

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



40
Minutes

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

Marching on the spot



30 seconds work

Medium

Running on the spot



30 seconds rest

Hard

Sprinting on the spot



4 sets of work



1 Minute rest before next exercise



minutes

Easy

Side steps



30 seconds work

Medium

Lateral lunges



30 seconds rest

Hard

Ice skaters



4 sets of work



1 Minute rest before next exercise



minutes

Easy

Medium

Hard

Half squats

Squat jumps

180 degree jumps



30 seconds work



30 seconds rest



4 sets of work



1 Minute rest before next exercise



minutes

Easy

Medium

Hard

High knee drives, hands on wall

Mountain climbers, hands on chair

Mountain climbers, hands on floor



30 seconds work



30 seconds rest



4 sets of work



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



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 2 - Strengthen and tone

A whole-body conditioning routine to work your muscles



38-44
Minutes

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

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



45 seconds work per set



30 seconds rest

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



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

 **30-45**
Minutes

Warm up



minutes

Mobility routine

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



1 min 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

Single leg balance (5 sec holds)

Medium

Single leg squat

Hard

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

Step with upper body rotation

Medium

Lunge with upper body rotation

Hard

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:

Easy

Opposite hand and knee lift one inch 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

Easy

With arm straight

Medium

On elbow and forearm

Hard

On elbow and forearm with rotation and upper arm reach under rib cage to T position



Repeat on one side for 30 sec then on other side



1 minute rest



Repeat the circuit twice



1 Minute rest before next exercise



Glute bridge

Easy

Arms at sides on the floor both feet on the floor

Medium

Arms across chest, toes lifted

Hard

Arms straight out above chest, single legs



45 sec



1 minute rest



Repeat the circuit twice



1 Minute rest before cool down

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)



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

 **40**
Minutes

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

- 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



minutes

Circuit AMRAP

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



10 reps per exercise each round

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



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 2 - Strengthen and tone

A whole-body conditioning routine to work your muscles



30-40
Minutes

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

- 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

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



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



30-45

Minutes

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

Easy

Balance in narrow lunge position (5 sec holds)

Medium

Narrow lunge position with side bends, hands at sides

Hard

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

Side step with upper body rotation

Medium

Side lunge with upper body rotation

Hard

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 with

Easy

Single leg raise

Medium

Opposite arm and leg raise

Hard

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

High plank position (with arms straight)

Medium

On elbows and forearms

Hard

On elbow and forearm with alternate leg lifts



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

Arms at sides on the floor both feet on the floor

Medium

Arms across chest, toes lifted

Hard

Arms straight out above chest, single legs



45 seconds



1 minute rest



Repeat for 2 sets

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



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



44
Minutes

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



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

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)



Hold each stretch 15-30 seconds each side

Session 2 - Strengthen and tone

A whole-body conditioning routine to work your muscles



30-40
Minutes

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

- 15 reps per exercise - Complete each exercise with no rest in-between
- Rest 1 minute after each Superset
- Repeat each superset 3 times

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)

- Hold each stretch 15-30 seconds each side

Session 3 - Core and balance

For a strong stable body



30-45
Minutes

Warm up



5
minutes

Mobility routine

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



1 minute each



5
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



4
minutes

Easy

Side step to high knee pause



Repeat on one side for 30 sec then on other side

Medium

Side lunge to high knee pause



1 minute rest

Hard

Side to side jump with high knee pause



Repeat for 2 sets



1 Minute rest before next exercise



4
minutes

Easy

Reverse lunge with overhead reach (small step)



Repeat on one side for 30 sec then on other side

Medium

Reverse lunge with overhead reach (slow)



1 minute rest

Hard

Single leg squat with overhead reach



Repeat for 2 sets



1 Minute rest before next exercise



4
minutes

Bicycle kicks

Easy

legs only



Repeat on one side for 30 sec then on other side

Medium

Elbow to knee



1 minute rest

Hard

hand to ankle



Repeat for 2 sets



1 Minute rest before next exercise



Side plank holds

- Easy** With arm straight
- Medium** Elbow to knee
- Hard** 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

- 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

- Easy** Arms at sides on the floor both 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

- 45 sec
- 1 minute rest
- Repeat for 2 sets

1 Minute rest before cool down

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)

- Hold each stretch 15-30 seconds each side