

# STAY AT HOME - DAY 1



## WARM-UP

- 1 - RUNNING ON THE SPOT - 1 MINUTE
- 2 - HIGH KNEES - 30 SECONDS
- 3 - BUM FLICKS - 30 SECONDS
- 4 - LUNGES - 30 SECONDS
- 5 - ARM CIRCLES - 30 SECONDS
- 6 - RUNNING ON THE SPOT - 1 MINUTE

## CARDIO

Each activity must be done for 1 minute. 1 minute rest in between in each set, 3 sets of each activity to be completed.

- 1 - STAR JUMPS (USE ARMS & LEGS)
- 2 - RUNNING ON THE SPOT (100% EFFORT)
- 3 - SQUAT JUMPS (SQUAT & JUMP AS HIGH AS POSSIBLE)
- 4 - BURPEES (PUSH UP INTO STANDING JUMP)

## STRENGTH

Each activity must be done for 1 minute. 1 minute rest in between in each set, 3 sets of each activity to be completed.

- 1 - PUSH UPS (USE YOUR KNEES IF IT'S TOO DIFFICULT)
- 2 - SIT UPS (USE A VARIETY OF SIT UPS)
- 3 - SQUATS (STRAIGHT BACK, AS LOW AS POSSIBLE)
- 4 - PLANK (KEEP BOTTOM IN LINE WITH SHOULDERS)

## COOL DOWN

- 1 - SLOW JOG ON THE SPOT - 1 MINUTE
- 2 - FULL BODY STRETCHES - 3 MINUTES

