

Week 5 – 5 Feb 2017

Warm up – (5 mins)

Laying bridge
Fwd lunge with arm raise
Reverse lunge with rear fly
Squat thrust
Lateral jump
Cat press up

Circuit – HIIT (50:10s)

Star jump
Squat
Burpee
Cat Press up
Squat thrust
Sprint on spot
Lateral jump
1 min rest

Repeat x 3 = 25 mins

Movement (5 mins)

Bear crawl
bunny hop
lateral jumps

Abs (10 mins)

Crunch x 20
Twist crunch x 15
Vertical leg raise x 15
Rest and repeat

Mobility – (10 mins)

Chest, Shoulder, Tricep
Figure 4
Neck – 4 way