

## CARDIO BLAST

Push the intensity button and perform 1 min of each exercise, through twice; step-ups, high knee running on spot, burpees and skipping.

(1 min per exercise repeat for 2 sets through)

- Step Ups = 1min
- High Knees Running on Spot = 1min
- Burpees = 1min
- Skipping = 1min

### CARDIO BLAST 12-15 REPS x3

SUPER SET 1



#### WALKING LUNGES

Standing feet hip width apart, step one foot forward, drop back knee down toward ground till both knees at 90 degrees & push up, bring back foot forward past front foot and into a second lunge. Continue right after left for all reps.

#### GLUTE BRIDGE WITH LEG EXTENSION

Lying on your back, feet just wider than shoulder width apart and flat on ground with knees bent, press through heels to lift hips off the floor creating a flat/straight body position from the knees to the shoulders. Keeping knees parallel extend one leg into the air and down and repeat other side maintaining a stable position.

#### SUMO SQUAT

Standing with your feet wider than shoulder width apart toes facing slightly outward and knees aligned to toes, back flat & straight, core tight, squat down to knees at 90 degrees and tracking over toes and push up through heels.

#### POWER PRESS UP

Place hands shoulder width apart on a box or step, back flat & core tight, lower chest toward the edge of the step/box then push up explosively driving arms to full extension and slightly off the step/box getting air or a clap in, hands land back on step or box and lower again to repeat.

### CARDIO BLAST 12-15 REPS x3

SUPER SET 2



#### LATERAL HOLD WITH LEG LIFT

Support yourself on the side of your side from elbow to knee (or ankle to make it harder). Keeping your core muscles tight and your body straight. While keeping your body stable lift your upper leg 45 degrees and hold it for 2-3 seconds then lower it in a controlled, smooth manner.

#### AB CRUNCH WITH KNEE LIFT

Lying on your back on floor, with knees bent and feet flat on the floor, with hands support head crunch upward lifting shoulder blades off the ground. While curling one knee towards chin, then lower and repeat with opposite knee. Repeat.

#### PRONE HOLD

Elbows rested on ground under your shoulders, body flat from head through spine to knees / feet (depending on level), core muscles tightened (belly button drawn through to spine).

45 secs - 1 min 2 reps

### CARDIO BLAST 12-15 REPS x3

## WARM UP

Warm your body's muscles and systems with 5-7mins of light to moderate aerobic activity e.g.

- Jogging up and down your driveway
- Skipping

**Repetitions (Reps): 12-15**

**Sets: 3**

repeat each super set of exercises 3x through

Rest:  
Nil

Intensity:  
**80% (approx.)**  
**max HR /**  
**(moderate to hard)**

Times Per Week:  
**2 - 3**

## COOL DOWN

Cool your body down gradually with 3 - 5mins of moderate to light aerobic activity, followed by stretching your major muscle groups e.g.

- Light jog down to walk on your driveway
- Marching on the spot
- Light cycle around the block or stationary bike

## SUPER SET

**Alternating exercises (2 or more) without rest in between.**

*Exercise within your own capability. If you experience any tightness or pain in your chest, stop exercising immediately and seek medical advice.*