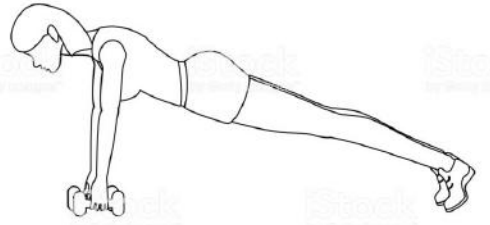


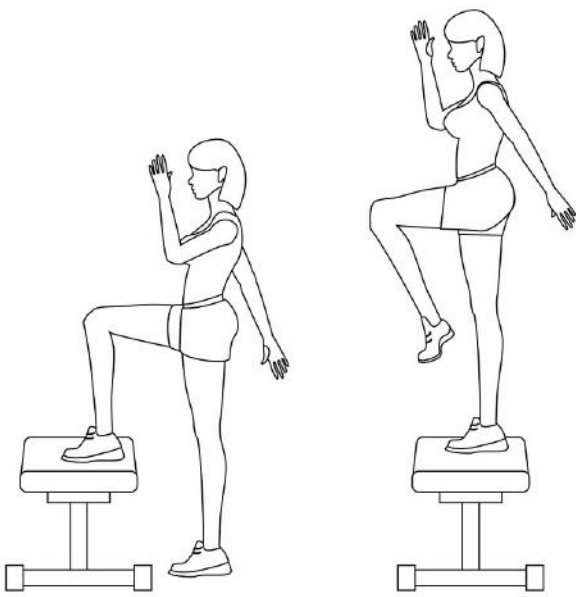
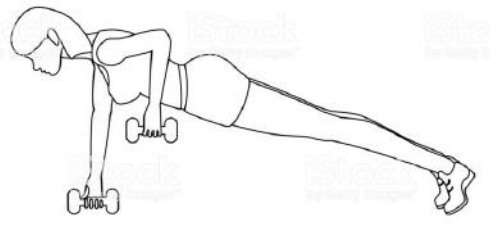
# FULL BODY WORKOUT 1



**AIR SQUATS X 10**



**RENEGADE ROW X 10**



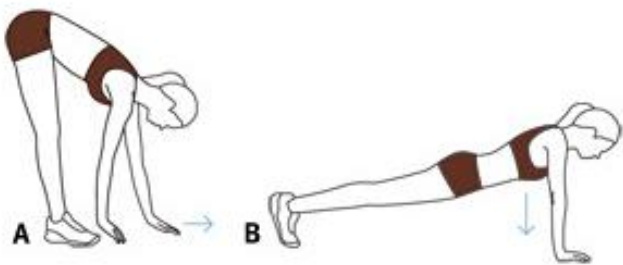
**STEP UPS X 10**

**WALL PRESS UPS X 10**

Step-1



Step-2



**WALK OUT X 10**

**REVERSE LUNGE X 10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# FULL BODY WORKOUT 2

Step-1

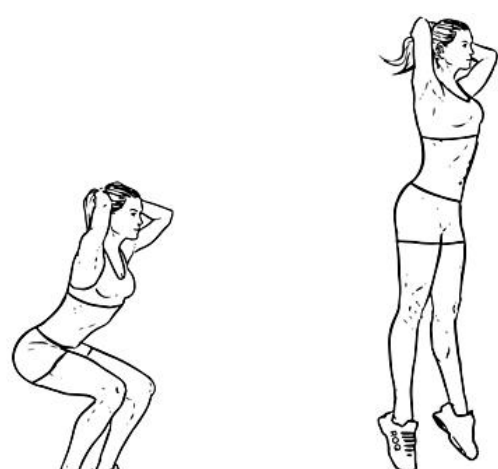


Step-2



**WALL PRESS UPS X 10**

**REVERSE LUNGE X 10**

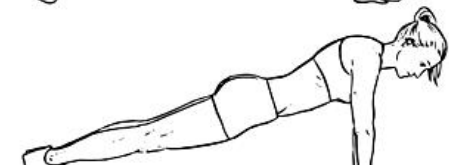
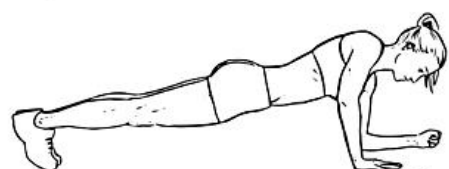
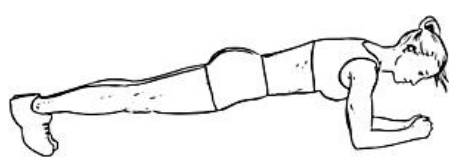


**JUMP SQUATS X 10**

**SHUTTLE RUNS X 10  
(20METRES)**

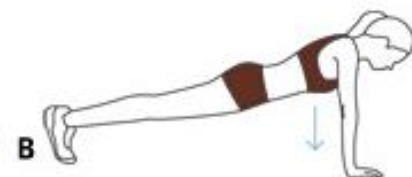


20 metres



**HIGH/LOW PLANK X 10**

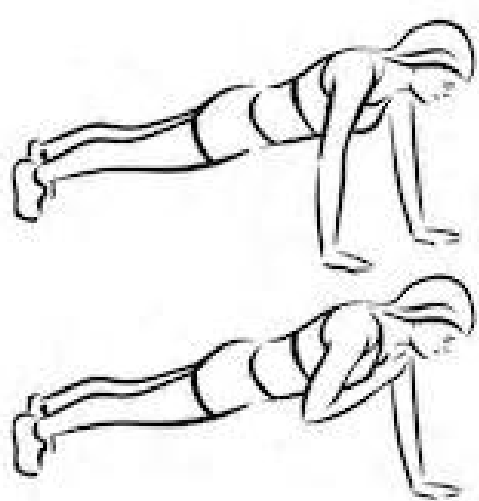
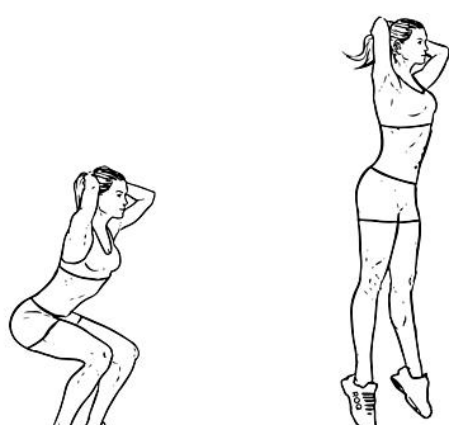
**WALK OUT X 10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

