

**WARM UP**

Perform arm circles &  
high knee marches for 60 seconds

**MAIN SET**

- Perform 7 repetitions of each exercise with no rest between each exercise
- Rest 15-30 seconds between sets
- Repeat to perform a total of 7 sets

EASIER : perform 4 sets of each exercise  
HARDER : perform 10 sets of each exercise

1



7 STAR JUMPS

2



7 AIR SQUATS  
(OR MINI SQUATS)

3



7 PUSH UPS  
(OR KNEE PUSH UPS)

4



7 SIT UPS

5



7 BRIDGES

6



7 MT CLIMBERS  
(OR HEEL RAISES)

7



7 LUNGES  
(OR MINI LUNGES)