Week 1

Sessions can be performed daily, in sequence, for 6 days of the week with 1 rest day.



Session 1 - Cardio intervals

Get your heart rate up to improve fitness and burn calories



Warm up



minutes

Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles
- 1 minute each (alternate sides)



minutes

Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks

- 30 seconds per exercise
- Repeat the circuit twice

Main exercise



minutes

Easy

Hard

Medium

Marching on the spot Running on the spot

Sprinting on the spot

30 seconds work

30 seconds rest

4 sets of work

minutes

Easy

Medium

Hard

Side steps

Lateral lunges

Ice skaters

30 seconds work

30 seconds rest

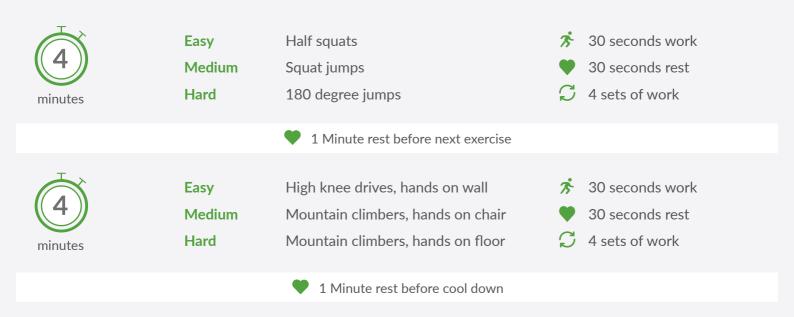


4 sets of work



1 Minute rest before next exercise

1 Minute rest before next exercise





Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)
- *

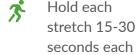
30 seconds per exercise





Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch
- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



side

Session 2 - Strengthen and tone

A whole-body conditioning routine to work your muscles



Warm up



Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles





Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks

- 30 seconds per exercise
- Repeat the circuit twice

Main exercise



- Bodyweight squat
- Push-up
- Glute thruster
- Back extension with reverse fly



45 seconds work per set



30 seconds rest

Cooldown and stretch



Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)



30 seconds per exercise



Repeat the circuit twice



minutes

- Stretching routine
- Calf stretch Hamstring stretch
- Inner thigh stretch
- Glute stretch
- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



Hold each stretch 15-30 seconds each side

Session 3 - Core and balance

For a strong stable body



Warm up



Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles





Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks





Main exercise



minutes

Single leg balance (5 sec holds) **Easy**

Medium Single leg squat

Single leg deadlift

Repeat on one side for 30 sec then on other side

1 minute rest

Repeat the circuit twice



1 Minute rest before next exercise



minutes

Easy Medium

Hard

Hard

Step with upper body rotation Lunge with upper body rotation

Transverse lunge with upper body

rotation

Repeat on one side for 30 sec then on other side



1 minute rest



Repeat the circuit twice



1 Minute rest before next exercise

Four point kneel with:



Opposite hand and knee lift one inch Easy

off the floor

Medium Opposite arm and leg raise

Hard Opposite arm and leg raise with

elbow to knee tap under body

Repeat on one side for 30 sec then on other side

1 minute rest



1 Minute rest before next exercise

Side plank

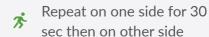


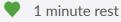
With arm straight **Easy** Medium On elbow and forearm

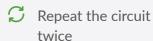
Hard On elbow and forearm with rotation

and upper arm reach under rib cage

to T position









1 Minute rest before next exercise

Glute bridge



Arms at sides on the floor both feet **Easy**

on the floor

Medium Arms across chest, toes lifted Hard Arms straight out above chest,

single legs



3 45 sec



Repeat the circuit twice



1 Minute rest before cool down

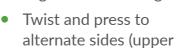
Cooldown and stretch



minutes

Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching



body only)



30 seconds per exercise



Repeat the circuit twice



Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch
- Chest stretch (both) arms behind back)
- Lat stretch (both arms overhead)



Hold each stretch 15-30 seconds each side

Week 2

Sessions can be performed daily, in sequence, for 6 days of the week with 1 rest day.



Session 1 - Cardio intervals

Get your heart rate up to improve fitness and burn calories



Warm up



minutes

Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



30 seconds per exercise



Repeat the circuit twice

Main exercise



minutes

HIIT circuit

- Mountain climbers (any variation)
- Reverse lunge with front raise
- Lateral lunge / ice skater

★ 15 seconds work



30 seconds rest after each circuit



Repeat the circuit 4 times



2 Minute rest before finisher block

Circuit AMRAP



- Burpee (no push-up)
- Push-ups (any variation)
- Sit (on floor) to stand
- Inchworms



10 reps per exercise each round



Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)
- 3 30 seconds per exercise
- Repeat the circuit twice



Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)

Hold each stretch 15-30 seconds each side

Session 2 - Strengthen and tone

A whole-body conditioning routine to work vour muscles



Warm up



Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



minutes

Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



30 seconds per exercise



Repeat the circuit twice

Main exercise



- Sumo/ plie squat
- High plank with alternate shoulder taps
- Push-up with rotation to T position
- Single leg deadlift with reverse fly



15 reps per exercise



1 minute after each circuit



Repeat the circuit 3 times



Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges

High knee marching

- Twist and press to alternate sides (upper body only)
- 30 seconds per exercise
- Repeat the circuit twice



Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)