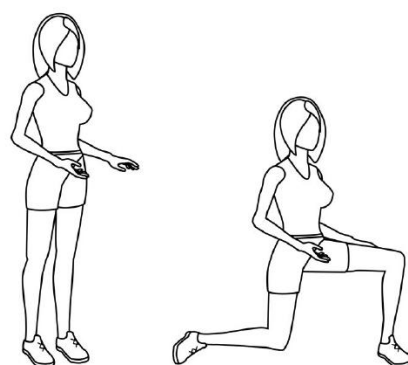
# FULL BODY WORKOUT 3

**SQUAT JUMPS X 10**



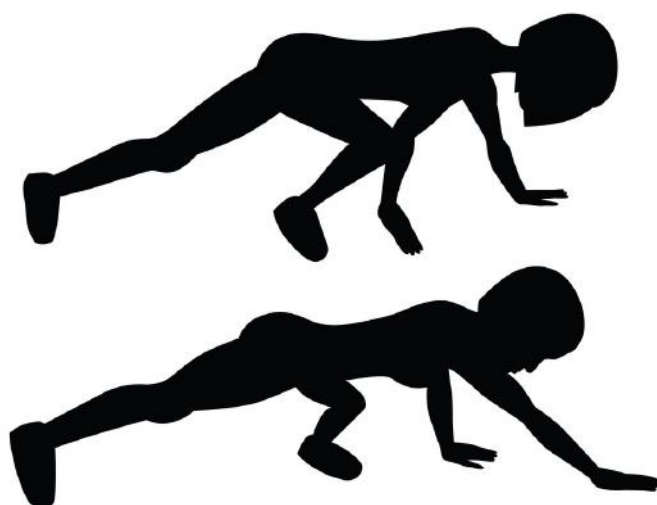
**SHOULDER TAPS X 10**

**WALKING LUNGES X 10**



**CRAB TOE TOUCHES X 10**

**BEAR CRAWLS X 10**



**SHUTTLE RUNS X 10  
(20METRES)**



20 metres

LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

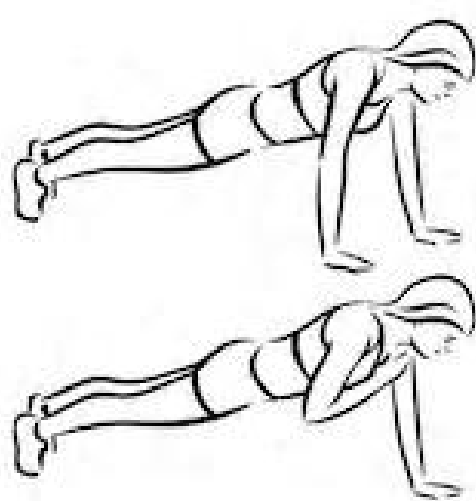
# UPPER BODY WORKOUT 1

**PRESS UPS X 10**

Step-1

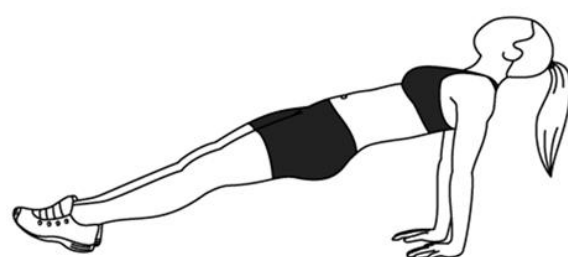


Step-2



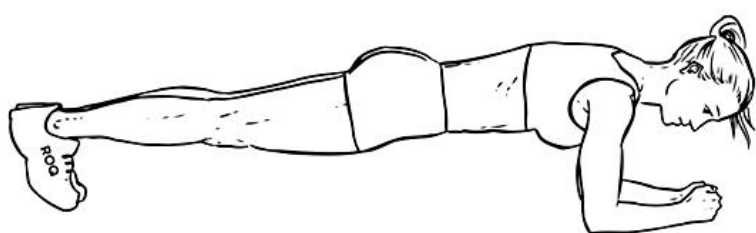
**SHOULDER TAPS X 10**

**LATERAL RAISES X 10**



**REVERSE PLANK X 20  
SECOND HOLD**

**TRICEP DIP X 10**

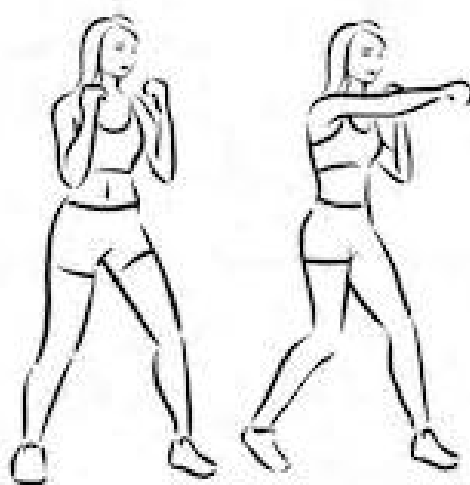


**PLANK X 20 SECOND  
HOLD**

LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

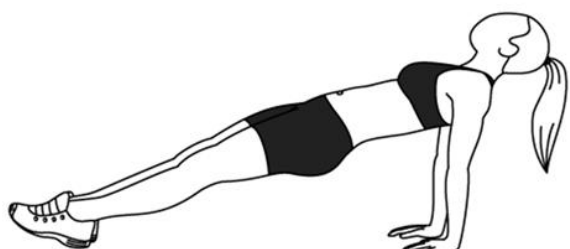
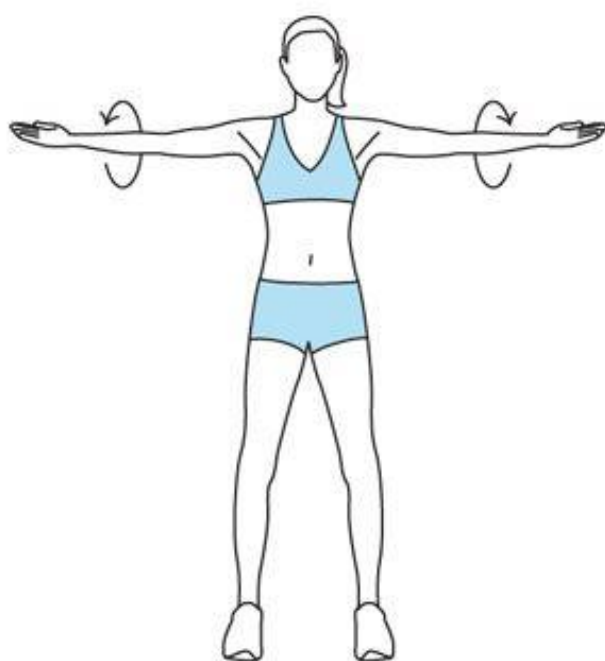
# UPPER BODY WORKOUT 2

