

**This routine is to be done as a circuit with minimal rest between exercises.
If your fitness level is low start off with 20 seconds exercising with 10 seconds rest.**

On alternate day you can do a walk/jog/bike for 10 minutes.

Sets: 3

Reps: 30 seconds

Squats:

From standing position to sitting, return, push the weight out to the front on down movement.



Push up

*Keep back straight and have thumbs placed at the midline of the chest.
If full push up is difficult start on knees and gradually build on strength*



Lunges

These can be done standing in the one spot or on the move alternating legs.



Triceps Dips

Keep back straight and close to the bench



Plank Bridge

1. Start by lying face down on the ground. Place your elbows and forearms underneath your chest.
2. Prop yourself up to form a bridge using your toes and forearms.
3. Maintain a flat back and do not allow your hips to sag towards the ground.
4. Hold for 20 - 30 seconds or until you can no longer maintain a flat bridge.



Jogging on the spot or Skipping

This can be any exercise as long as you're raising the heart rate

