

Monday
week
2 & 4

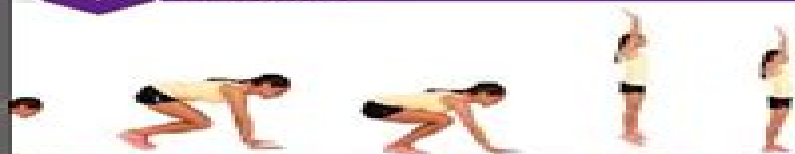
LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

10
reps Burpees



20
reps Jump lunges (10 per leg)



24
steps Knee ups (12 per leg)



15
reps Sumo squats

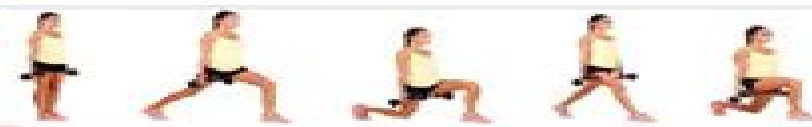


CIRCUIT TWO

2
mins Skipping



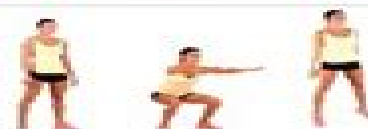
24
steps Walking lunges (12 per leg)



30
reps Raised reverse lunges (15 per leg)



15
reps Jump squats



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