

Week 1 - 4th-10th January

AMRAP

As Many Rounds As Possible in 20 minutes

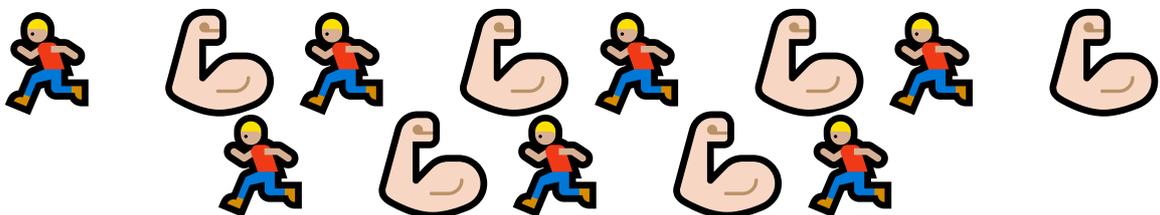
10 reps - plank up and down into press up

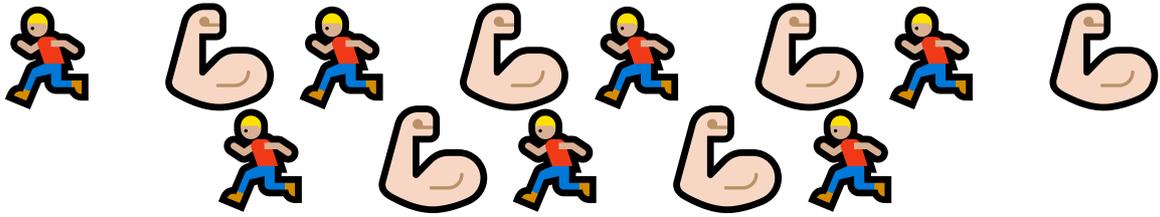
12 reps - wide to narrow jump squat with 180° turn

10 reps - shoulder taps into side plank rotation, thread the needle (5 each side)

12 reps - jumps squat into broad jump and run back (backwards)

10 reps - 2 triceps dips into leg kicks





Week 2 - 11th-17th January

Challenge YOURSELF week

(1)

5 press ups
10 mountain climbers
15 secs wall sit
20 burpees
25 reverse crunches
30 sec low arm plank

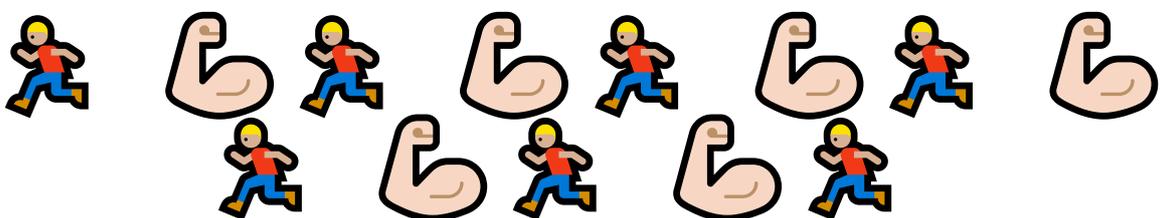
Three rounds

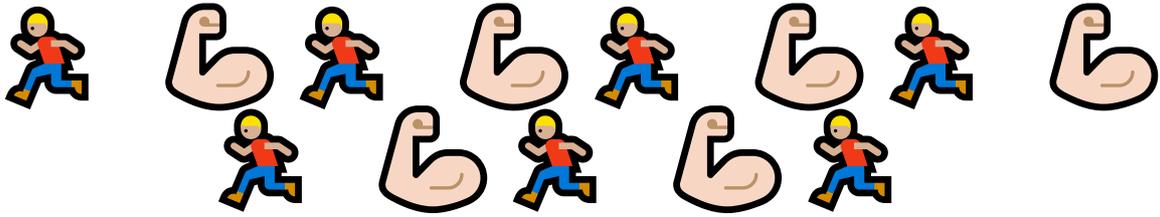
(2)

10 press ups
20 mountain climbers
30 sec wall sit
40 burpees
50 reverse crunches
60 sec low arm plank

Three rounds

(1) first time during the week and (2) you will double the set if doing a second time during the week!





Week 3 - 18th-24th January

Cardio week

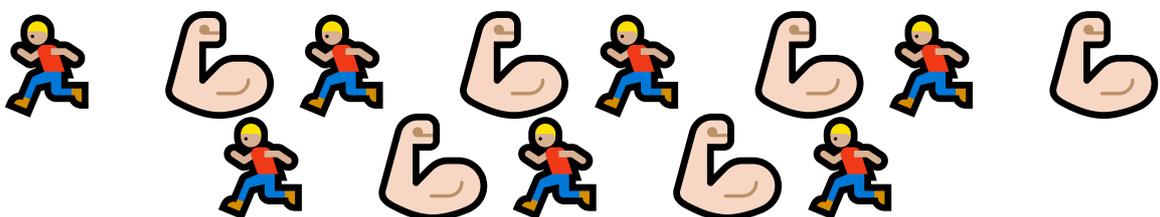
If you have a step tracker monitor how many steps you took and how far you got.

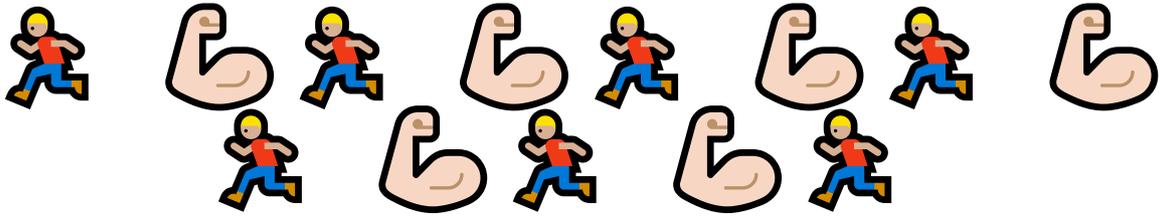
Run without stopping for 5 minutes.

If you wish to do this for a second time during the week, increase the time to 7 mins 30 secs and if needs be slow down, but make sure that you don't stop.

Try to do for a third time for 10 minutes!

Don't forget to record your steps and distance if you can!





Week 4 - 25th-31st January

Combination!

Jog 1 min

10 forward lunges (each side)

10 press ups

10 squats wide to narrow with turn

30 sec plank

Jog 1 min

10 2 tricep dips into leg kick

10 burpees

10 reverse crunches

30 sec plank

1 min jog

2 minutes rest and repeat twice

