2

Cardio workout.

30 Minute Walk/Jog/Cycle/Swim

This is your time to pick it up again if confident.

Depending on how your cardio workouts went over the first 4 weeks see what you are capable of. Try and jog 5 minutes then rest for 1-2 minutes and keep going for 30 minutes if you can. Remember not to push it too much though if you're new to running.

Remember to stretch after your workout.

Backup cardio workout if bad weather.

Marching high knees, Spotted Dogs, 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.