**PUNCH OUTS X 40**



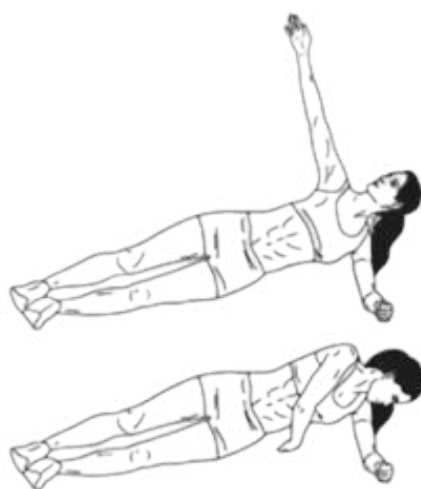
**SUPERMANS X 10**

**ARM CIRCLES X 50**



**REVERSE PLANK X 20  
SECOND HOLD**

**PLANK ROTATIONS X 10**



Step-1



Step-2



**PRESS UPS X 10**

LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

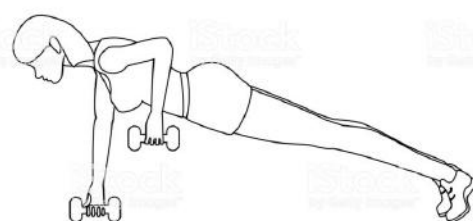
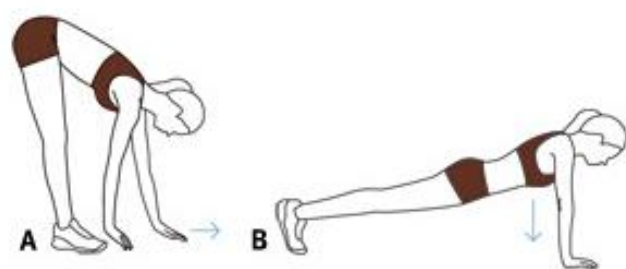


# UPPER BODY WORKOUT 3



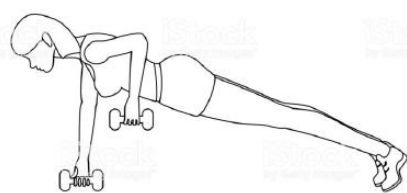
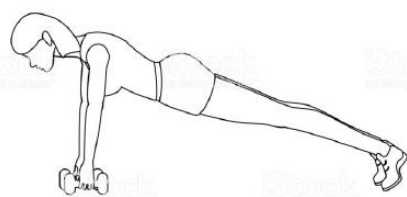
**SUPERMANS X 10**

**REVERSE PLANK X 20  
SECOND HOLD**

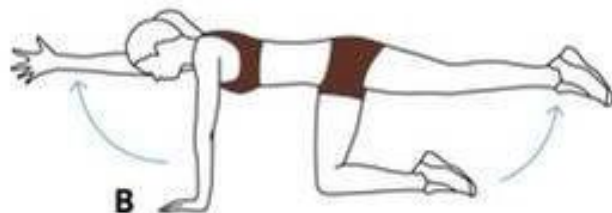
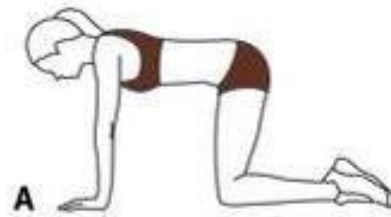


**WALK OUTS X 10**

**LATERAL RAISES X 10**



**RENEGADE ROW X 10**



**BIRD DOG X 10**

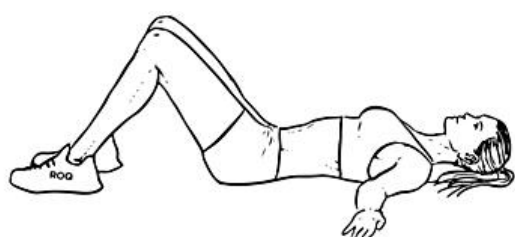
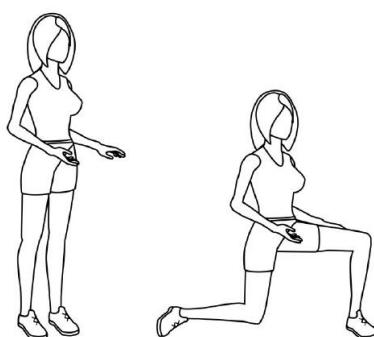
LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# LOWER BODY WORKOUT 1