Hold each stretch 15-30 seconds each side

Session 3 - Core and balance

For a strong stable body



Warm up



minutes

Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



minutes

Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



30 seconds per exercise



Repeat the circuit twice

Main exercise

minutes T	Easy Medium Hard	Balance in narrow lunge position (5 sec holds) Narrow lunge position with side bends, hands at sides Narrow lunge position with side bends, hands overhead	* ♥ ©	Repeat on one side for 30 sec then on other side 1 minute rest Repeat for 2 sets
		1 Minute rest before next exercise		
minutes	Easy Medium Hard	Side step with upper body rotation Side lunge with upper body rotation Transverse lunge with upper body counter-rotation	% ♥ ©	Repeat on one side for 30 sec then on other side 1 minute rest Repeat for 2 sets
		1 Minute rest before next exercise		
minutes	Prone lying Easy Medium Hard	with Single leg raise Opposite arm and leg raise Opposite arm and leg raise with 5 pulses	* ♥ ©	Repeat on one side for 30 sec then on other side 1 minute rest Repeat for 2 sets
		1 Minute rest before next exercise		
minutes	Plank holds Easy Medium Hard	High plank position (with arms straight) On elbows and forearms On elbow and forearm with alternate leg lifts	% ♥ S	Up to 30 second hold 5 second release for 60 sec total 1 minute rest Repeat for 2 sets
		1 Minute rest before next exercise		
minutes	Glute bridge Easy Medium Hard	Arms at sides on the floor both feet on the floor Arms across chest, toes lifted Arms straight out above chest,	* ♥	45 seconds 1 minute rest Repeat for 2 sets

single legs



minutes

Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges

High knee marching

 Twist and press to alternate sides (upper body only)



30 seconds per exercise





minutes

Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



Hold each stretch 15-30 seconds each side

Week 3

Sessions can be performed daily, in sequence, for 6 days of the week with 1 rest day.



Session 1 - Cardio intervals

Get your heart rate up to improve fitness and burn calories



Warm up



minutes

Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



minutes

Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



30 seconds per exercise



Repeat the circuit twice

Main exercise



minutes

HIIT circuit

- Burpee (any variation)
- Bear crawl
- 90-degree squat jumps



30 seconds work



30 seconds rest after each circuit



Repeat the circuit 2 times



1 minute rest



HIIT circuit

- Burpee (any variation)
- Bear crawl
- 90-degree squat jumps



30 seconds work



30 seconds rest after each circuit



Repeat the circuit 2 times

1 minute rest

Circuit AMRAP



- Bunny hops
- High knees
- Side shuffle with floor tap
- Plank jacks (high plank with jumping jack legs)



10 reps per each set



Rest as needed



2 min rest before cooldown

Cooldown and stretch



Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)



30 seconds per exercise



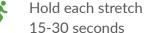
Repeat the circuit twice



Stretching routine

- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



15-30 seconds each side

Session 2 - Strengthen and tone

A whole-body conditioning routine to work vour muscles



Warm up



Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



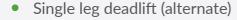
30 seconds per exercise



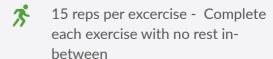
Repeat the circuit twice

Main exercise

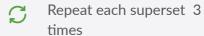
Supersets



- Single leg glute raise (alternate)
- Squat
- Pike press
- Forward lunge with reach
- Push-up with rotation to T position
- Side lunge
- Reverse crunch







Cooldown and stretch



minutes

minutes

Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)



30 seconds per exercise



Repeat the circuit twice





- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



Hold each stretch 15-30 seconds each side

Session 3 - Core and balance

For a strong stable body



Warm up



Mobility routine

- Dynamic calf stretch
- Dynamic hamstring stretch
- Dynamic hip flexor stretch
- Torso twists
- Arm swings/ circles



1 minute each



Cardio warm up circuit

- March on the spot
- Side-step
- Backwards lunge (alternate) with forward arm raise
- Squat and reach up to side (alternate)
- Heel flicks



30 seconds per exercise



Repeat the circuit twice

Main exercise



Easy Medium Hard

Side step to high knee pause Side lunge to high knee pause Side to side jump with high knee pause

Repeat on one side for 30 sec then on other side

1 minute rest



Repeat for 2 sets



1 Minute rest before next exercise



Easy

Reverse lunge with overhead

reach (small step)

Medium

reach (slow)

Hard

Reverse lunge with overhead

Single leg squat with overhead

reach

Repeat on one side for 30 sec then on other side



1 minute rest



Repeat for 2 sets



1 Minute rest before next exercise



Bicycle kicks

Easy Medium Hard

legs only Elbow to knee hand to ankle



Repeat on one side for 30 sec then on other side



1 minute rest



Repeat for 2 sets



1 Minute rest before next exercise



Side plank holds

With arm straight Easy Medium Elbow to knee Hard hand to ankle



1 minute rest

Repeat for 2 sets



1 Minute rest before next exercise

Side plank holds

Easy Legs only

Medium On elbow and forearm

Hard On elbow and forearm with leg

abduction

Repeat on one side for 30 sec then on other side

1 minute rest

Repeat for 2 sets



1 Minute rest before next exercise

Glute bridge

Arms at sides on the floor both **Easy**

feet on the floor

Medium Arms at sides on the floor.

alternate single legs

Hard Arms at sides on the floor, single

> leg repeats with other leg straight up in the air

3 45 sec

1 minute rest

Repeat for 2 sets



1 Minute rest before cool down

Cooldown and stretch



minutes

Pulse lowering cool down

- Squat down to touch toes then stand and raise arms overhead
- Alternate side lunges
- High knee marching
- Twist and press to alternate sides (upper body only)



30 seconds per exercise



Repeat the circuit twice

Stretching routine



- Calf stretch
- Hamstring stretch
- Inner thigh stretch
- Glute stretch

- Chest stretch (both arms behind back)
- Lat stretch (both arms overhead)



Hold each stretch 15-30 seconds each side