



Home Workouts

Workout 1

Squat 4 x 10 (use weight if possible, e.g hold a rucksack in front of you)

Lunge 4 x 8 each side

Calf raise on stair 4 x 15 each leg (let your heel drop off the step then go up onto toes)

Plank 3 x 30s - 1 minute

Lying Leg raises 3 x 10

Russian Twist 3 x 10 (use a weighted object if needed)

Workout 2

Circuit. 40 seconds work, 20 seconds rest, 5 rounds

Press up (from knees if needed)

High knees (jogging on spot lifting knees as high as possible)

Ground to overhead with object

Ab Crunch

Mountain climber

Shoulder press with object