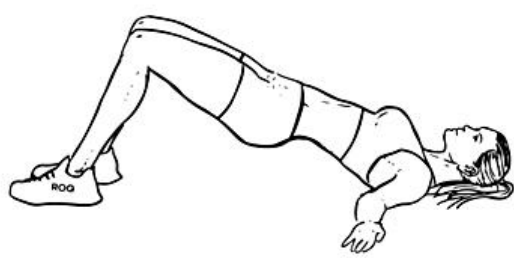


**PRISONER SQUAT X 10**

**FORWARD LUNGE X 10**



**GLUTE BRIDGE X 10**

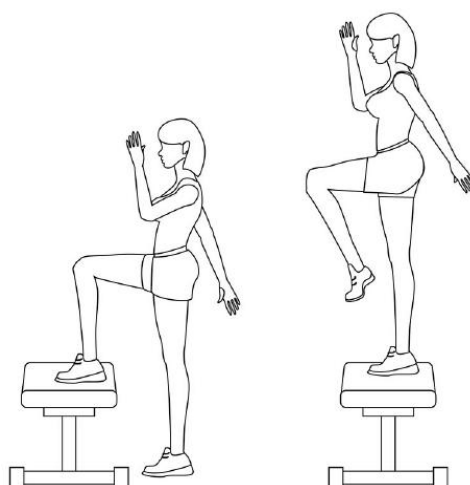


**LATERAL LUNGE X 10**



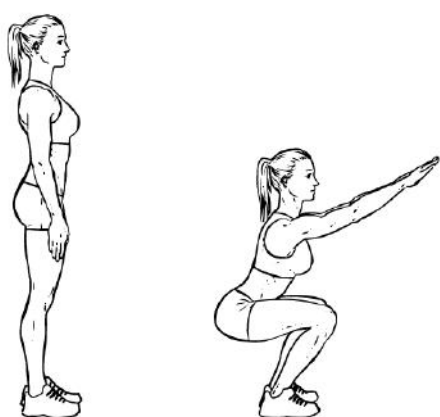
**CURTSY LUNGE X 10**

**STEP UPS X 10**



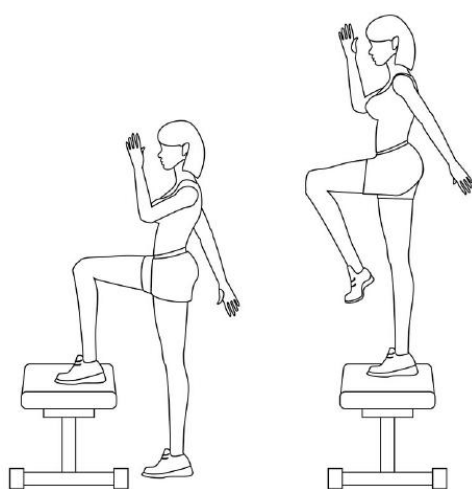
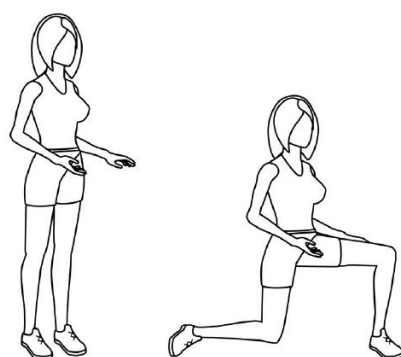
LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# LOWER BODY WORKOUT 2



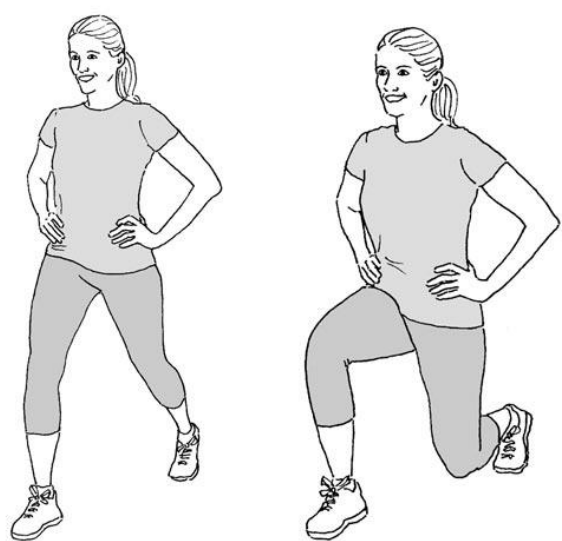
**AIR SQUAT X 10**

**REVERSE LUNGE X 10**



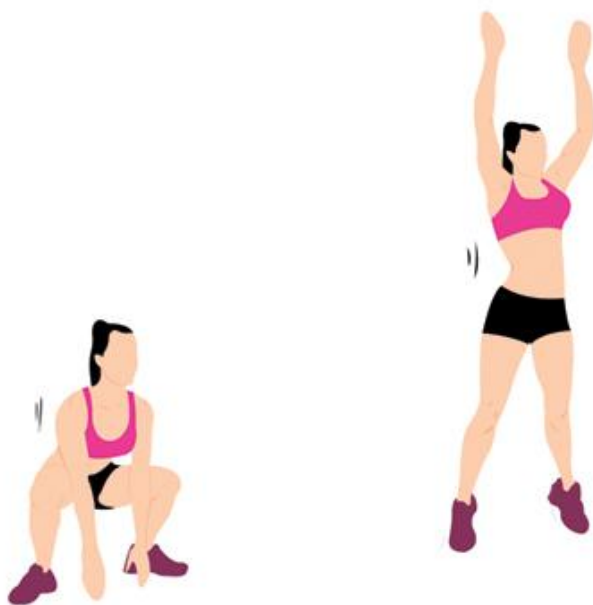
**STEP UPS X 10**

**SINGLE LEG GLUTE BRIDGE X 10**



**SPLIT SQUAT X 10**

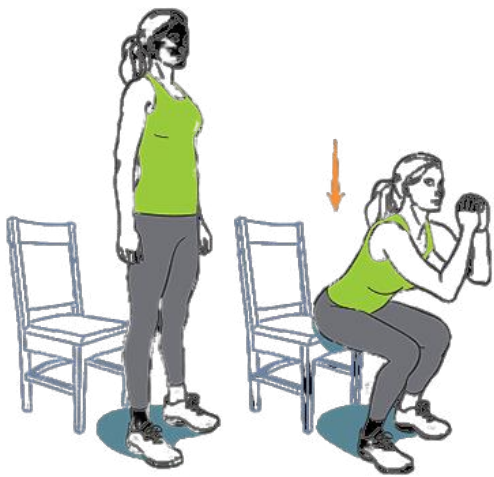
**FROG JUMPS X 10**



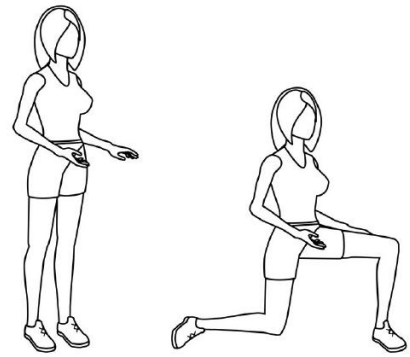
LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS



