

**FOR EACH EXERCISE - 30 SECONDS WORK, 10 SECONDS REST.  
COMPLETE 3 ROUNDS OF THESE EXERCISES.**

<p><b>WARM UP</b></p>	<p><b>SQUAT &amp; REACH</b></p>	<p><b>STEP BACK BURPEE</b></p>
<ul style="list-style-type: none"> <li>• 30 seconds of high knees</li> <li>• 5 bodyweight squats</li> <li>• 5 squat and reach</li> <li>• Repeat 3 times.</li> </ul>	<ul style="list-style-type: none"> <li>• Knees shoulder width apart, squat down as low as you can.</li> <li>• Push up onto your tip toes, reaching your hands towards the ceiling</li> </ul>	<ul style="list-style-type: none"> <li>• In a high plank position, step both feet in towards your chest.</li> <li>• Stand up and reach hands towards ceiling.</li> <li>• Step back into plank position.</li> </ul>
<p><b>MOUNTAIN CLIMBER</b></p>	<p><b>SQUAT SIDE REACH</b></p>	<p><b>WALKOUTS</b></p>
<ul style="list-style-type: none"> <li>• In a high plank position, bring your right knee up towards your chest.</li> <li>• Return to the original position.</li> <li>• Repeat on alternate legs as fast as possible</li> </ul>	<ul style="list-style-type: none"> <li>• With feet should width apart, complete a bodyweight squat</li> <li>• Push straight up onto your tiptoes and punch the air diagonally above one shoulder with the alternate hand (left hand punch over right shoulder, right hand punch over left shoulder)</li> </ul>	<ul style="list-style-type: none"> <li>• Standing straight with your legs shoulder width apart, lean down until your hands touch the floor (you can bend your knees).</li> <li>• Walk your hands forward until your body is in the high plank position.</li> <li>• Walk your hands backwards until in original standing position</li> </ul>
<p><b>DUCK WALK &amp; REACH</b></p>		<p><b>REVERSE LUNGE &amp; KICK</b></p>
<ul style="list-style-type: none"> <li>• Standing in a slightly squatted position, walk forwards 4 steps.</li> <li>• Push up onto your tip toes and reach your hands towards the ceiling.</li> <li>• Return to squat and walk backwards 4 times.</li> <li>• Push up on to tip toes and reach hands towards the ceiling. Repeat</li> </ul>		<ul style="list-style-type: none"> <li>• Standing with feet shoulder width apart, step backwards with your right foot into a lunge.</li> <li>• Return to standing and kick out in front of you with the right leg.</li> <li>• Repeat on alternate legs</li> </ul>