

Circuit training.

Star jumps:



Jump into the air making a star shape with your body. Repeat for 30 to 60 seconds.

Tuck jumps:



Jump into the air tucking your knees up towards your stomach. Repeat for 30 to 60 seconds.

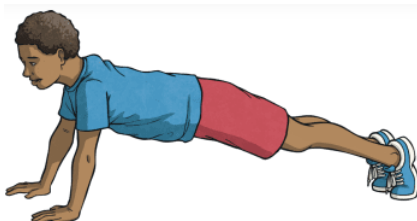
Press ups:



Lie face down on the floor and either lean on your knees or your toes. Straighten your arms and lift your

floor; keeping your back straight. Lower your body back down to the floor. Repeat for 30 seconds.

Planks:



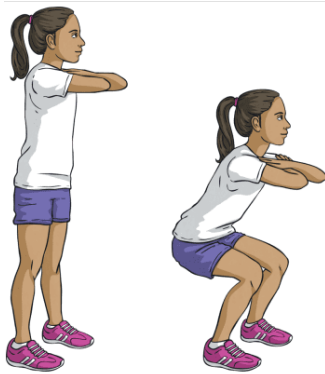
Get into a press up position and hold the position for as long as you can upto 60 seconds.

Running on the spot:



Run as fast as you can on the spot pumping your arms up and down for 30 to 60 seconds.

Squats:



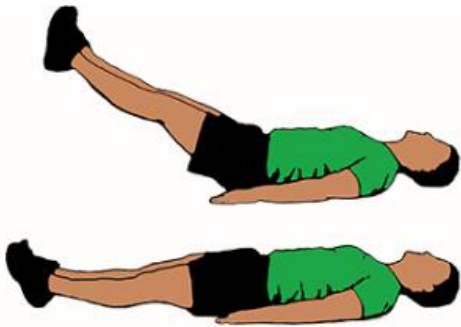
Stand with feet slightly wider than your shoulder. Squat down tom the floor and stand straight back up. Repeat for 30 to 60 seconds.

Lunges:



Stand up straight. Step forward with one of your legs. Stand up straight again. Then step forward with the other leg. Stand up straight. Repeat for 30 to 60 seconds.

Leg raises:



Lie flat on your back. Raise your leg up into the air and hold for a count of 5. Lower your legs to the ground. Repeat 10 to 20 times.

High knees:



Quickly drive your right knee up to meet your right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet your left hand. Repeat for 30 to 60 seconds.