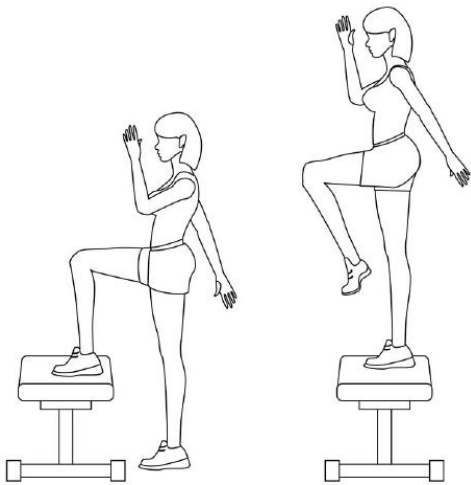
# LOWER BODY WORKOUT 3



**BOX SQUATS X 10**

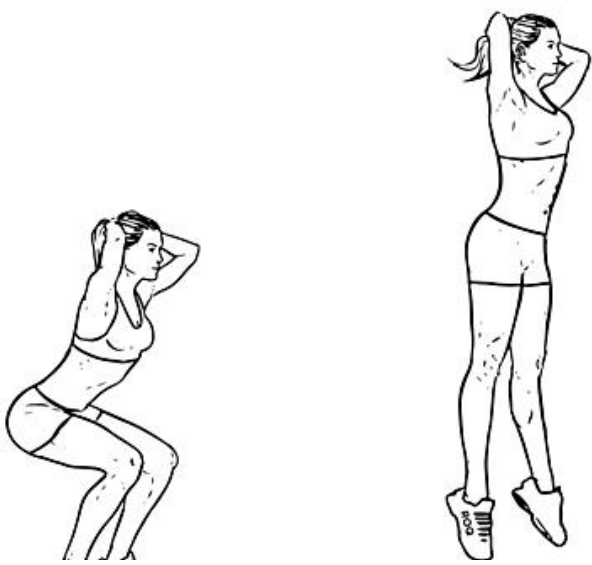


**WALKING LUNGES X 10**



**STEP UPS X 10**

**LATERAL LUNGE X 10**



**SQUAT JUMPS X 10**

**FROGGIES X 10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

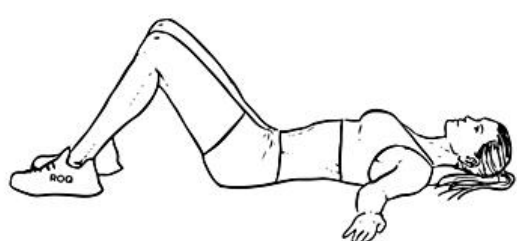
# GLUTES WORKOUT 1



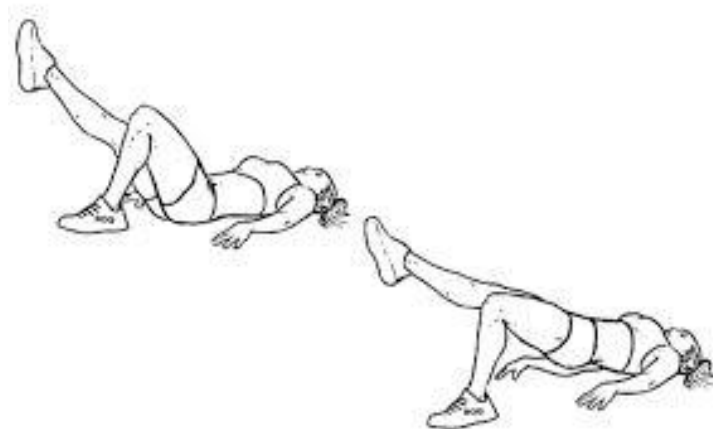
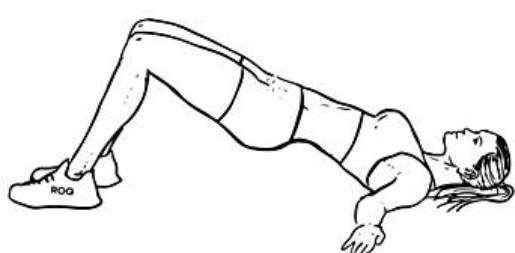
**SUMO SQUATS X 10**



