

Week 6-7

Your first potential weekend session of the program. Remember this is an optional workout if you feel like you could handle a little bit more training. This is an upper body and core circuit which should help to improve your strength and muscle tone but as you are working for 45s with limited rest you will get the added cardio benefits of training too.

Workout 4 (Optional)

This will take just over 15 minutes to perform.

Perform each exercise for 45s

- 1 Press ups
 - 2 Chest flys (marching) (DB)
 - 3 Shoulder press (marching) (DB)
 - 4 Mountain Climbers
 - 5 Side plank left
 6. Side plank right
- rest 60 sec
X 3 rounds