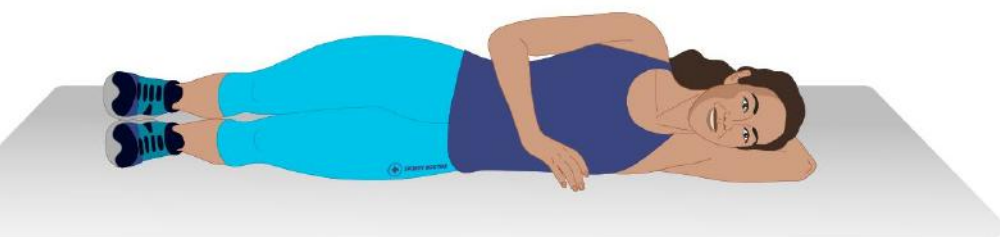
**LYING HIP ABDUCTION X 10**



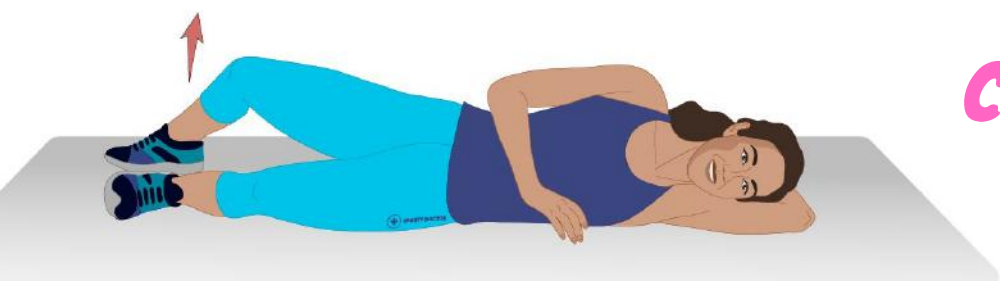
**GLUTE BRIDGE X 10**



**SINGLE LEG GLUTE BRIDGE X 10**



**CLAM SHELL X 10**



**WALKING LUNGES X 10**



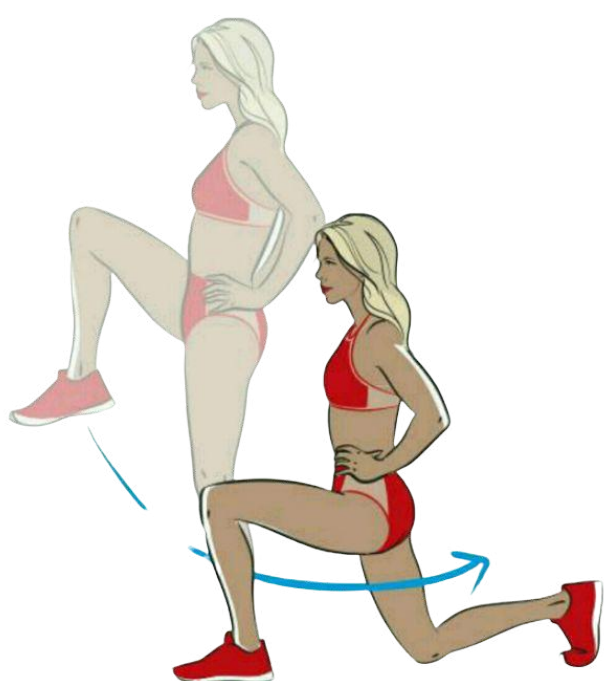
LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# GLUTES WORKOUT 2



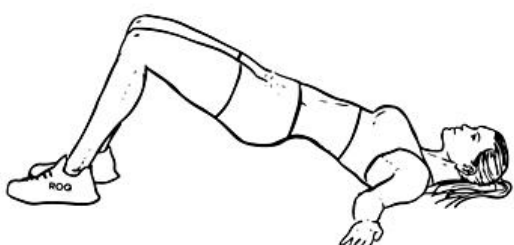
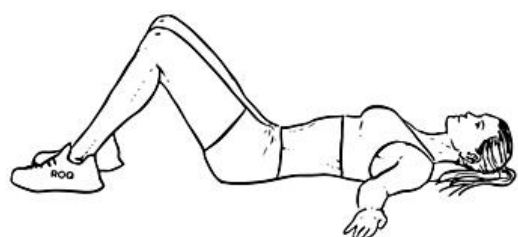
**SQUAT WITH A PAUSE X 10**

**LATERAL LUNGES X 10**



**DRIVE THROUGH LUNGE X 10**

**CURTSY LUNGE X 10**



**GLUTE BRIDGE X 10**

**STANDING HIP ABDUCTION X 10**



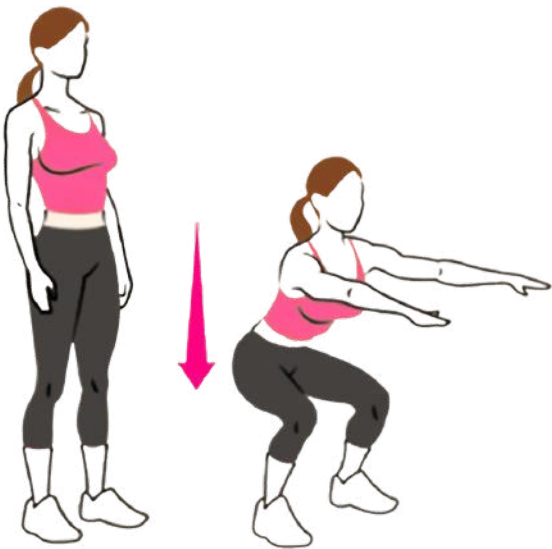
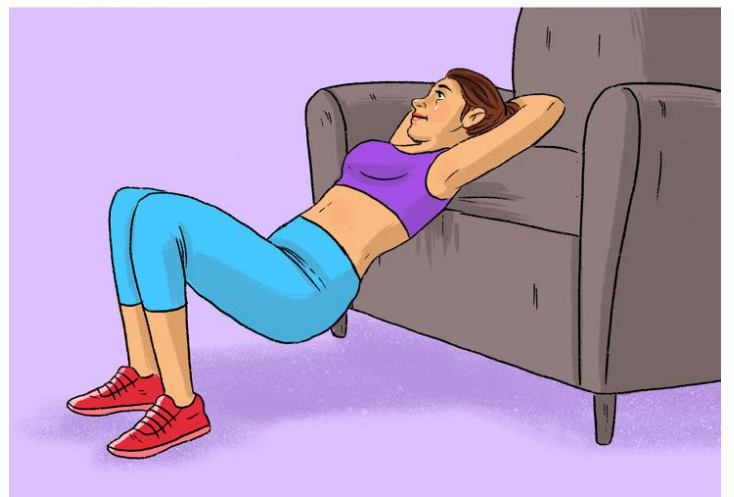
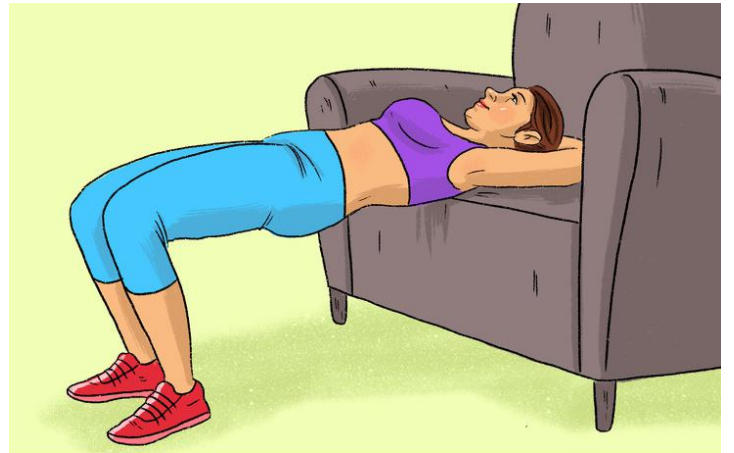
LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# GLUTES WORKOUT 3



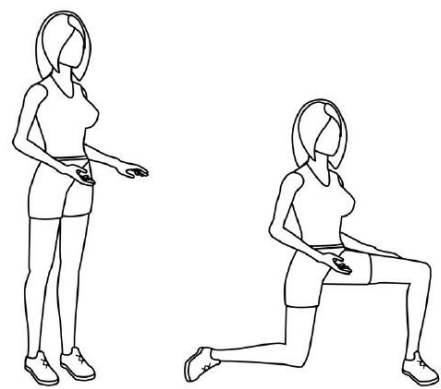
**DONKEY KICKS X 10**

**HIP THURSTS X 10**



**SQUATS X 10**

**WALKING LUNGE X 10**



**CURTSY LUNGE X 10**

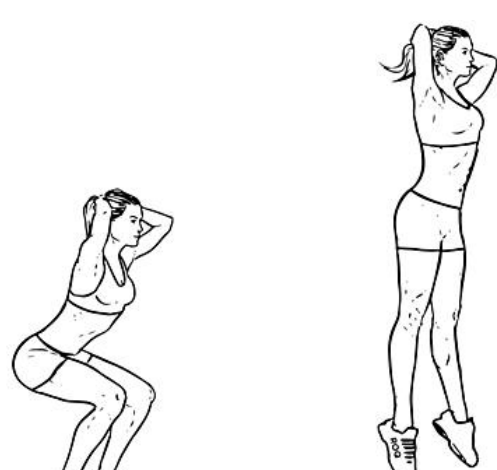
**FROGGIES X 10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

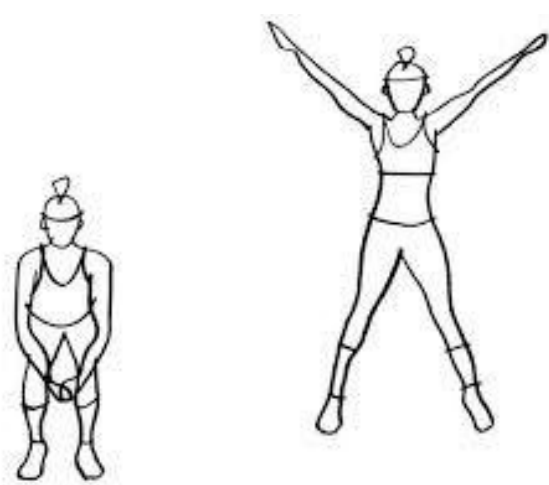
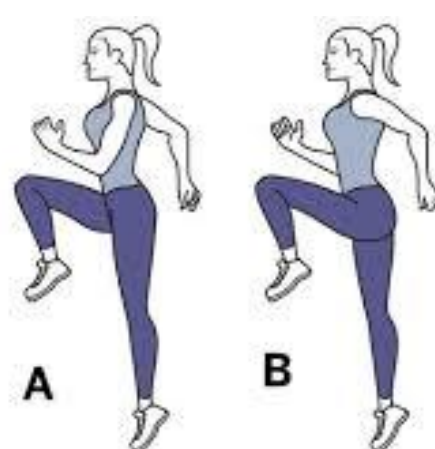


# CARDIO WORKOUT 1



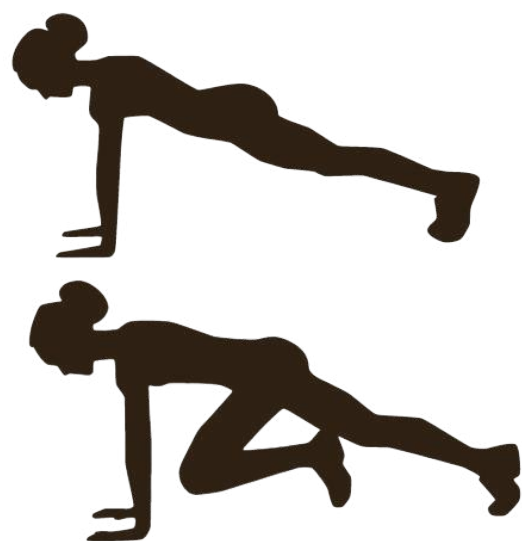
**JUMP SQUATS X 10**

**HIGH KNEES X 30**



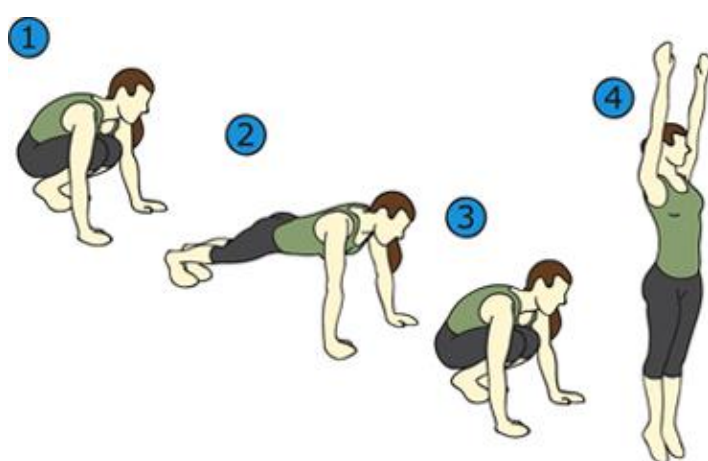
**STAR JUMPS X 10**

**SHUTTLE RUNS X 10  
(20 METRES)**



**MOUNTAIN CLIMBERS X 10**

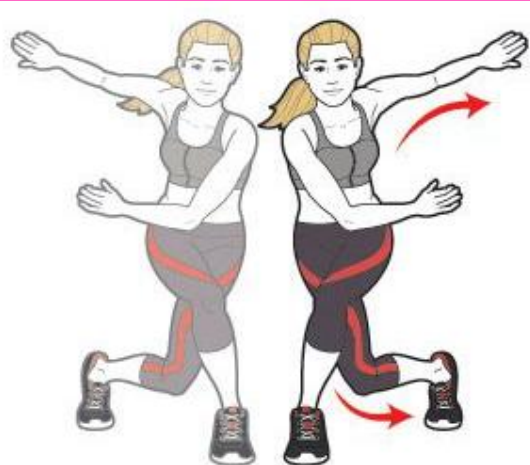
**BURPEES X 10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

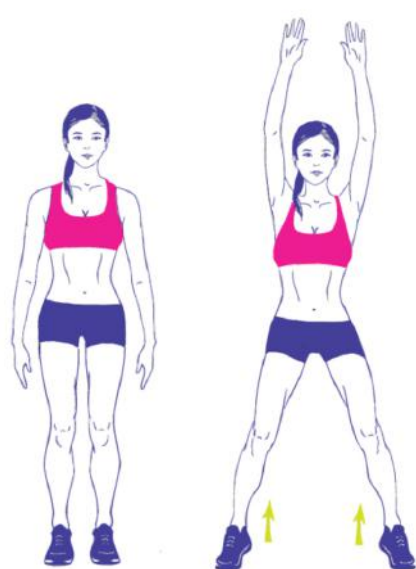
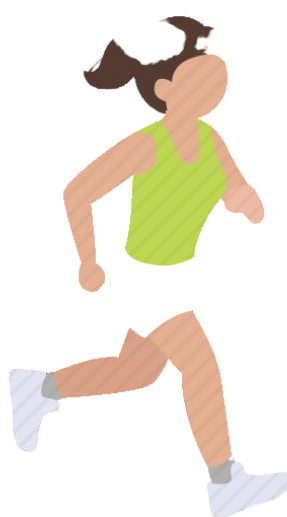


# CARDIO WORKOUT 2



**SKATER JUMPS X 10**

**ON THE SPOT  
SPRINTS X  
30SECONDS**



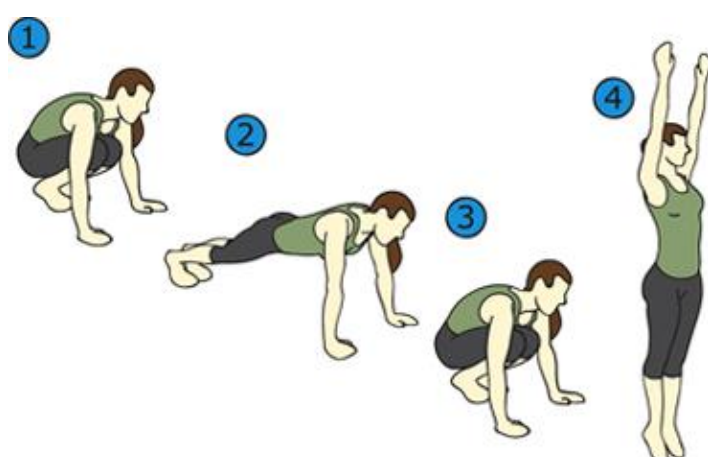
**JUMPING JACKS X  
10**

**SHUTTLE RUNS X 10  
(20METRES)**



**SQUAT THRUSTS X 10**

**BURPEES X 10**



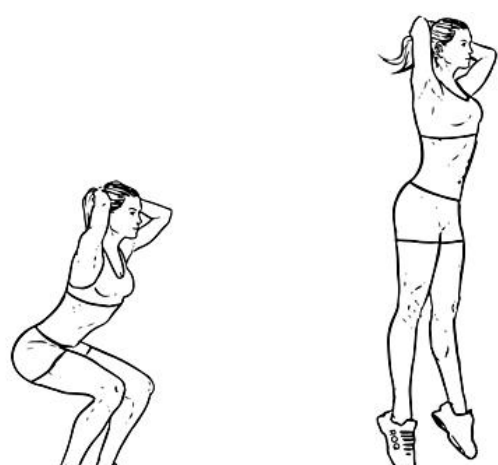
**LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS**

# CARDIO WORKOUT 3



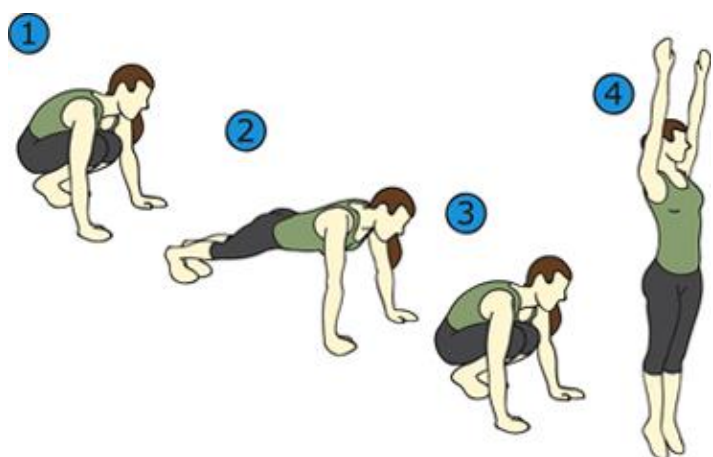
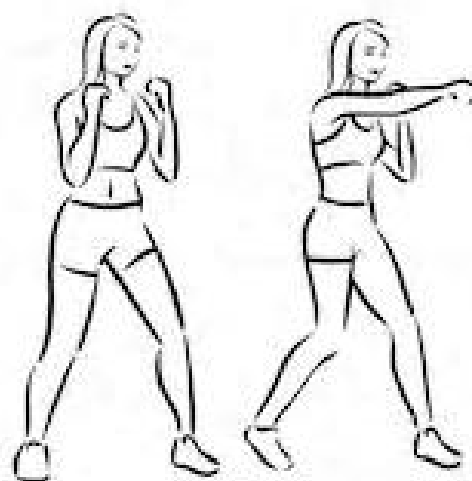
**FROG JUMPS X 10**

**ON THE SPOT  
SPRINTS X  
30SECONDS**



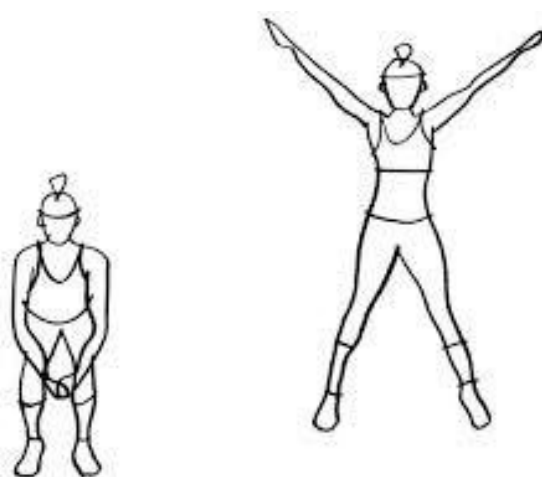
**SQUAT JUMPS X 10**

**PUNCH OUTS X 40**



**BURPEES X 10**

**STAR JUMPS X  
10**



LEVEL 1 X 3 SETS  
LEVEL 2 X 4 SETS  
LEVEL 3 X 5 SETS

# STRETCHES



**YOGI SQUAT**

**CHILDS POSE**



**FORWARD FOLD**

**COW/CAT POSE**



**KNEE TO CHEST**

**COBBLER POSE**



PLEASE SPEND 5-10 MINUTES STRETCHING  
BEFORE AND AFTER ALL WORKOUTS